Bush Urges U.S. to Conserve

WASHINGTON | President Bush urged Americans on Monday to cut back on unnecessary travel to make up for fuel shortages caused by Hurricane Rita.

Bush said the government was ready to release fuel from its emergency oil stockpile to alleviate high prices. And he suggested he would name a federal official to oversee the reconstruction of the Gulf Coast — after local officials first produce a vision for their rebuilt communities.

The president spoke after he attended a meeting at the Energy Department in which officials told him they still were trying to assess the damage to oil production and refineries in Rita’s path. He encouraged motorists to conserve energy and said he has directed federal agencies to do the same.

“[I]t makes sense for the citizen out there to curtail nonessential travel, it darn sure makes sense for federal employees,” Bush said. “We can encourage employees to car pool or use mass transit, and we can shift peak electricity use to off-peak hours.”

The White House also will be looking at ways to conserve, press secretary Scott McClellan said, although that doesn’t include curtailing the president’s plans to return to the region this week. MEDIA FILE

Pfc. England Convicted in Iraq Abuses

FORT HOOD, TEXAS | Army Pfc. Lynndie England, whose smiling poses in photos of detainee abuse at Baghdad’s Abu Ghraib prison made her the face of the scandal, was convicted Monday by a military jury on six of seven counts.

England, 22, was found guilty of one count of conspiracy, four counts of maltreating detainees and one count of committing an indecent act. She was acquitted on a second conspiracy count.

Her case now moves to the sentencing phase, which will be heard by the same jury of five male officers beginning Tuesday. She faces a maximum of 10 years in prison.

England’s trial is the last for a group of nine Army reservists charged with mistreating prisoners at Abu Ghraib in Iraq, a scandal that badly damaged the United States’ image in the Muslim. T. A. RAGSDER (AP)
**Wheels of Fortune**

It's not exactly an Aston Martin, but it's, uh, something. A Beijing, China, man Sunday tried out a mini-motorbike — a vehicle that is becoming popular among the Beijing wealthy, who see the bikes as a cool and chic status symbol. Others would be advised to take a wait-and-see approach before jumping onto this bandwagon, however. (AP)

**Excuses**

**Somebody Put Extra Alcohol in This Drink**

A new study from the University of Western Australia and the Sir Charles Gairdner Hospital in Perth, Australia, shows that most people who seek treatment at hospitals claiming their drinks have been spiked are actually just drunk, the Australian Associated Press reported. Although most patients say they are experiencing symptoms from sedatives slipped in their drinks, they are in fact just the result of excessive drinking and illicit drug use, the report said. Researchers found actual drink spiking in only 4 percent of cases examined, consisting mostly of females under the age of 25. (Express)

**Older Achievers**

**This Scepter Is a Little Too Heavy**

Students at Northeastern State University, in Tahlequah, Okla., made 71-year-old Muriel Saunders their homecoming queen Saturday during halftime ceremonies of the school's football game against East Central University. Saunders had been picked over four other finalists for homecoming queen — all of whom were in their 20s. "I was overwhelmed the kids voted for me," Saunders said. "I really didn't expect it." After the coronation, students and well-wishers mobbed Saunders to have their photograph taken with her. "I don't know what the big deal is. I guess it's because of my age," said Saunders, a graduate student. "She is so beloved by everyone," a friend said. (AP)

**Status Symbols**

Jane Scarola's veterinarian in Fort Lauderdale, Fla., thought the X-ray was a joke. He's seen strange items in dogs' stomachs before, but a 13-inch serrated knife that was swallowed by a 6-month-old puppy? "I was just flabbergasted," the vet, Jon-Paul Carew, said. Elsie, a Saint Bernard puppy, apparently had the blade between her esophagus and stomach for about four days before it was removed earlier last week in an operation. (AP)
**Devastation Greets Rescuers in La.**

Small towns in west of state ‘destroyed’ by hurricane, official says

CREOLE, LA. | Hurricane Rita’s path of devastation along the Texas-Louisiana coast became shockingly clear Monday, as rescuers pulled stranded bayou residents out on skiffs and Army helicopters searched for thousands of cattle feared drowned.

Crews struggled to clean up the tangle of smashed homes and downed trees. The hurricane slammed low-lying fishing villages, shrimp ports and ranches with water up to 9 feet deep.

In coastal Terrebonne Parish, the count of severely damaged or destroyed homes stood at nearly 9,900. “I would use the word destroyed,” Army Lt. Gen. Russel Honore said of Cameron. “Cameron and Creole have been destroyed except for the courthouse, which was built on stilts on higher ground. Most of the houses and public buildings no longer exist or are even in the same location that they were.”

The death toll from the second devastating hurricane in a month rose to seven with the discovery in a Beaumont, Texas, apartment of five people — a man, a woman and three children — who apparently were killed by carbon monoxide from a generator they were running indoors after Rita knocked out the electricity.

While residents of the Texas refiner towns of Beaumont, Port Arthur and Orange were blocked from returning to their homes because of the danger of debris-choked streets and downed power lines, authorities in Louisiana were unable to keep bayou residents from venturing in on their own by boat to see if Rita wrecked their homes. BRETT MARTEL (AP)

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**Ex-Chief: FEMA Should Have Sought Help Faster**

WASHINGTON: Former FEMA director Michael Brown said Monday he should have sought help faster from the Pentagon after Hurricane Katrina hit, and blamed state and local officials for failing to order an immediate evacuation of New Orleans, congressional aides of both parties said.

Brown is continuing to work at the Federal Emergency Management Agency at full pay, with his Sept. 12 resignation not taking effect for two more weeks, said Homeland Security Department spokesman Russ Knocke. During that time, Brown will advise the department on "some of his views on his exper-

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**Tax Money for Churches**

The Federal Emergency Management agency said Monday it will use taxpayer funds to reimburse religious organizations for their efforts in the aftermath of Katrina and Rita — a historic move. | TODAY, Page A1

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**Autumn is here.**

Autumn brings colors like your red irritated eyes, brings falling leaves plus falling pollen, and brings hay tacks as well as hay fever. Our physicians have the latest medicines, testing and treatment plans to help you feel better quickly, safely and easily all without those painful scratch tests.

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**In Brief**

**NEW WINDSOR, N.Y.**

**Gunman Shoots 3, Kills Himself at Cosmetics Factory**

A fired employee walked into a nail polish factory Monday and shot the co-owners and a manager in the head before killing himself, police said. All three of the people shot by Victor M. Piazza survived, although one was critically injured. Piazza was fired from Verla International after being arrested in 2004 on charges he had child pornography on his company computer. (AP)

**HARRISBURG, PA.**

**Lawyers Spar Over Role of Religion in ‘Intelligent Design’**

A school district went to court Monday to defend its policy of telling students that a higher power may have created life — an alternative to the evolution theory they are already learning. Eight families are suing the Dover Area School District where the teen students are told about “intelligent design” before their regular biology lessons on evolution. The families allege the policy violates the constitutional separation of church and state. (AP)

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**UPROOTED Docs.** Nearly 6,000 doctors along the U.S. Gulf Coast were uprooted by Hurricane Katrina in the largest displacement of physicians in U.S. history, university researchers reported Monday. How many will return remains unclear.
Nation

4,000

The number of cattle feared dead in Louisiana after Hurricane Rita. The Army used helicopters to look for stranded cattle on Monday.

Joy, Misery in New Orleans

Some residents find relief, others anguish as they return home

NEW ORLEANS: With Hurricane Rita gone, the mayor picked up where he left off with his plan to reopen New Orleans, inviting people in one largely unsacked neighborhood to come back Monday and “help us rebuild the city.”

A line extended out of a Winn-Dixie supermarket as locals stocked up on ice, milk and other staples in Algiers, the first New Orleans neighborhood officially opened by Mayor Ray Nagin.

The neighborhood of 57,000 people lies across the Mississippi River from the main part of New Orleans and largely escaped flooding from Hurricane Katrina and Rita.

PET RESCUE: Jane Ryan of New Orleans, right, rescues her daughter’s cat, Princess, who had been stranded in their St. Bernard Parish home for three weeks.

In neighboring St. Bernard Parish, so heavily damaged by flooding that many buildings will have to be demolished, officials allowed residents in Monday to see their sodden homes.

Owen Pascal, 68, gently laid his daughter’s ruined wedding gown on the front stoop of his flood-destroyed home. “There’s nothing you can save,” Pascal said.

JULIA SILVERMAN (AP)

Let’s Talk

Families
Relationships
Emotions
Careers
Finances

Finding a satisfying career in a competitive job market is never easy. At The Women’s Center, we can help in a variety of ways—by providing career counseling and coaching and networking opportunities. The Women’s Center can also help you identify the right career by conducting assessments such as Myers-Briggs Type Inventory and Strong Interest Inventory. This fall, you can take advantage of our many career education programs, including workshops on career transitions, organizing your life, reducing work stress, financial issues and more.

To learn more, please visit www.thewomenscenter.org or call either of our convenient locations:

Washington DC: 202.293.4580 or Vienna VA: 703.281.2657

The Women’s Center is a 501(c)(3) nonprofit organization, it is a counseling, education and information resource that addresses the psychological, career, financial and legal well-being of women and families regardless of their ability to pay.
At exactly 7:16, Monday morning, on the inbound Orange Line, Ted decided remote telecommuting just might be the ticket.
Senate Considers Roberts

With confirmation expected, Bush hints at next court nominee

WASHINGTON | John Roberts, hailed by supporters as “the brightest of the bright,” cruised Monday toward easy confirmation as chief justice while President Bush hinted that his next pick to the Supreme Court could be a minority or a woman.

“Diversity is one of the strengths of the country,” the president said.

Roberts, a 50-year-old federal appellate judge and the president’s first pick for the Supreme Court, is assured of getting an overwhelming confirmation vote by the Senate later this week, making him the nation’s 17th chief justice.

Roberts is “the brightest of the bright,” declared Majority Leader Bill Frist, R-Tenn., as the Senate began several days of debate.

Two-thirds of the 100 senators — both Republicans and Democrats — already had promised to support Roberts as the successor to the late William H. Rehnquist before the debate began.

With Roberts’ confirmation guaranteed, senators and Bush started turning to the White House’s upcoming selection of a replacement for retiring Justice Sandra Day O’Connor. Specter said he expects that nomination to come “shortly, if not immediately, after a decision is made by the Senate on the Roberts nomination.”

Frist and Minority Leader Harry Reid, D-Nev., expect Roberts to be confirmed by Thursday, and Bush is expected to make his next selection for the Supreme Court soon after that.

“I will pick a person who can do the job. But I am mindful that diversity is one of the strengths of the country,” Bush said Monday.

JESSE J. HOLLAND (AP)

CHIEF SUPPORTERS

Two-thirds of the U.S. Senate has already pledged to support the chief justice nominee:

- All 55 Republicans and 13 Democrats are expected to vote to confirm Roberts.
- 16 Democrats say they plan to oppose Roberts’ confirmation.
- 15 Democrats and independent James Ford of Vermont haven’t said how they’ll vote.

Frist Denies Wrongdoing In Hospital Co. Stock Sale

SEC chief recuses himself from probe of senator’s finances

WASHINGTON | Senate Majority Leader Bill Frist said Monday he had no insider information when he sold stock this summer in HCA Inc., the hospital company founded by his father and brother. The Justice Department and Securities and Exchange Commission are looking into the sales.

Also Monday, the chairman of the SEC, former Rep. Christopher Cox, said that to avoid a potential conflict he would take no part in the agency’s investigation.

Questions have been raised about whether Frist had special information before the sale because insiders in HCA also sold stock during the first half of the year — and the stock price dipped soon after Frist sold his stock.

On Monday, he promised full cooperation with investigations by the SEC and federal attorneys. He declined to take questions and didn’t address the timing of the sale.

LARRY MARGASAK (AP)

CRITICAL ALERT TO THE NATION

On September 27, thousands of emergency physicians and nurses from across America will be at the U.S. Capitol on behalf of their patients to call on Congress to Save Emergency Care for Everyone.

Visit www.acep.org to send an electronic message to members of Congress to preserve your access to lifesaving emergency care.

Research Study for Mothers of Children with ADHD

Market Research firm in Bethesda Md is seeking women who have a child 6-17 that has been diagnosed with ADD or ADHD, and is currently taking Concerta or Adderal XR. We are looking for your opinions. There are no sales efforts or clinical trials involved. You must be 18 to participate. Please call 301-215-7248.

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**World**

**In Brief**

**PARIS**

**Police Arrest 9 Suspected Of Plotting Terror Attacks**
French anti-terrorism police arrested nine people Monday suspected of planning attacks, including an Islamic militant previously convicted on terrorism charges and freed from prison two years ago. Authorities said the arrest of Safa Bourada, who had been under surveillance since his release in 2003, highlights potential risks posed by militants being freed after serving prison sentences in connection with bombings in the 1990s. (AP)

**BERLIN**

**Political Standoff Continues Over Who Will Be Chancellor**
Conservative party leader Angela Merkel said Monday the Social Democrats must stop demanding that Gerhard Schroeder remain chancellor before the two sides could open formal coalition talks to resolve Germany's political deadlock. Talks could only start, said Merkel, when there was a "common basis of trust." Prospects of ending the standoff — now in its second week after inconclusive elections Sept. 18 — are complicated by both leaders’ insistence on being the next chancellor. (AP)

**PORT-AU-PRINCE, HAITI**

**Rejected Candidates Told To Take Appeals To Courts**
Presidential hopefuls who failed to qualify for the November election must turn to the courts if they still want a spot on the first ballot since the ouster of Jean-Bertrand Aristide, officials said Monday. Several of those who were rejected came to Haiti's Provisional Electoral Council, seeking to know why they weren't on the list of 32 candidates published Friday. (AP)

**Bold Attacks Mark Bloody Iraqi Day**

In rare move, gunmen target school, killing 5 Shiite Muslim teachers

**Baghdad, Iraq** Insurgents打响 five Shiite Muslim schoolteachers and their driver into a classroom, lined them against a wall and gunned them down Monday — slayings in Iraq's notorious Triangle of Death that reflect the enflamed sectarian divisions ahead of a crucial constitutional referendum.

The shooting was a rare attack on a school amid Iraq's relentless violence, and it was particularly stunning since the gunman targeted teachers in a school where the children were mainly Sunnis. Elsewhere on Monday, a suicide attack and roadside bombings killed 10 Iraqis and three Americans, bringing to at least 52 the number of people killed in the past two days.

The Iraqi and U.S. governments have warned that Sunni Arab insurgents are likely to increase their attacks ahead of the Oct. 15 national referendum.

Shiite leaders have called on their followers to refrain from revenge attacks against Sunnis, fearing a civil war could result, though Sunnis have accused Shiite militias of carrying out some killings of Sunni figures.

But in one of the first public calls for individual Shiites to take action, a prominent Shiite cleric, Ayatollah Mohammed al-Yaaqubi, issued a religious edict Monday allowing his followers to "kill terrorists before they kill."

Earlier this month, al Qaeda's leader in Iraq, Abu Musab al-Zarqawi, declared "all-out war" on Sunnis and vowed to kill anyone participating in the referendum.

Leaders of Iraq's Sunni minority are calling on their followers to vote against the constitution and defeat a charter they believe will seal the domination of the Shiite majority. Lee Keath (AP)

**Spanish Court Convicts Men on Ties to 9/11 Plot**

**Madrid, Spain** Spain's National Court sentenced a suspected al Qaeda leader to 27 years in prison Monday, ruling that he conspired to commit murder with the Sept. 11 architects, but clearing him and two others of being accessories to mass murder in the attacks.

The trio — Imad Yarkas, Ghassan Al-Abrash Ghalyoun and Driss Chebli — could have faced sentences of nearly 75,000 years each in Europe's biggest trial of suspected al Qaeda members.

Prosecutors had sought sentences of 25 years for each of the 2,973 people killed in New York and Washington in the 2001 attacks.

Yarkas, the Syrian-born lead suspect, led a cell that raised money and recruited men for Osama bin Laden's terror group and "turned itself over completely to fulfilling the sinister designs decided by al Qaeda," a three-judge panel of the National Court wrote.

The judges, however, said there was not enough evidence to convict the three main suspects as material participants in the Sept. 11 plot.

Twenty-one other people also stood trial but on charges not directly related to Sept. 11. Of those, 16 were convicted on terror charges and five were acquitted. (AP)

**Dealing With PMS? Depressed? Irritable? Mood Swings?**

You may be interested in participating in premenstrual syndrome research.

To participate, you should be:
- Experiencing mood changes related to your menstrual cycle
- 18-50 years old with regular menstrual cycles
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Thorough evaluation provided at no cost.

Financial compensation for participation may be provided.

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The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services
A Smart Trend in Giving: TouchDC
Give where you live... online.

"Click here" and "dot.org" may not be the first words one associates with philanthropy or making a difference in the community, but despite all of the hardware, the Internet truly does have a softer side. Online giving is an emerging trend that is finally catching on. Whether it's a donation of money, time, or both, the Internet makes giving easier and more effective than ever.

In a recent study conducted by The Chronicle of Philanthropy, online giving for 164 of the largest U.S. charities topped $166-million in 2004, an annual increase of 63%. The study reflects an increasing comfort with making financial transactions online and a willingness to adopt new ways of giving.

"We're all making the switch to online - whether it's banking, making vacation plans or shopping for gifts - the Internet is a smart, efficient solution. That's why it comes as no surprise that people are now giving charitably online, says Eric Rigaud, Director of TouchDC, an online giving initiative of Washington Grantmakers. "Since launching in November 2002, TouchDC.org has helped raise over $4 million online for regional nonprofits."

Emergencies: The tipping point

Online giving is fast becoming a preferred way to donate in the event of an emergency. In the immediate aftermath of the tsunami in Southeast Asia, 22 U.S. based, international relief charities raised a total of $1.27-billion, 25% of which came through the Internet. Most recently with the Gulf Coast devastation brought on by Hurricane Katrina, Americans have already contributed $667.3-million, with over half of donations coming online. "Throughout [Hurricane Katrina] Katrinas, people have been glued to their television sets, watching the devastation in real time. A compassionate viewer’s gut response is to be part of the solution in real time as well, and online donations allow for that kind of immediacy", says Eric Rigaud.

Give well and wisely.

In addition to donating online, the Internet can help confirm that your dollars are not misused and offer the confidence that your charity of choice is legitimate. The Internet makes the process of accessing public information easier than ever. Information on specific issues and charities that once would take a research expert weeks to retrieve, can now be accomplished in seconds by anyone with a computer and access to the Internet.

TouchDC.org makes it easy for people in Greater Washington to access financial and operational information for any of the 23,000+ charities in the region that have filed with the IRS. "We partner regionally with Guidestar, the nation’s most comprehensive database of information on nonprofits. Guidestar receives their nonprofit information directly from the IRS, which pulls information on a nonprofit’s mission, programs, and financials from the 990-Form, the government form that charities with annual revenues greater than $25,000 must file with the IRS.

"I use TouchDC.org to research charities, so that I know I’m giving in the areas that I believe need the most support, whether my donation is part of my workplace giving program at work, or just on my own," says T. Slater, a DC-based arts program manager. "I’ve already learned about Serenity Players, an East of the River theatrical arts organization that does amazing work with children and adults in Ward 7, and chances are I would have never heard of them without TouchDC. I’ve even found local volunteer opportunities [through TouchDC.org] and all I had to do is click on the ‘volunteer’ button, type in the word “Arts” and then type in my zip code... out came a list of arts-related volunteer opportunities in my neighborhood."

Make a difference.

TouchDC.org is a unique resource for the Greater Washington community that is available 24 hours a day, 7 days a week, 365 days of the year. TouchDC is generously funded by The Meyer Foundation, The Freddie Mac Foundation, The Fannie Mae Foundation, America Online, and The Surdna Foundation.

According to Kae Dakin, President of Washington Grantmakers, "It is essential, now more than ever, that everyone do their part to connect to their community, by giving money or time, in support of local nonprofits. The welfare of nonprofits in the region and the citizens they serve depends on it."

To learn more about local charities, donate funds or find volunteer opportunities in your community, visit www.TouchDC.org.

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Inspectors: IRA Is Fully Disarmed

But Protestant leaders greet announcement with strong skepticism

BELFAST, NORTHERN IRELAND | International weapons inspectors backed by Protestant and Catholic clergymen announced the Irish Republican Army’s full disarmament Monday, a milestone in Northern Ireland peace-making that drew skepticism and scorn from the province’s Protestant majority.

John de Chastelain, the retired Canadian general who has been working on the issue since 1997, declared that over the past week he had personally inventoried and gotten rid of a mammoth stockpile of IRA weapons.

But the outlawed IRA, which for 12 years resisted British and Protestant demands to disarm, barred the inspectors and the two religious observers from discussing details of what had been surrendered, where it happened and the manner of its disposal.

The IRA-linked Sinn Fein hopes Monday’s announcement will help the party’s popularity in the neighboring Irish Republic, where it has designs on a place in the next coalition government.

But Ian Paisley, whose Democratic Unionist Party holds veto power on whether to revive power-sharing with Sinn Fein, said the IRA had probably lied to the inspectors and were keeping weapons in reserve. He said the IRA’s requirements for secrecy showed they had something to hide.

"To describe today’s statement as transparent would be the falsehood of the century,” Paisley said. (AP)

Bird Flu Death Toll Rises in Indonesia

JAKARTA, INDONESIA | The death of a 57-year-old woman Monday took Indonesia’s death toll from bird flu to six as the government announced that 400,000 tablets of donated medicine to fight the virus would soon arrive in the country.

Despite the growing toll, Health Minister Siti Fadila Supari told reporters that “the situation appears to be in control,” repeating earlier assurances that the disease was not spreading between humans.

The H5N1 strain of bird flu has killed at least 65 people — more than 40 of them in Vietnam. (AP)
The perfect art exhibition for Washington, D.C.

PNC proudly presents Warhol Legacy: Selections from The Andy Warhol Museum, hosted exclusively by the Corcoran Gallery of Art.

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Sharon Survives Likud Party Vote

Israeli leader wins slim victory in poll seen as referendum on policies

TEL AVIV, ISRAEL | Prime Minister Ariel Sharon survived a major challenge to his leadership of the ruling Likud Party on Monday, escaping with a narrow victory in a ballot that was widely seen as a referendum on his rule.

The victory capped a dramatic comeback for Sharon, who has been vilified by Likud hard-liners for his recent withdrawal from the Gaza Strip and who had been trailing in recent opinion polls.

Monday’s vote by the 3,000-member Likud central committee was ostensibly over a procedural issue: whether to hold elections for party leader in April, as scheduled, or move up the primary to November. But Sharon and his main rival, Benjamin Netanyahu, said the ballot amounted to a vote of confidence in the prime minister.

Netanyahu, who accused Sharon of abandoning Likud’s roots by carrying out the withdrawal, pushed for an early primary to capitalize on anger against the prime minister.

Prime Minister Ariel Sharon casts his ballot in the Likud party vote on Monday.

Likud members voted 1,433 to 1,329, or 52 percent to 48 percent, in favor of keeping the schedule intact, according to official results announced just after midnight.

Netanyahu, a former prime minister, conceded defeat Monday, but said he would press forward with his campaign to oust Sharon. He said the close vote showed that the party remains bitterly divided, with many members opposed to Sharon’s concessions to the Palestinians. (AP)
AN EMERGENCY OCCURS.

Do you know what to do?

Preparing for a natural disaster or terrorist attack takes a few simple steps:

- Prepare an emergency plan so you know how to find and reach your family. Write your plan down.
- Keep three gallons of water per person and non-perishable food in your home.
- Have a battery powered flashlight and radio, extra batteries, and a first aid kit.

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CASTING CALL: Warner Bros. is looking for extras for its new film “The Visiting,” which is shooting in the District. Those interested should show up at One Judiciary Square on Saturday from 10 a.m. to 1 p.m., with a resume, headshot and a pen.

**In Brief**

**ROCKVILLE, MD.**

Teen Accused in Stabbing Death to Remain in Custody

The 15-year-old suspect accused of stabbing another girl to death at a high school football game was ordered held in a juvenile facility Monday by a Montgomery County judge who called the crime too serious to allow for her release. Prosecutors said the unidentified suspect had spit on the sister of the victim, Kanisha Neal, 15, at a previous football game, which sparked the fatal stabbing on Friday night. (AP)

**RICHMOND, VA.**

Person of Interest Charged With Child Porn Possession

A 38-year-old man police have identified as a person of interest in the disappearance of a college student was arraigned Monday on child pornography charges. Ben Fawley, an amateur photographer was senior at Virginia Commonwealth University. He has not been charged in Behl's Sept. 5 disappearance. (AP)

**WASHINGTON**

Suspicious Package Slows Blue, Orange Line Commute

Portions of the Orange and Blue lines were closed during the morning rush on Monday because of a suspicious package found in an Orange Line train at the Smithsonian station. Inspectors determined that the package, which was carrying a computer part, didn't pose a threat, Metro reported. But commuters faced significant delays on the Orange and Blue lines. (express)

**White House Sit-In Draws Arrests**

Sheehan among 370 arrested after seeking meeting with Bush

WASHINGTON | Cindy Sheehan, the California mother who became a leader of the anti-war movement after her son died in Iraq, was arrested Monday along with about 370 others protesting outside the White House.

Sheehan, carrying a photo of her son in his Army uniform, rallied with other protesters in a park across the street from the White House and then marched to the gate of the executive mansion to request a meeting with President Bush.

The protesters later sat down on the pedestrian walkway in front of the White House singing and chanting “Stop the war now!” Police warned them three times that they were breaking the law by failing to move along, then began making arrests. One man climbed over the White House fence and was subdued by Secret Service agents.

Sheehan, 48, was the first taken into custody. She smiled as she was carried to the curb, then stood up and walked to a police vehicle as protesters chanted, “The whole world is watching.”

Monday's demonstration was part of a broader anti-war effort on Capitol Hill organized by United for Peace and Justice, an umbrella group. Representatives from anti-war groups met Monday with members of Congress to urge them to work to end the war and to bring the troops home. (Jennifer Kerr (AP))

**HEARSAY | FAN SUPPORT**

“It certainly amounts to a significant in-kind contribution to the governor’s campaign.”

—DEAN WALKER

MD. DEMOCRATIC PARTY SPOKESMAN ON AN AD IN THE BALTIMORE SUN FROM PETER ANGELOUS THANKING GOP GOV. ROBERT EHLERS FOR SUPPORTING THE ORIOLES

**Water Systems Short on Fluoride**

Washington | Local water providers are scrambling to find enough fluoride to continue adding it to drinking water to help fight tooth decay.

Supplies have been cut about 10 percent because one of the nation's largest manufacturers of the compound has stopped making it, said Linda Orgain, a health communications specialist with the Centers for Disease Control and Prevention. The shortage is expected to last up to three months.

“We are aggressively pursuing other sources of the fluoride chemical,” said Andy Brunhart, general manager of the Washington Suburban Sanitary Commission, which serves 1.6 million residents in suburban Maryland.

Fluoride is not used to make tap water safe to drink. Instead, many utilities add the chemical to improve long-term dental health, especially for those who do not regularly visit the dentist. (Arian Westley (AP))

**D.C. Inks Deal for New Bus Shelters**

Washington | Hundreds of new bus shelters will grace the streets of the nation's capital under a deal city officials signed Monday.

The agreement calls for Clear Channel Ads to build about 800 shelters. The company will also pay the District of Columbia government more than $150 million over the next 20 years for the right to sell advertising on the shelters.

As for the shelters, officials promise they are resistant to graffiti and other vandalism. A Web-based monitoring system will help keep tabs.

The shelter will also display bus system maps and real-time bus information provided by Metro. (AP)

**The Lotteries**

**Monday, Sept. 26**

**DISTRICT**

Mid-day Lucky Numbers 5-4-2

Evening Lucky Numbers 0-6-1

Mid-day DC 4 0-6-9-6

Evening DC 4 8-5-7-3

Hot Five 02-28-18-17-14

Daily 15-01-18-06-25-32 Bonus: 17

**MARYLAND**

Mid-day Pick 3 9-8-7

Evening Pick 3 7-8-0

Mid-day Pick 4 9-8-3-0

Evening Pick 4 4-3-2-7

Match 5 06-09-21-25-32 Bonus: 37

**VIRGINIA**

Mid-day Pick 3 3-6-2

Mid-day Pick 4 2-6-17

Mid-day Cash 5 08-19-23-28-31

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Call: 301-496-5645
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http://patientinfo.nimh.nih.gov
or for other studies: www.clinicaltrials.gov

The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services

Money

Market Action

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Greenspan Eases Housing Warning

Fed chief: Homeowners have enough equity to weather drop in prices

WASHINGTON | While the high-flying housing market still holds risks, especially for the financially stretched, most homeowners are in a fairly good position to weather a shock if prices drop, Federal Reserve Chairman Alan Greenspan said Monday.

“The vast majority of homeowners have a sizable equity cushion with which to absorb a potential decline in house prices,” he said in remarks delivered via satellite to a conference in Palm Desert, Calif. Less than 5 percent of home borrowers were highly leveraged, according to one measure, he said.

Still, Greenspan, who has repeatedly warned about the potential perils if the housing market were to suddenly go south, also made clear that there are several factors — risky mortgages and speculative activity in particular — that warrant close scrutiny.

The quicker turnover of second homes — such as for investment or vacation purposes — appears to be feeding the surge in house prices, Greenspan said.

Greenspan’s comments came after the National Association of Realtors reported that sales of previously owned homes in August posted their second-highest level on record. Home prices, meanwhile, increased by the largest amount in 26 years.

Low mortgage rates have been powering home sales, which hit record highs four years in a row and are expected to set a new record this year.}

Palm, Microsoft Team Up on New Smartphone

SAN FRANCISCO | Palm Inc.’s decision to use Windows software in its latest Treo smartphone is a victory for Microsoft Corp. and a setback for a company Palm spun off to develop and sell its original operating system.

At a press conference on Monday with Microsoft Chairman Bill Gates and Verizon Wireless Chief Executive Denny Strigl, Palm CEO Ed Colligan said the Microsoft Windows Mobile 5.0 operating system was chosen because it offered features that its current operating system, PalmOS, could not.

“We think that this operating system offers some functionality that the Palm operating system doesn’t necessarily have,” he said.

Under the alliance, Palm has licensed the Windows Mobile operating system for a new line of smartphones, the first to be launched early next year.

Colligan said the PalmOS will remain part of Palm’s future, but industry insiders say that a successful Microsoft partnership could mean that PalmSource, which was spun off from Palm, will lose its most significant and oldest customer. GREG SANDOVAL (AP)
Another Shakeup on Special Teams

Redskins give punter Groom the boot, give job to notorious Frost

Redskins The revolving door that has become the Washington Redskins special teams took another spin Monday. Andy Groom was gone and Derrick Frost appeared as the new punter.

The Redskins cut Groom and signed Frost, who is best known for shanking a 7-yard punt from the end zone last year with the Cleveland Browns. The Redskins have now changed their punter, kicker and return man after only two regular season games.

“Hopefully we’ll settle down there,” coach Joe Gibbs said.

Groom punted 11 times for a 39-yard average in the Redskins’ first two games. Only Philadelphia’s Dirk Johnson has a worse average.

Frost punted 85 times for a 40-yard average as a first-year player with the Browns last year. He created a notorious NFL moment in a Sunday night game against the Baltimore Ravens with a 7-yard shank when his team was backed up at the 2-yard line and leading by one point in the fourth quarter. The Ravens quickly scored what turned out to be the winning touchdown in a 27-13 victory. “This is a crucial year for me, to show people that I can still get it done,” Frost said.

Frost will also be the holder, although he’s not sure who the kicker will be in Sunday’s game against the Seattle Seahawks. John Hall, who strained a leg muscle in the season-opening win over the Chicago Bears, was still unable to kick when the team returned to the practice field Monday after

Jets Turn To 3rd String QB

Bollinger expected to start against Ravens

FOOTBALL | Brooks Bollinger is confident he can shoulder the task of being the New York Jets’ starting quarterback.

The third-stringer will likely get the chance next Sunday against a tough Baltimore defense because of shoulder injuries to both starter Chad Pennington and backup Jay Fiedler.

The two were injured in the Jets’ 26-20 overtime loss to Jacksonville on Sunday, and both were scheduled for MRI exams Monday.

The Ravens will use a backup as well, Anthony Wright, who is filling in for Kyle Boller.

Bollinger, in his third season with the Jets out of Wisconsin, has appeared in just one NFL game, last year against Arizona. He was 5-of-9 for 60 yards.

“I’m just going out to try and execute the plays that they call with knowing that I have an understanding of how to manage a football game and what I need to do to help the team win,” Bollinger said. “I’m not trying to make it into rocket science.”

DENNIS WASSAK JR. (AP)
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OPENS OCTOBER 7TH.

Wizards’ Blatche Shot in the Chest
Rookie forward in good condition after Va. carjacking attempt

WASHINGTON | Washington Wizards rookie forward Andray Blatche was shot during an attempted carjacking and remained hospitalized Monday.

"The information that we have received is that Andray was a victim of a carjacking," president of basketball operations Ernie Grunfeld said. "We have spoken to Andray and the doctors have informed us that he is in good condition and is doing well."

Blatche’s mother, Angela Oliver, told The Post-Standard of Syracuse, N.Y., that her son was shot once in the chest while riding in a car near his home in Alexandria, Va., but that the bullet did not hit any vital organs. He is being treated at Inova Fairfax Hospital in Fairfax, Va., and is expected to remain there for a few more days.

Police said the shooting happened Sunday morning after two men in masks approached from a van that had been following the car in which Blatche was a passenger.

Blatche, 19, went to high school in Syracuse before attending Connecticut’s South Kent Prep School last season. He was the 49th overall pick in this year’s NBA draft. (AP)

WRESTLING | ALL WRAPPED UP
HEAD'S DOWN: Russia’s Alan Dudae (in red) wraps up Cuba’s Yandro Quintana, in the men’s freestyle 60 kg final at the World Wrestling Championships in Budapest, Hungary, to win the gold medal on Monday.

TODAY’S TV LINEUP
BASEBALL (7 P.M. ON MASN) The Nationals, trying to secure a winning record for the season, have a shot at spoiling Dontrelle Willis’ Cy Young bid when visiting the Marlins.
BASEBALL (7 P.M. ON COMCAST) The New York Yankees must be thrilled to be playing the hapless Orioles while in the midst of a tight race for the American League East crown.
COLLEGE FOOTBALL (9 P.M. ON ESPNU) You haven’t lived until you’ve seen a Toledo-Fresno State game.
SOCCER (2:00 P.M. ON ESPNU) Manchester United hosts Benfica in a Champions League match.
Union Backs Tougher Drug Penalties

DOPING | Baseball players would accept a stiffer penalty for first-time steroid offenses — 20 games instead of 10 days — and agree to amphetamine tests, but the union's offer Monday still fell short of what Commissioner Bud Selig wanted.

In an April 25 letter to the union, Selig called for a 50-game suspension for an initial positive test, a 100-game ban for second-time offenders and a lifetime ban for a third violation.

Union head Donald Fehr’s response said Selig’s proposal was meant to quiet criticisms of baseball’s current policy, not deter steroid use. “We share your concern about the criticism our program has received, and, in response, the players have demonstrated, several times now, their willingness to take all reasonable measures in response,” Fehr wrote.

Nine players have been suspended this year under the MLB program, with Baltimore’s Rafael Palmeiro the most prominent.

Fehr’s letter came ahead of Wednesday’s congressional hearings on steroids in sports, the latest in a series of sessions on Capitol Hill. Selig and Fehr are expected to join the commissioners and union heads of the NFL, NBA and NHL in testifying about steroids. RONALD BLUM (AP)

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THURSDAY September 29
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Ridgetop Syncopators
Lincoln Theatre • 8:00PM
Duke Ellington Tribute: Duke Goes Latin
Chico O’Farrill Afro-Cuban Jazz Orchestra
Directed by Arturo O’Farrill
FRIDAY September 30
Lankford Auditorium, True Reformer Building • 7:00 PM
Chuck Redd & Friends Play Ellington
SATURDAY October 1
Sylvan Amphitheatre, The National Mall • 12:00–8:00PM
Wayne Shorter Quartet
Featuring Brian Blade, John Patitucci, Danilo Perez
Wallace Roney Sextet
The Dirty Dozen Brass Band
Chuck Brown
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SALA THAI
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THURSDAY September 29 – FRIDAY September 30
THE ISLANDER
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FRIDAY September 30 – SUNDAY October 2
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Years in the dreaming, quirky “Thumbsucker” finally hits the screen

TENACITY: It took time, but graphic designer-turned-filmmaker Mike Mills finally aligned the stars to shine on his quirky feature debut, “Thumbsucker.” This coming-of-age story, based on Walter Kirn’s novel, plays with the ideas of identity, drugs and fitting in. You’d think the stellar cast he put together — including Tilda Swinton, Vincent D’Onofrio, Keena Reeves, Vince Vaughn and Benjamin Bratt — could turn all lights green. Yet Mills’ film has taken six years to hit theaters.

“Basically, name an independent or studio, and they all said no to “Thumbsucker,” said Mills. Mills and casting director Jeanne McCarthy saw 100 actors for the part of Justin, a 17-year-old who fixates on his thumb, Ritalin, and pot on his road toward self-actualization. “But we probably have tape on more than 200 from all over the place,” he said. One of those tapes was of newcomer Lou Taylor Pucci, who landed the part.

The New Jersey teen recently won the Special Jury Prize for dramatic acting at Sundance Film Festival and the Silver Bear for Best Actor at the Berlin Film Festival. Pucci was so green that the first time he was ever on an airplane was for his “Thumbsucker” audition.

“[Pucci] has that vulnerable face, and I had a really good feeling as soon as he came in the door,” Mills said. “He did his first take with Kelli [Garner], and it sucked. I was, like, ‘This is horrible. I thought it was him and it’s not.’ I was kind of crestfallen, and I said, ‘Literally just stop acting,’ which is, like, the worst direction you can really give. It’s a great way to confuse someone, but he got it.”

Improvisation was an integral step in shooting “Thumbsucker.” Mills’ realistic, “Dogma-iah” style of directing the actors started with rehearsing for two weeks prior to and every weekend during principal photography.

Having directed documentaries, Mills relished using real kids from high school debate teams in Portland, Ore., to flesh out the scenes in Justin’s debate competitions. “I love putting real people in the situation that they know about,” Mills said. “They’re giving blood, so you have to treat their blood very specially, especially if it’s a real person and not an actor you’ve stolen into your world. I’m really not into intimidating or tweaking you into some emotional state. I’m more, like, ‘First, let’s all fall.”

Don Adams Dead at 82

As Maxwell Smart, the actor made bumbling look cool

APPROPRIATION: Don Adams, the wry-voiced comedian who starred as the fumbling secret agent Maxwell Smart in the 1960s television spoof of James Bond movies “Get Smart,” has died. He was 82.

Adams died of a lung infection late Sunday at Cedars-Sinai Medical Center, his friend and former agent Bruce Tufeld said on Monday.

As the inept Agent 86 of the super-secret federal agency C.O.N.T.R.O.L., Adams captured TV viewers with his antics in battling the evil agents of K.A.O.S. When his explanations failed to convince the villains or his boss, he tried another tack: “Would you believe ... ?” It became a popular catchphrase.

Smart was also prone to spilling things on the desk or person of his boss Thaddeus (Edward Platt). Smart’s apologetic “Sorry about that, chief” also entered the American lexicon.

The spy gadgets, which aped those of the Bond movies, were a popular feature, especially the telephone in a shoe.

“Get Smart” twice won the Emmy for best comedy series with three Emmys for Adams as comedy actor.

Adams, who married and divorced three times and had seven children, was the voice for the popular cartoon series “Inspector Gadget.” In 1980, he appeared as Maxwell Smart in a feature movie, “The Nude Bomb,” about a madman whose bomb destroyed clothing.

Anthony Shadid Reading: ‘Night’ in Iraq

Pulitzer Prize winner Anthony Shadid reads from his new book, “Night Draws Near,” about recent events in Iraq through the eyes of its citizens.

Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1900. (Tenleytown/Van Ness-UDC)
Rapping With Youth

A publisher bets on a cool book cover for a 74-year-old writer

MARKETING / Pitch a book by its cover? You bet.

The paperback publisher of Tom Wolfe’s unevenly reviewed latest novel, “I Am Charlotte Simmons,” is hoping that a dramatically redesigned cover — and a youth-oriented marketing campaign, complete with a contest featuring a trip to Cancun — will help draw young adults to the book, mocked by some reviewers who found the septuagenarian author’s accounts of campus sex life unconvincing.

Oddly, the cover of the paperback omits the name of the novel altogether but features the author’s name prominently. Michael Cader, the editor of both Publishers Marketplace and Publishers Lunch, calls the omission “very unexpected, and very unusual.”

Darin Keesler, marketing director of Picador USA, the novel’s paperback publisher, said that the decision to leave the title off the cover was partly a design issue and partly, “because Tom Wolfe is in many ways a brand, a star.”

When “I Am Charlotte Simmons” was published last fall, its cover featured the book’s title superimposed in script over the author’s vastly larger vanity-letter-style initials.

The paperback cover features a silhouette of a young woman wearing a bright green shift on a dark background and the new title, all in lime green type. The book’s title appears on the first inside page.

“It’s about college life and people love nothing better than reading about themselves,” Keesler said, “so we thought there might be a huge untapped market among younger readers,”

Robin Abcarian

(LOS ANGELES TIMES)

The White Stripes: Red, White and Blues

Continued from page 19

Is it the pasty white faces or the tight red pants that get White Stripes’ fans in a frenzy? Most likely, it’s the band’s explosive riffs and bluesy twist on blood and guts rock ’n’ roll.

Merrivale Post Pavilion, 10475 Little Patuxent Parkway, Columbia; 7 p.m.; 825-40; 800-531-7228.
The Red & the Blue

ABC, at least, takes the idea of a female president seriously

DEBUT — Geena Davis portrays the “Commander in Chief” (9 p.m.) on ABC, and she does a pretty good job.

The show opens in Paris, where Vice President Mackenzie Allen Davis (Geena) is attending to ceremonial duties. Secret Service agents congregate around her, informing her that the president has suffered a stroke. The president’s press secretary insists she leave office so conservative Speaker of the House Nathan Templeton (Donald Sutherland) can continue the president’s agenda. Conflicted, Allen mulls resignation. But Templeton’s unbridled condescension proves too much to take. After the president suffers a fatal relapse, she takes the Oath of Office.

While “The West Wing” focuses on the nitty-gritty of policy, “Commander” focuses on domestic dysfunction. Allen’s husband (Kyle Secor) finds himself demoted from his wife’s chief of staff to being the first male “first lady.”

Allen’s twin teens adjust differently to their new public roles: Her oversensed, conservative daughter (Caitlin Wachs) tells her brother (Matt Lanter), “You can be John-John, and I’ll be Patti Davis!” Look for trouble ahead. KEVIN MCDONALD (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

AND HAIR PRODUCTS

SEX, LOVE & SECRETS (8 p.m., UPN) With its luridly gorgeous cast and moop-rock soundtrack, this debut reads like a WB show circa “Dawson’s Creek.”

SOMETHING COMPLETELY FUNNY

Today’s new DVD releases include THE COMPLETE MONTY PYTHON’S FLYING CIRCUS HIM-TON MEGASET, compiling all 46 episodes of the “Circus” as well as rare footage.

BRATS EAT RATS

THE AMAZING RACE: FAMILY EDITION (9 p.m., CBS) kicks off a new globetrotting season with a domestic angle.

A VERY MARYURY MAN

The second apology is tougher on MY NAME IS EARL (9 p.m., NBC).

BUT HOUSE LOVES MYSTERY

HOUSE (9 p.m., Fox) the team must race against time to cure an immigrant’s mysterious ailment.

HE’S INVISIBLE NOW

“Bob Dylan: No Direction Home” concludes on AMERICAN MASTERS (9 p.m., PBS).

ALL TOGETHER NOW — The Paolos family may not be fast, but at least it’s loud.

SHE’S THE BOSS — Geena Davis’s Mackenzie Allen gets a lot of flak.

Brody Jones

FOX TO GET FOXIER: It would be nice to have more Rosie Perez around, so it’s good news that Fox recognizes the lack of saxsy, smart Latins and has signed the actress to a one-year holding deal with an eye to developing a comedy vehicle for her.

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women for participation in an ovarian function study # 00-CH-0189.
Consider participating if you are:
• 18 through 25 years of age.
• not using birth control including pill, patch or injection.
• a non-smoker.
Length of time:
• Study consists of 3 outpatient visits.
Location:
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accessible by taking the Metro Red Line, Medical Center stop.
• Parking is validated.

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Doctors at the National Institutes of Health (NIH) are seeking healthy
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• not using birth control including pill, patch or injection.
• a non-smoker.
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Support management team in compiling reports; writing minutes, correspondence, & documentation. Convincing statistical output, Internet reports. Perform inventory control through introduction to project management and to developing and analyzing of data. Fax cover letter, resume, and references to: (202) 247-9701 or email to: office@burlington.com. FAX free to check our website at www.statelab.org.

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DANCE DC FESTIVAL Schedule

Friday, September 30
- A Bangra Dance Party: A Children’s Dance Workshop Celebrating South India 4pm, Silver Center (1750 K Street NW)
- Global Fusion: A kaleidoscope of dance, music and song from around the world 6 pm, Kennedy Center Millennium Stage
- Dance Festa: Celebrate Hispanic Heritage Month with Dance 6:30 pm, Mexican Cultural Institute

Saturday, October 1
- Family Dance Workshops and Market Place 10 am - 7 pm, Dance Place (202 E Street, NW)
- Urban Movement and Hip-Hop Collaborative 11 am and 11:30 am, Latin American Youth Center, Art & Media House
- Native Expressions: Celebrating the rich traditions of the region 1 pm, National Museum of the American Indian (South and Independence Ave, SW)
- Dance Asia 2005: Asia in Celebration 2 pm, National Zoological Park, Visitor Center
- Go East: Rhythms and Movements of the Middle East 3 pm, Eastern Market – Market Sq Gallery – North Hall (7th St and North Carolina Ave, SE)
- Hand Dance: The Dance of Choice DC Hand Dance from the 1890’s to today 5 - 9 pm, Cafe Beso Restaurant (404 4 Street, NW)
- Stopping to the Beat 6 pm, Kennedy Center Millennium Stage
- Family Fest 7 pm, Dance Place (202 E Street, NW)

Sunday, October 2
- Dance Around the Circle: DuPont Circle 1 pm, Connecticut Avenue and 17th Street
- Movements and Mastery: Afro-Brazilian dance and martial arts 2 pm, The National Museum of Women in the Arts (1500 New York Avenue, NW, 4th Floor Performance Hall)
- K Street Dental & Orthodontic Group

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Bankruptcy filings rise steeply before new law takes effect

File bankruptcy now — before the law changes!

That’s the message — or exhortation — that attorneys are making across the country, in TV commercials, print ads and mailings, urging Americans to seek bankruptcy court protection before a new law makes it harder for them to walk away from their debts.

Debtors are responding. Counting down toward the Oct. 17 effective date for the biggest reform in U.S. bankruptcy law in a generation, personal bankruptcy filings have jumped this month to the highest on record. Filings averaged more than 9,000 per day, up roughly 50 percent from last year’s average daily volume, during the first two weeks of September.

The number is expected to keep climbing, reflecting a growing sense of urgency as the deadline nears. Attorney Melvin James Kaplan, who runs a consumer bankruptcy practice in Chicago, has never seen a rush this big. The volume of calls to his office has been increasing all month.

“It’s just getting insane,” Kaplan said. “The information has been out there for months. I guess people are just waiting till the last minute.”

The rush is on in every region and most states, based on data compiled for The Associated Press by Landquist Consulting Inc.

The intensified interest comes from the bankruptcy law makeover signed by President Bush on April 20, a 501-page bill that bears the markings of the Republican-dominant Congress that passed it after an eight-year campaign headed by the banking, credit card and retailing industries.

Among the most noteworthy of the changes are new limitations on filing for personal bankruptcy, including barring those with above-average income from Chapter 7 — where debts can be wiped out — except under special circumstances. Those deemed by a “means test” to have at least $100 a month left over after paying certain debts will have to file a 5-year repayment plan under the more restrictive Chapter 13 instead.

People also will be required to get professional credit counseling before being allowed to file.

Proponents welcome what they say is a long-needed crackdown on those who rack up credit card debts recklessly only to shed them in Chapter 7. They maintain that abuse of the bankruptcy process results in higher interest rates for everyone else, a “tax” averaging $400 per family per year.

“We’ve got greater fairness now” under the new law, said Wayne Abernathy, executive director for financial institutions policy at the American Bankers Association, an industry group representing banks and credit card issuers. “Where people have the means to pay, they’re going to have to pay something.”

Opponents, however, contend it will unfairly box in people who become buried in debt after unexpectedly losing their jobs or suffering serious health problems. They say it rewards and encourages the tactics of card issuers enticing consumers into easy debt.

Travis Plunkett, legislative director of the Consumer Federation of America, called the law “harsh and mean-spirited.” While it will halt some abuse by high-fliers who shouldn’t be filing, he said, it also will trap people and businesses that get into financial trouble through little or no fault of their own and block people’s realistic chances at starting over.

Dave Carpenter (AP)
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Cheap Lights, Big Pretty

It's too soon to say, but the dirt-cheap chandelier could replace the ubiquitous paper lantern as the preferred dangling lightsource of young America. We found several examples under $100, many hiding at kids' or teen stores. (Target.com has scads, too.) At these prices, though, they're probably too flimsy to swing from.

The Two-Tone Beaded Brass Chandelier from Urban Outfitters reminds us of nothing so much as grapes. Perfect for illuminating orgiastic Bacchanalian rites. ($98, urbanoutfitters.com)

The kid's Minnen pendant lamp from IKEA resembles a UFO that crash-landed in a bead store. And yet, it works. ($20, ikea.com for stores)

The Bohemian Chic Stained Glass Chandelier from Bombay Kids is meant for a girlchild's bedroom, but would steam up any lady's boudoir. ($79, bombaykids.com for local stores or to order)

Sunset-colored panels hang from a brushed-nickel frame on Pottery Barn Teen's Shimmer Chandelier. Bonus for percussionists: It looks like a xylophone! ($39 for lamp, $10 for cord kit, pbteen.com)

Join the Scrub Club
Any bath product that comes in a container heavy enough to bludgeon someone to a pulp gets immediate bonus points. Such is the case with ESPA's Exfoliating Body Polish ($53, espaonline.com), which has a lot going for it in addition to being a potentially lethal weapon. First, you apply it dry, not in the shower — rub it in until the gel is absorbed, then brush the crystals off your now much softer skin. It's also non-greasy, and the scent is a lively spearmint, not something sickly sweet. The price puts it out of reach for full-body exfoliation for many of us, but using it only on elbows, feet and other typically dry patches will stretch your dollar.

Kristen Page-Kirby (Express)

Sales

Vintage Values on U
What could be better than vintage designer clothing? How about vintage designer clothing on sale? Junction's (1510 U St. NW; 202-483-0260) bi-annual Fall Designer Trunk Sale starts Tuesday and runs through Oct. 16. Designers such as Valentino, Dior, Yves St. Laurent and Chanel will be represented, as well as relative newbies like Marc Jacobs and Betsey Johnson. Some pieces, like the circa-1980 YSL Rive Gauche jacket ($385) above, just happen to be in style again this fall. x.k.k.
The Beatles’ Best

Obvious questions are whether you remained friendly with the Beatles over the past 40 years, did you continue to like their music or did you feel they became too commercial? Yes, you know, regardless of what happened from my particular side, I still remained friendly. The door was always open from my side. As being a fan of their music, yes, regardless of what happened, it was nice to see what directions they went on as they were becoming icons of the music industry.

The Beatles established themselves as a band with a terrific beat. As the originator of that beat, did you realize you were the secret weapon in creating the Beatles phenomenon? I’ve been called many things, but not “Secret Weapon”. No, I think at the time you are creating your own drumming style. What the world sees is unknown to you. Only compared to other people later do you realize that you created something that was different than what was going on at that time.

What would you say to those who have described Ringo as the under-appreciated linchpin of the Beatles? Could any other leading drummer of the era have done what he did?

Bizarro | Dan Piraro

I’ve called this press conference to announce that given the current state of the planet, we are no longer my best friend.

Cornered | Mike Baldwin

Thanks to therapy, Bob no longer felt like a nobody. He felt like an anybody.

Pooch Cafe | Paul Gilligan

I did it, Chazz! I rolled over! I rolled over!

I’ve asked you to sit, stay, heel, bed, beg, fetch a stick, fetch my slippers. And you never obey. I’ve never even tried to get you to roll over.

Pears Before Swine | Stephan Pastis

Hey, there, Zebra! Did you hear my antelope horn has started a program to try and redirect the crocodiles!

The Duplex | Glenn McCoy

When’s the time remote? We don’t need it anymore.

The short attention spam network.
Kudos to Demi for making it socially acceptable for women of a certain age to marry a hot, younger man. I’m looking forward to a boy toy for my 40th birthday.

YOU GOT IT GOOD HERE

“Essentially, this quote is saying: You disgust us, and you disgust them, but only here in America do we have the restraint to not stone you to death in the street for your disgusting abominations.”

SOUTHERNSCHOLAR.BLOGSPOT.COM IS ANNOYED BY A CONSERVATIVE BLOGGER WHO SUGGESTED THAT LESBIANS SHOULDN’T PROTEST THE IRAQ WAR BECAUSE THEY WOULDN’T BE WELCOME IN AN ISLAMIC SOCIETY.

MYTHICAL MOTHER OF A FALLEN WARRIOR

“She’s the voice of history, the voice of outrage and lament that follows the severing of that familial bond...”

KIMPOUNDERS.BLOGSPOT.COM ON CINDY SHEEHAN SPURRING THE ANTIWAR MOVEMENT

DO spend less on gas. With even President Bush admitting that “gas prices are on our minds,” it might be time to reconsider the one-car, one-passenger commute. Commuter Connections (mvccog.org/commuter/ccindex.html) can teach you about the magic of ridesharing and impart other secrets.

Almanac


Precipitation

24 hours ending 4 p.m. Trace

Sun and Moon

Sunrise today: 6:00 a.m. Sunset tonight: 7:00 p.m.

Regional Forecast


Regional Weather

5 Day Forecast for the Washington Area

National Weather for Tuesday, September 27

National Cities

<table>
<thead>
<tr>
<th>City</th>
<th>Today</th>
<th>High/Low</th>
<th>Today</th>
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World Cities

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<tr>
<td>Calgary</td>
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<td>Moscow</td>
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<td>Tokyo</td>
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PLEADINGS

Big Pussy to Plead Guilty

VINCENT PASTORE, who played “Big Pussy” on “The Sopranos,” has agreed to plead guilty to a charge that he attempted to assault a former girlfriend last spring. The plea bargain calls for Pastore to perform 10 days of community service and attend a counseling program for batterers, lawyers involved in the case told a Manhattan judge Monday. (AP)

CLOSEUP

Beanie Deemed Innocent

Rapper BEANIE SIGEL was acquitted Monday in Philadelphia on charges he shot and nearly killed a man two years ago on a crowded city street. Sigel, whose trial began only a few weeks after his release from prison, was cleared by a jury of shooting Terrance Speller during a dispute outside a strip club in July 2003. (AP)

RECOVERING

Singer Doing Well

D'ANGELO said he's ready to record after a car crash left him hospitalized for several days. “I banged up my ribs but other than that I'm fine,” he said Monday from his home in Richmond. Out of the hospital for two days, the singer said he’s eager to get back to the studio. D'Angelo, 31, born Michael Eugene Archer, was in a 2003 Hummer on Sept. 19 when it crossed the roadway and struck a fence, said State Police Sgt. Kevin Barrick said Monday. Archer wasn’t wearing a seat restraint, Barrick said. (AP)

THE OPRAH

New She Owns Broadway

“The Color Purple,” a musical based on Alice Walker’s novel, will have OPRAH WINFREY as a producer and investor when it opens on Broadway in December. In Winfrey’s first Broadway venture, she will contribute more than $1 million of the musical’s $10 million production cost. (AP)

PALS

Sticking Together

THROUGH THIN AND THINNER

NAOMI CAMPBELL has spoken out in support of Kate Moss, who has lost three contracts and is being investigated by police on allegations that she used cocaine. “Kate Moss is my friend. I think it’s like everybody is being bad to her,” Campbell said Sunday in Bogota, Colombia, where she was judging a modeling competition. “It’s not the first time it has happened in the world. It’s really like a vendetta,” she said. (AP)

FINDINGS

Enrique Sexy, Scientists Discover

For People en Espanol, ENRIQUE IGLESIAS es muy caliente. The singer tops the magazine’s second annual “25 Sexiest Bachelors” list. He’s cited for his “smoldering good looks and successful crossover appeal.” Iglesias, 30, has been linked to Anna Kournikova. Asked about his most embarrassing sexual experience, Iglesias says, “I’ve had many, but I’ll have to say when alcohol kills the romance — in fact, when alcohol kills everything, if you know what I mean.” (AP)

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Storm Approach | Edited by Timothy E. Parker

ACROSS
1 Pipe feature
5 Word with bar or binary
9 Be active on Wall Street
14 Pavarotti solo
15 Surrounding glow
16 Increased the staff
17 Like a pole vaulter’s pole in action
18 Alg. cousin
19 “I give up!”
20 Displays peak singing condition?
22 Becomes a face in the crowd
23 Samples
26 Word with split or tail
27 TGIF eve
29 Lifting spots?
31 Substitute for gum or Joe?
36 Vied for office
37 Loaf or loafer parts
39 Some horses
40 Likely (probably)
42 “I’m impressed!”
43 Plant pets
44 Rudder’s place
45 Spare the rod
47 Gun owners’ grp.
48 “Whoa!”
50 Mediocre
51 It may be in the ointment
52 Nemo’s harponist
54 Chiron’s planet
56 Completely losing it
57 Thought the world of
59 Sesame Street name
65 Bowling green?
67 Flat-topped elevation
68 TV sports playback effect
69 Like hand-me-downs
70 Popular cable channel
71 Improved an edge
72 The sun does it every day
73 Eye aliments (Var.)

DOWN
1 Coddle
2 Snack since 1992
3 Plane-testing chamber
4 Not now
5 Marble type
6 Couple’s pronoun
7 Negligible amount
8 Hanley or Frey
9 Billyow boomers
10 Unsaid words
11 Circle components
12 Where the workers cut the mustard
13 Setting in Haydn’s “The Creation”
21 Conductor, but not of music
23 Celebrated twin
25 Certain mergers can
27 Vandalize
28 Can’t help but
29 Feeds the pigs
32 “What a view!”
33 Endangered
tropical region
34 Twist into a knot
35 “How I Spent My Summer Vacation,” maybe
38 Hawk’s maneuver
41 Former California fort
42 Oahu and Maui, e.g.
43 Crumpets go with
51 One barely passes with it
52 Heavy volumes
53 More than “humm!”
54 Peace Prize city
58 Desktop image
59 Scoobi pets
60 Cushiness
61 Catch sight of
dog
63 Denmark native
66 Just painted

Yesterday’s Solution

Su | do | ku | © Puzzles by Popc compared

Degree of Difficulty: MEDIUM

Fill in the boxes so that each row, column and 3-by-3 square includes the digits 1 through 9.
For solution, tips and computer program, see www.sudoku.com

Yesterday’s Solution

Can’t get enough Sudoku? Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

Look out

Is your weight getting in the way of your life, job and relationships? Tired of trying to lose weight only to put it back on?
Let the Serotonin-Plus Weight Loss Program with a 99% success rate help you lose weight and keep it off.

• Medically supervised by board certified internal medicine physician
• Average wt. loss 35 pounds in 12 weeks
• Revolutionary patented serotonin supplement to reduce appetite, carb cravings and binge eating
• Scientifically proven
• Safe and effective

What have you got to lose? Only weight.
Call us for a free consultation. 888-577-7587 or visit us at www.spdiet.com

Look at our results:

Betsy lost 40 pounds
JoAnn lost 55 pounds

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Visit our website and apply online at www.123donate.com
Confidentiality assured

BECOME
AN EGG
DONOR

TODAY IN HISTORY

1779 John Adams was named to negotiate the peace terms of the Revolutionary War with Britain.
1854 The first great disaster involving an Atlantic Ocean liner occurred when the steamer Sank Arctic sank with 300 people aboard.
1928 The United States said it was recognizing the Nationalist Chinese government.
1964 The Warren Commission issued its report concluding that Lee Harvey Oswald had acted alone in assassinating President Kennedy.
1994 More than 30 Republican congressional candidates gathered on the steps of the U.S. Capitol to sign the “Contract with America,” a 10-point platform they pledged to enact if voters sent a GOP majority to the House.

Worry Worry

• Are you worried or anxious most of the time?
• Do others tell you that you worry needlessly or worry too much?
• Are you so agitated that you can’t enjoy your life?
• Are you so on edge that your health is affected?
• Do you suffer from shortness of breath, palpitations, difficulty sleeping, excessive sweating, or abdominal distress?

If so, you may have Generalized Anxiety Disorder.
If you are between the ages of 18 and 65, you may qualify to participate in a research study in which you will receive investigational medication and study-related physical exams at no cost. This study is located near the Foggy Bottom Metro station and requires 9 visits over 12 weeks.

For information, call (202) 994-CARE www.GWcare.org

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REGROW...

FOR MEN AND WOMEN OF ALL HAIR TYPES

FOR A LIMITED TIME:
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FREE with this ad

Washington Metro’s Area’s Only Hair Loss Professionals Using Laser and Trichology.
As reported on ABC, FOX, NBC, CBS!

What Makes Us Different:
• EXCLUSIVE access to one of the world’s leaders in hair loss research and products.
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• BIO-STIMULATING laser light therapy.

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BUILDINGS
to be an Everyday Hero.

COMBINED FEDERAL CAMPAIGN OF THE NATIONAL CAPITAL AREA • www.cfcnca.org
You have the power to help a child without a family.

Designate Kidsave CFC#2804

Many older children need adoptive families. You can help by hosting a local child in foster care over a series of weekends and be that child’s partner in finding a permanent family.

Opportunities to host and help orphans from overseas are also available next summer.

Be a part of a life-changing experience. Call now to learn more and remember giving to Kidsave (CFC#2804) will make a remarkable difference in the life of a child.

202.237.SAVE (7283) www.kidsave.org

strong alone.

fearless together.

The YWCA National Capital Area serves women and their families through career education and training, health and wellness, and child and youth development programs. Your support through the CFC helps them become strong alone, fearless together. Designate CFC/United Way #8482

eliminating racism empowering women

ywca

national capital area

624 Ninth Street, NW
Washington, DC 20001
202/626-0700
www.ywcanca.org
2005 CFC Campaign Looking for Everyday Heroes

Campaign Goal is $56 Million and 7,000 New Donors

The 2005 Combined Federal Campaign is now officially underway. Although the kickoff for the Washington, DC metropolitan area is scheduled for tomorrow, many Federal agencies have already begun raising money for charitable programs and soliciting the pledges of Federal employees—or Everyday Heroes, as they will be known in this year’s campaign.

The goal of the 2005 Combined Federal Campaign of the National Capital Area (CFCNCA) is to raise $56 million in pledges to support the 3,400 local, national, and international charities participating in the annual fundraising event.

The CFCNCA remains the largest and most successful employee workplace giving campaign in the world, with more than 2 percent of Federal employees in the Washington, DC area donating through the CFC last year. In 2004, the CFCNCA had a second year of unprecedented growth for a campaign of this magnitude, adding thousands of new donors and increasing total dollars.

In addition to the goal of $56 million, CFCNCA has set the following benchmarks:
- Reach all 349,000 potential Federal employee donors with an informed opportunity to give
- Increase the average gift by 5 percent, from $336 to $352
- Increase the rate of participation from 47 percent to 49 percent
- Increase the number of donors by 7,000—from the current 166,500 to 173,500

To assist the campaign, more than 40 loaned executives from across the government have been deployed to help with training volunteers, assisting campaign managers, and speaking at campaign events. For a complete list of loaned executives and their assignments, visit www.cfcnca.org.

Be an Everyday Hero

The focus of the 2005 campaign is “Be an Everyday Hero.” The theme was inspired by the creativity of the Navy Federal Credit Union in their 2004 CFC campaign. Using an “ Everyday Hero” approach that promoted the concept that anyone who helps others is a hero, the organization raised more than $330,000 for the CFC, with an average gift that increased from $210 to $254.

Their hard work in creating a fun and inspiring campaign won them recognition at the national level, and in June 2005 representatives of the Navy Federal Credit Union accepted OPM’s 2004 CFC Innovator Award (See related story and photo pages 18-19).

Based on Navy Federal Credit Union’s success with the idea—and the fact that it resonates with so many individuals—CFCNCA will roll out the “Be an Everyday Hero” theme and creative approach, including posters and a CFC Everyday Hero emblem, over the course of the fall 2005 campaign.

“Through CFC, you are a hero every day—by pledging money in this campaign, by offering your skills and attention as a CFC volunteer, and by giving from your heart to help others,” says Local Federal Coordinating Committee Chair Vince Micone. “Through your selfless actions, you stand behind those organizations working every day to improve the lives of people in our neighborhoods, our nation, and our world. Your overwhelming generosity and support for those you help but may never meet make you true Everyday Heroes.”

Please give generously. Look for organizations in the 2005 Catalog of Caring or search and pledge on the CFCNCA website (www.cfcnca.org) to find charities that are important to you. You are important to them. Every day you are a hero when you help others help themselves.

Promoting the Protection of All Animals

That’s the mission of The Humane Society of the United States.

We rescue animal victims of disaster. Sponsor FEMA-certified teams of search and rescue dogs and their handlers.

We help people strengthen lifelong bonds with their animal companions, and find solutions to the problems which too often separate pets and their families.

We offer advice on how to provide for a beloved pet’s future, even if something happens to the pet’s owner.

We raise awareness of the connection between animal abuse and human violence.

And through our ten regional offices in the United States and our international arm—Humane Society International—we use legal, investigative, and educational means to protect pets, wildlife, and all the animals who share our world.

But we can’t do it without you.

Please support our work by designating #0452 for your CFC contribution.

Your gift can help the poorest people on Earth. It can turn real needs into real results. Please support these or other Global Impact member charities listed in your workplace giving brochure:

Africare (0303)* • American Near East Refugee Aid (ANERA) (0307)* • Catholic Relief Services (0309)*
Christian Children’s Fund (0324)* • Global Impact (0300)* • Lutheran World Relief (0335)*
Plan USA, Inc. (formerly Childreach) (0312)* • Save the Children (0326)* • World Vision (0370)*

GLOBAL IMPACT
800.836.4620 • www.charity.org
* Charity code for Combined Federal Campaign
Cough.
Sneeze.
Wheeze.

For 60 million Americans, asthma and allergies are serious, chronic diseases. Now there’s hope. Visit www.aafa.org today to get free information about research, prevention and treatment — and designate AAFA #1734 in your CFC pledge this fall.

Asthma and Allergy Foundation of America®

for life without limits™

SOME people go to bed with a full tummy every night,

And Some Don’t.

So Others Might Eat (SOME) is an interfaith, community based organization that exists to help the poor and homeless of our nation’s capital.

Since 1970, SOME has been restoring hope and dignity one person at a time.

We invite you to join us.

United Way/Combined Federal Campaign #8189

Norman Mineta Named Chair of 2005 CFC

Norman Y. Mineta will chair the 2005 Combined Federal Campaign of the National Capital Area (CFCNCA) and spearhead the effort to ask each member of his Cabinet to provide strong leadership as the chair of the campaign in their respective agency.

Each Cabinet official is asked to enthusiastically support the CFC by personally chairing the campaign in their agency and appointing a top official as vice chair to run an employee campaign that asks every Federal worker, military, civilian, or postal, to contribute to charity through the CFC.

The Combined Federal Campaign is an important way for Federal employees to support thousands of worthy charities. Public servants not only contribute to the campaign but also assume leadership roles to ensure its success.

Secretary Mineta will encourage the personal support and enthusiasm of all Federal employees in the campaign which will help positively influence thousands of employees and will guarantee a successful campaign to raise $56 million for more than 3,400 charities, including those who are working on Hurricane Katrina relief.

Norman Y. Mineta became the 14th U.S. Secretary of Transportation on January 25, 2001. He became the first Asian-American Cabinet member during the Clinton administration, and the first Cabinet member to switch directly from a Democratic to a Republican Cabinet.

In December 2004, Secretary Mineta accepted President Bush’s invitation to continue his service in the Cabinet during the President’s second term.

As Secretary of Transportation, Mineta oversees an agency with almost 60,000 employees and a $61.6 billion budget. Created in 1967, the U.S. Department of Transportation brought under one umbrella air, maritime, and surface transportation missions.

Prior to joining President Bush’s administration as Secretary of Transportation, Secretary Mineta served as U.S. Secretary of Commerce under President Clinton.

He was vice president of Lockheed Martin Corporation prior to joining the Commerce Department. From 1975 to 1995, he served as a member of the U.S. House of Representatives, representing the heart of California’s Silicon Valley.

Secretary Mineta and his family were among the 120,000 Americans of Japanese ancestry forced from their homes and into internment camps during World War II.

While in Congress, Mineta was the driving force behind the passage of H.R. 442, the Civil Liberties Act of 1988, which officially apologized for and redressed the injustices endured by Japanese Americans during the war.

In 1995, George Washington University awarded the Martin Luther King, Jr. Commemorative Medal to Mineta for his contributions to the field of civil rights. In 2003, Secretary Mineta received the Panetta Institute’s Jefferson-Lincoln Award for his bipartisan leadership in addressing the nation’s challenges and was selected by the Council of Excellence in Government to receive the Elliot L. Richardson Prize for Excellence and Integrity in Public Service.

Secretary Mineta is married to Danelia (Deni) Mineta. He has two sons, David and Stuart Mineta, and three stepsons, Robert and Mark Brantner.
CFC Speeds Funds to Disaster Charities

Katrina Fund Distribution Schedule Advanced by OPM

After Hurricane Katrina inundated four states and chainsawed a path across the Gulf Coast states of Florida, Louisiana, Alabama, and Mississippi, the destruction of lives and property has prompted an equal and opposite Category 5 outpouring of generosity to help the victims of the storm and the resulting floods.

Although the official kickoff for the 2005 Combined Federal Campaign of the National Capital Area (CFCNCA) will not be until tomorrow, for several weeks, the CFCNCA has been providing a way for Federal donors to begin contributing to this special disaster relief.

Federal workers who want to support hurricane relief efforts can now take advantage of the special procedures that the Office of CFC Operations at the Office of Personnel Management (OPM) has put into place for the early weeks of the 2005 Combined Federal Campaign.

In its latest guidance to local campaigns, OPM has waived the regular CFC rules for distributions to charities for the next 30 days.

“The impact of the change is that all cash and check gifts made through the CFCNCA by September 30 will be collected and distributed to participating charities designated by the contributor within 30 days,” explained CFCNCA Executive Director Anthony De Cristofaro. “This will allow those who make early gifts to have a positive impact on the immediate and emergency needs faced by the people who have been displaced from their homes in Louisiana, Mississippi, Alabama, and Florida.”

The hurricane relief phase is a special, pre-kickoff solicitation of cash and checks specifically to help in the Gulf Coast recovery. The regular CFC campaign will take place as planned from September 28 to December 15.

Agency employees can donate by visiting www.cfcnca.org/katrina, where they can download and print a pledge card. Donation instructions and an extensive list of participating charities are also available at that link. The list of charities eligible for this special program is maintained by OPM and the USA Freedom Corps and can be reviewed at http://www.opm.gov/cfc/disasters/katrina-relief.asp. CFCNCA will ensure that any changes in the OPM list are promptly reflected on the CFCNCA list.

Distribution of early hurricane relief funds will take place as soon as receipts are audited under guidelines published by OPM. CFCNCA expects the first distribution to take place in September, with the second distribution in October.

This is only the second time in the 49-year history of workplace campaigns in the Federal government that OPM has approved a waiver of the regular annual distribution cycle. The only other time was for the special solicitation approved last January for tsunami relief.

“This special Hurricane Katrina relief effort should not prevent or interfere with the implementation of the regular CFC solicitation process,” noted Mara Paternoster, Director of the Office. Continued on page 9

You need them. They need us. We need you. It’s that simple.

Help us speak for those who can’t.

The Fund for Animals, founded in 1967, advocates for animals and provides care, veterinary treatment, spay and neuter services, and rehabilitation for rescued wildlife and companion animals at sanctuaries and rehabilitation centers from coast to coast, including our world-famous Cleveland Amory Black Beauty Ranch.

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www.fundforanimals.org

Designate CFC
CFC #0423
1 in 2 school age children in our nation’s capital is at risk of hunger.

For every $1 donated to the Capital Area Food Bank, 92 cents goes directly toward food distribution and programs.

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202.526.3144
6833 Hill Park Drive Lorton, VA 22079
703.411.3063

Why is Emmanuel Smiling?

His Family just became homeowners through DC Habitat for Humanity.
Help us bring the American Dream to more families in our Nation’s Capital

Support Us—Designate
Habitat for Humanity of Washington DC
CFC/United Way #8224

202.882.4600 www.dchabitat.org

FEDERAL WORKERS

Have You Been a Victim of Job Discrimination?
Have You Been Denied a Promotion?
Tired of Having Your Tax Dollars Spent . . . .
on Fraud, Waste and Abuse?

Designate Federal Employees Legal Defense Fund, Inc. (FELDF)

CFC 7982

Through the Combined Federal Campaign (CFC) contributions FELDF helps Federal workers enforce federal civil rights employment laws through class action litigation. Visit http://www.feldf.com

Now funding the EEOC certified race-based discrimination class action: Janet Howard vs. Carlos M. Gutierrez, Secretary-U.S. Department of Commerce

CFC Charities Help Mother, Children Face Adversity

Robin Lancaster-Campbell knows all about adversity—and about the ways friends and strangers help you through it. In February 1999, the Library of Congress administrative coordinator, now 43, realized that something was amiss with her four-month-old daughter, Nicole. “She kept reaching out, like she wanted to hug me, and crying,” says Lancaster-Campbell. “My gut told me something was wrong. After a few days of it, I took her to the doctor, and Nicole had a seizure right there in his office.”

The infant was rushed to a nearby children’s hospital, where doctors diagnosed her with a rare epileptic disorder known as infantile spasms. Without treatment, she would suffer permanent brain damage; however, there was no medication available anywhere on the East Coast.

The doctors contacted a non-profit health agency that helps people find information about, and treatment for, rare, “orphan” diseases. “We were at the hospital for three weeks,” says Lancaster-Campbell. Continued on page 22

ROBIN LANCASTER-CAMPBELL and her children, Nicholas and Nicole.
Living With Epilepsy Possible Thanks to CFCNCA

It seemed like any other morning for Dennis McCallum, an Army officer stationed at Fort Lee in Virginia. On his way out the door, he looked in on his 3-1/2 year old son, Callos. But instead of sleeping peacefully, Callos’ eyes were rolled back into his head. Dennis tried unsuccessfully to wake the boy and, with his wife Cynthia, rushed him to the base hospital. In the emergency room, Callos had his first epileptic seizure. He spent the next two days in intensive care.

That was ten years ago. Today, Callos experiences an average of two to three seizures every two weeks. “The longest we’ve gone without a seizure is almost a month,” Dennis says. “When that happens we celebrate, but even then we’re bracing ourselves for the next wave.”

From the start, Cynthia began researching everything there was to know about epilepsy. “She’s one of the smartest women around on the subject,” says Dennis. She discovered an epilepsy support and education network in their area that is funded by gifts made through CF

Since 1938, Christian Children’s Fund has faithfully helped many children living in poverty around the world.

Today, CCF works in 34 countries including the US, where our mission is to help children, families, and communities to survive and thrive.

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The Surprising Faces of Arthritis Help Them Take Control

- Arthritis and chronic joint pain are the leading cause of disability in the U.S.
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1 in 3 Americans Have Arthritis
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Micheline Payton-Kenner has always been an independent person—strong, self-reliant, and confident. Those traits suited her well as the wife of a Navy yeoman. “Being a Navy wife, you become accustomed to long deployments,” Michelle says. “When my husband wasn’t there, I ran the show. I come from a family of very strong and spiritually inclined people, so that’s part of who I am.”

Michelle’s independence was greatly tested in January 1977, however, when her husband died while away on a three-month cruise. Suddenly, the 20-year-old widow was left to raise her daughter alone. “Now suddenly I had total responsibility for the bills, child care, all those things,” Michelle recalls.

Michelle moved in with her parents for four months to get back on her feet. She got a job, and tracked the pension process through a maze of bureaucracy. “There were so many things that I did not know,” says Michelle, now a Program Manager for Diversity/Special Emphasis Programs at ONP’s Center for Equal Employment Opportunity. “For many years it was a struggle.” But through it all, Michelle refused to give up her independence.

At the suggestion of another Navy wife, Michelle contacted the Combined Federal Campaign for help. The CFC, in turn, put Michelle in touch with a volunteer organization established in 1904 and dedicated to helping Navy and Marine Corps families. With offices around the world that are funded in part by donations from the CFC, the relief society provides interest-free loans and grants to help service families meet emergency needs, cover educational costs, and attend financial and benefits counseling. The support and information that Michelle received made it possible for her to weather the rough times. Today, Michelle’s oldest daughter is married with three children; her youngest daughter, a member of Phi Beta Kappa, recently graduated from Randolph Macon College with honors. “Had the CFC not been there when I needed them,” Michelle says, “I wouldn’t have been able to do the things I needed to do for my children and for me.”

Michelle has donated to CFC charities every year since coming to work for the Federal Government in 1978. As a CFC Loaned Executive, she has seen firsthand how charities help people in their fight to regain self-respect and dignity. Says Michelle, “It’s really tore at my heart because I know that if I did not have the support of good people and a place to go where people could help me, things might have turned out very differently for me.”

It is an understanding that informs Michelle’s work as a Program Manager in the field of Equal Employment Opportunity. “It’s always been about helping the underdog. My philosophy is if you can help someone, you should. Because there was someone there to help me. It’s about giving back.”
CFC Speeds Funds to Disaster Charities

Continued from page 5

face of CFC Operations at OPM, in a September 1 memo to Federal employees and campaign officials. “Federal donors should be reminded that all CFC charities continue to need their support, in addition to those assisting Hurricane Katrina victims.”

“We are asking people to give twice this year,” explained Renée Acosta, President and CEO of Global Impact, the organization selected by the Local Federal Coordinating Committee (LFCC) to manage the day-to-day operations of the campaign. “First, people have the chance to give by cash or check now to help the organizations that are on the front lines, aiding the hurricane victims in Louisiana, Mississippi, and Alabama. Then, once the regular campaign gets started, people can use the convenience of payroll deduction to support the rest of the charities in the CFC that need assistance each year.”

Ms. Acosta explained that following the September 11th attacks in 2001, many charities saw their regular donations shrink as critical funds were donated to organizations helping the victims. A number of charities were forced to close their doors permanently without those funds.

“That is why we are having a dual appeal this year. Helping people who really need help is not an ‘either – or’ question,” explained Ms. Acosta.

Some charities are getting large amounts of contributions for hurricane victims and reports are that Hurricane Katrina related giving has already topped the $1 billion mark. However, some charity officials fear that donations to their organizations through CFC may drop because many employees are donating directly to relief organizations serving Katrina victims.

“While that is a possibility,” explained Ms. Acosta, “our plans put in place a system that will attempt to minimize that impact. There’s no way to know until we see the final giving results but this will be the big challenge for the 2005 campaign.”

CFCNCA urges all Federal employees not to forget about the charities that they support every year.

“The needs they meet don’t go away when other issues get greater visibility,” said Ms. Acosta. There are approximately 65 CFC-qualified charities on the Hurricane Katrina list maintained by USA Freedom Corps. However, in the regular campaign that kicks off on September 28, there are more than 3,200 international, national, and local charities that are qualified to receive designations from Federal employees.

Join the First Line of Defense for America’s Defenders!

The Veterans of Foreign Wars Foundation proudly serves the needs of all those who serve—or have served—this great nation. When you select the VFW Foundation through the Combined Federal Campaign, you support programs that:

• Offer life-changing assistance to struggling veterans
• Help brave service men and women around the world
• Ease hardship for military families back home
• Inspire patriotism and remembrance across the nation

And so much more! Visit www.vfwfoundation.org to learn how you can defend the men and women who proudly defend all Americans.

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TouchDC

Give, but give wisely...

TouchDC gives you more detailed information about the charities you support!

Give Where You Live...

www.TouchDC.org
CFC Charity Provided a Home to Sen. Martinez

“When I first came to America, I didn’t have a home. I think I was the only Secretary of Housing who had once been homeless,” recalls Senator Mel Martinez, the former Secretary of the Department of Housing and Urban Development, who now represents the State of Florida in the U.S. Senate.

Sen. Martinez was born in Sagua la Grande, Cuba, and arrived in Florida as a 15-year-old boy with a big dream. He was part of “Operation Peter Pan,” a faith-based humanitarian program that helped more than 14,000 children escape Communist Cuba and enter foster care in the United States. That’s when two Everyday Heroes intervened in his life.

“Walter and Eileen Young—my foster parents—raised their hands one Sunday morning when there came a call from the pulpit for a volunteer to take me in,” he recounts. “They put their faith into action and took in a child whom they had never met, from a land they had never seen, who did not even speak their language.”

It was four years before Martinez was reunited with his parents and siblings. He went to school and worked part-time to buy the family a used car. He worked his way through college and law school, married and started a family, and coached Little League. Sen. Martinez entered public service, serving on local boards and winning election as Orange County (Fla.) Chairman. But he never forgot the generosity he was shown by the Youngs and other foster families as he was carving out a new life for himself.

“Because America has given so much to me, I am always eager to give back to the community, state and country that provided so many opportunities for me,” he says. Martinez has volunteered his time to various youth, business, and civic organizations over the years, and held increasingly influential political positions. In 2003, while Secretary of HUD, he was named Honorary Chairperson of the CFCNCA. When asked by President Bush to serve the Combined Federal Campaign, he saw it “as a wonderful opportunity to become involved in a truly worthwhile cause” and invited Federal employees to “encourage the work of any of the organizations listed in the Catalog of Caring.”

Sen. Martinez and his family are now Everyday Heroes to other people. They have supported the cause of refugees to this country and “worked to ease their transition into American life.” His hope is that the U.S. becomes “a nation full of people as compassionate as Walter and Eileen Young,” a nation of Everyday Heroes who volunteer their time, open their homes, and pledge generous gifts to support programs like those operated by CFC charities.

Lend a Helping Hand to the Defenseless Through Workplace Giving

For two decades the National Right to Life Educational Trust Fund has been the leader of a huge nationwide outreach to educate Americans about the grave threat posed to vulnerable people by abortion, infanticide and euthanasia. When you designate the National Right to Life Educational Trust Fund (agency #2844), your contribution enables us to be a voice for millions of innocent human beings who cannot speak for themselves.

This fall federal employees can contribute through the Combined Federal Campaign (CFC). Many state and local governments also offer employee campaigns. In addition, private sector and United Way employees can participate in workplace giving by pledging to:

National Right to Life Educational Trust Fund

Agency # 2844

Thank You!

Washington, DC 20004 • (202) 626-8800
e-mail: nrlc@nrlc.org • www.nrlc.org
An Everyday Heroine to the Community and CFC

Twenty years ago, Kathy Augustine and her then two-year-old daughter were attending mass when she noticed in the church bulletin a need for housing for pregnant women. Kathy immediately registered as a volunteer for the church-based foster family program. She keeps track of the years she has worked for the program by the age of her daughter, who is now 22.

Through her participation in the program, which is partially funded by donations to the Combined Federal Campaign, Kathy helps provide a safe haven for women in crisis pregnancies, and over the years has opened her home to about two dozen women. Most of these women were adults who found themselves unable to cope with the financial demands of pregnancy or women whose spouses were abusive.

The woman lived with Kathy’s family for anywhere from three weeks to nine months while they worked on long-term solutions to their challenges.

One particularly difficult placement, Kathy recalls, was a young mother from Sri Lanka. The woman had taken a job as a nanny to a family in Saudi Arabia, leaving her young son behind. The Saudi family brought her to America and enslaved her; she was raped and threatened with deportation when she became pregnant. The church program intervened and placed the woman in Kathy’s home, where she was cared for and, with Kathy’s help, learned a little English.

The woman later married, was reunited with her son, and is now raising a family in this country.

Kathy has also volunteered as a facilitator for another CFC-funded charity—an international grief support program that helps children deal with the trauma of family separation, death, divorce, and relocation.

The hardest part of volunteering, Kathy says, “is picking up the phone. If you feel like volunteering, give it a try; you can always stop later. But it is a tremendously good feeling.” What does Kathy like best about being part of the CFC? “The sense of satisfaction in helping someone in some way and making a difference in the life of someone making a life-altering decision.”

That sense of satisfaction has also led Kathy Augustine to become a dedicated CFC volunteer at her workplace. She has served for over a decade as a Keyworker and coordinator for USDA’s Economic Research Service (ERS), where she is a member of the technology team.

At the close of the 2004 campaign, Kathy was chosen as the winner of the prestigious CFCNCA Heroine Award, a reflection of her commitment and dedication to both the campaign and her community.

Mary Ahearn, Kathy’s colleague at ERS, nominated her for the award. “Kathy brings a new level of energy and excitement each year to getting the routine jobs of the CFC accomplished,” Ahearn wrote. “She has inspired others to make the extra effort for CFC. It is that extra effort that has helped to make ERS’s contributions above average year-after-year.”

So what is in store for Kathy during the Fall 2005 campaign? She isn’t sure yet, but it’s more likely than likely will be a Keyworker position within my division.” And it’s more than likely that Kathy will apply her experience and enthusiasm to another year of raising even more funds for programs that help those most in need.

KATHY AUGUSTINE

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National Indian Child Welfare Association
Protecting our children • Preserving our culture

Please choose NICWA #2733 on your CFC form.

For $5 per pay period, 12 tribes receive child abuse prevention kits.
For $10 per pay period, 25 tribal workers receive two hours of instruction.
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For more information, contact NICWA at 503/222-4044 www.nicwa.org

Kids with juvenile diabetes need you to be their hero now more than ever. We’re so close to finding a cure for this devastating disease that threatens their sight, their hearts, their dreams. We fund the research that is finding the cure. Your help brings us that much closer. Won’t you help save the day?

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Designate
CFC #8131

FOR MORE INFORMATION, CONTACT NICWA at 503/222-4044 www.nicwa.org

Mary Tyler Moore
International Chairman
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CFC/United Way #8429
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The Make-A-Wish Foundation* of the Mid-Atlantic, Inc. is a non-profit organization that fulfills the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. For more information, visit midatlantic.wish.org.

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Adoption Assistance from CFC, Children Make a Home

“T

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Adoption Assistance from CFC, Children Make a Home

“The Koslos decided to ask for a Chinese girl—far more girls are put up for adoption in China than boys—and worked with the agency to assemble the large quantity of necessary paperwork.

“Then all we could do was wait,” says Tim.

“Finally, they called us and said, ‘Do you want to see what your child looks like?’ We went in to look at her picture, and they gave us the chance to accept or decline, but frankly, I couldn’t imagine declining.”

Autumn Rose and Camille Elizabeth have made a smooth transition from orphanages to a typical American life of playgroups and cookouts. Autumn is very analytical and inquisitive. She likes to watch things and figure them out,” says Tim. “Camille is bossy. We were told her spiky hair was a sign of stubbornness, and that seems to be right.”

The girls know that they have been adopted from China. Through the adoption agency, Tonya Koslo met other parents in her area with children from China, and she now serves as a support group coordinator herself. “We get together and celebrate Chinese New Year,” says Tim, “and read them books and show them videos about southern China. But really, we’re not different from any other parents. Becoming a parent happens really quickly.”

“When I saw that our agency was part of the CFC, I thought, ‘Hey, now I can give right back to them.’ For me, particularly at my age, the whole experience of becoming a father to little ones was daunting, but it means much more to me than if I were younger. It has put a lot of meaning into my life.”
What Your Dollars Can Do

Common Payroll Pledge Amounts

PER BI-WEEKLY PAY PERIOD

**NATIONAL**
- **$10 PER PAY PERIOD**
  - Provides 2 breast cancer patients with support from trained survivors
  - Pays for an important lab test in a ground-breaking cancer research protocol
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  - Provides College Transition students with 24 Fulfilling the Dream: Going to College textbooks
  - Provides College Transition students with 18 Fulfilling the Dream: Going to College Parent Handbooks
- **$20 PER PAY PERIOD**
  - Donates a week of bus tokens or metro passes for 40 men and women in transitional housing programs who are seeking employment
  - Pays for a rabies vaccination for 20 homeless animals

**$50 PER PAY PERIOD**
- Provides textbooks to 10 adults attending employment training classes to obtain the education and skills necessary to break out of the cycle of homelessness and poverty
- Feeds 1,200 homeless men, women, and children with a nutritious breakfast
- Eases the financial burden of a patient needing lodging near a cancer treatment center
- Pays for a 5 day stay in a kennel for a homeless animal

**$75 PER PAY PERIOD**
- Donates supplies for 18 months to a clinic that helps people seeking brief legal advice in Anacostia and the Shaw neighborhood

**$100 PER PAY PERIOD**
- Sends 12 senior citizens to camp for 5 days
- Buys a year’s supply of heartworm preventative for a homeless animal
- Allows a law clerk to spend 160 hours of work on clients who can not afford lawyers, including client intakes, corre-
  - Continued on page 22

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Each year we connect thousands of full-time volunteers with faith-based service programs. Volunteers serve people in need in every state and 110 countries worldwide.

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CFC #1816

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CFC #1561
Frequently Asked Questions

What are the administrative costs for CFCNCA this year?

LFCC approved a budget of $4.4 million for this year. The budget is a fixed amount, not a percentage of funds raised. If we are successful in achieving our target of $56 million raised, this budget would amount to less than 8 percent of revenues. The final fundraising cost percentage will be known when the campaign is complete and a final total has been reached.

What is unique about Global Impact’s management of CFCNCA?

New technology: Electronic tools for the contributor will make it easier and more robust to search for charities on the CFCNCA webpage (www.cfcnca.org). A campaign helpline will answer any questions from Federal employees that may arise: (202) 465-7230.

CFC-e®: This program is now underway across the Federal sector in this market. Using CFC-e® contributors will be able to fill out their CFC-e® pledge card online and submit it to their Keyworker.

Management tools: Campaign management tools will make tracking, reporting, and processing the campaign faster and more efficient. A campaign toolbox on the internet brings stories, photos, publications, and more resources to the fingertips of Campaign Managers at more than 160 major accounts in all three branches of the Federal government.

Theme: This year’s theme, “Be an Everyday Hero,” with the added visual element of a new logo and new artwork puts the focus of CFCNCA on two critical links: the contributor and the people and organizations that they want to help.

Recognition: The awards program for individual and unit recognition has been updated and refreshed.

How does the 2005 budget compare with the 2004 budget?

The budget approved by the LFCC is slightly higher in total dollars for 2005 based on features and initiatives that we are adding to the campaign this year such as expanding CFC-e® for use in all offices in order to raise more money for charities.

How do I know that my gift gets to the charity I designate?

You have the option of asking that charity to acknowledge your gift. Check the appropriate box on your pledge card and your name will be released to the charity. Next spring, they will write to you acknowledging that gift.

Why isn’t my favorite charity in the book?

Participation in the CFC is determined by either a local or national application process. Charities must apply in order to be included, so your favorite charity either has not applied or did not qualify. We suggest that you encourage your favorite charity to apply next year. Check the OPM website for the national procedures (www.opm.gov/cfc) or the local CFC website (www.cfcnca.org). The application period takes place locally from January through May.

What is the CFC policy on coercion?

CFC giving is voluntary and we oppose coercion in any form. Our only objective is to assure that 100% of the Federal employees in this area have the opportunity to make an informed choice whether to give. Only you can determine whether to give and how much you or your family can afford to give to charity. If you feel you are being coerced into giving, you have the right to report that using to the channels outlined in the Catalog of Caring. The LFCC and CFCNCA do not condone coercion under any circumstances. If you experience it, please report it.

If I give to charity directly, won’t they get more money than if the CFC took a slice off the top?

Probably not. In nearly all cases, charities in the CFC have much higher fundraising costs on their own than they experience when they are part of a federated campaign like CFCNCA.

People give more than three to four times as much through payroll deductions.
Forty Government Executives Give a Special Lift to CFCNCA

Raising $56 million is no easy chore and involves many hands. Every Federal department appoints a vice chair and campaign manager who take on running the fund drive in their agency or department. They get a special assist from 40 government executives who are “loaned” to the Combined Federal Campaign of the National Capital Area (CFCNCA) by their home agency.

This special corps of leaders took part in an intensive two-week training program at the Georgetown University conference center that covers fundraising techniques, project management, public presentations, negotiation skills, and more. Pictured above is the graduation photo of the Loaned Executive Class of 2005.

Loaned Executives assist the internal campaign teams at each department or agency by providing outstanding customer service to Federal agencies. Their expertise helps to reach all employees with an informed opportunity to give, train campaign volunteers, achieve higher levels of employee participation, and increase the average gift levels. The end result is meeting the $56 million goal for CFCNCA.

Blinded Veterans Helping Blinded Veterans

The Blinded Veterans Association (BVA), was established in 1945 to promote the welfare of blinded veterans.

We are here to help veterans and their families meet the challenges of blindness.

We are the only veterans service organization exclusively dedicated to helping blind and visually impaired veterans rebuild their lives.

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CFC 2155

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Together, we can save a life
Support your Local Red Cross Chapters

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Loudoun County  #8020
Prince William  #8024

* District of Columbia, Prince George’s County, Montgomery County, Fairfax County, and the cities of Fairfax/Falls Church
Navy Federal Credit Union Receives Innovator Award

For the second consecutive year, a major account in the Combined Federal Campaign of the National Capital Area (CFCNCA) is being honored by the Office of Personnel Management (OPM) with a CFC Innovator Award.

During a ceremony at the Eisenhower Executive Office Building, CFC Director at OPM Mara Paternoster presented one of only four Innovator Awards nationwide to the Navy Federal Credit Union.

“We are very proud that another generous account in the CFCNCA is being recognized this year,” noted Local Federal Coordinating Committee Vice Chair William Gillers, who attended the ceremony. “This is just one example of the hard work and creativity that local departments undertake to get the word out and motivate workers to support the CFC.”

The Navy Federal Credit Union’s 2004 campaign centered on the theme “Everyday Heroes — We’ve Got the Power to Help.” The campaign committee created a fun and inspiring theme and logo for the campaign, along with an advertising approach that promoted the concept that anyone who helps others is a hero.

The logo used the familiar red, blue, and yellow Superman logo but replaced the “S” with the letter “H” for Everyday Hero. The logo was printed on campaign internal communication memos, displayed on the website, printed on T-shirts and posters, and embodied by the campaign mascot, Everyday Hero.

The campaign also sold month-long “casual dress” passes that incorporated the “H” logo and were attached to employee badges; implemented a weekly series of public address announcements based on vintage radio promotions for the Lone Ranger, Superman, and Batman; and created a CFC Spirit Chorus that sang a modified version of Bonnie Tyler’s “I Need a Hero” at the kickoff midpoint rally. In addition, a phone booth was filled with colorful balls to mark the level of contributions. Small replicas of the booth were sold as a fundraiser.

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100% of all CFC contributions go to cancer research

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Washington, DC 20012

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WWW.WASHHUMANE.ORG

OUR MISSION: TO PROTECT ANIMALS IN THE DISTRICT FROM CRUELTY AND HARM
The campaign learned that in addition to creating an appealing message, securing the involvement of management can be very helpful. Everyone on the management team dressed up like a cartoon character or personal hero, such as Ben Franklin, Wonder Woman, Commodore Perry, and others. The involvement of top management also helped motivate the rank-and-file employees to get involved. As a result, the Navy Federal Credit Union raised more than $330,000 for the CFC, with an average gift that increased from $210 to $254.

The Communications & Management Contest rewards specific creative efforts that communicate the Spirit of CFC and demonstrate how these efforts have helped to communicate the CFC overall theme and accomplish the CFC goals. Those goals are:

- Make 100 percent contact with all employees in a department or agency
- Increase participation
- Increase the average gift

In addition to being measured against these goals, entries were judged on the criteria of:

- Overall Impression
- Presentation Quality
- Creativity/Uniqueness

CFC #: 2504

Web: www.nmac.org
Telephone: (202) 483-6622
Help People in Need Every Day. Be an Everyday Hero!

You never know when a charity funded by the Combined Federal Campaign (CFC) might make all the difference in your life or in that of a loved one. Throughout these pages, some of your colleagues in the Federal government share their personal stories, recounting how CFC charities changed their lives, helping one couple adopt two beautiful daughters, providing needed medical assistance for a young boy with epilepsy, and giving support and encouragement to a single mother battling cancer. The CFC was there for them, and it is there for everyone who needs a caring hand and heart, every day.

Those who provide charitable services are heroes to those they serve. The volunteers who donate their time to make a difference in their world are heroes as well. But this important work couldn’t be done without valuable assistance from you.

As Federal employees, you serve the public every day. This year, we ask that you extend that commitment by becoming an Everyday Hero, donating to the Combined Federal Campaign of the National Capital Area (CFCNCA) to support the 3,400 local, national, and international charities that participate.

Be an Everyday Hero for a wide variety of charities. All charities that apply and meet basic requirements set by the U. S. Office of Personnel Management (OPM) are included in this campaign. These charities serve a range of causes from local concerns and national issues to health care, educational challenges, and international charities that participate.

Be an Everyday Hero to make an impact on people’s lives with your gift. CFC charities help people who really need it... your neighbor, your office mate, a member of your family, or someone half a world away.

When you give through payroll deduction, the charities you designate receive an equal portion of your gift every month for a year. And when charities know that your payroll deduction gift will keep arriving throughout the coming months, they can plan better to deliver their services more reliably to those in need.

Be an Everyday Hero to make your gift go farther, thanks to the low cost of running the CFCNCA. By regulation, the campaign administrative budget is a fixed amount approved by the Local Federal Coordinating Committee.

Last year, less than 8 percent of the total funds raised were used to manage the campaign. This ratio is lower than nationwide average CFC fundraising costs of more than 9.7 percent and well below both the CFC regulation and the prevailing industry standard of 35 percent.

If the 2005 revenue goal of $56 million is reached, the total cost for the campaign will remain less than 8 percent of total donations.

You can be confident in the oversight and management of the Combined Federal Campaign of the National Capital Area. CFCNCA is managed by a board composed of a diverse group of Federal employees called the Local Federal Coordinating Committee (LFCC). In turn, the LFCC selects a charitable organization to implement the day-to-day operations of the campaign and to serve as its administrator. OPM regulations call this organization the Principal Combined Fund Organization (PCFO). Strict requirements guide the PCFO’s operations.

For the third year, the LFCC selected Global Impact to manage CFCNCA. Global Impact has been a participating federation in this campaign since its inception.

2005 GOAL SET

The 2004 campaign represented a remarkable 10.4 percent increase for CFCNCA. Not only did Federal employees feel a renewed sense of confidence in workplace giving, but they also recommitted to help those most in need. Also, for the second consecutive year, the participation rate in this campaign jumped by at least 2 percent, countering the national trend of declining participation. Washington, DC-area Federal workers are heroes every day through their participation in the CFCNCA and their generous donations.

This year, CFCNCA has set a goal of raising $56 million. We are asking all employees who can give to participate by making a cash, check, or payroll deduction donation to the charity or charities of their choice. Be an Everyday Hero and put your gift to work every day for those in need.

Remember: You Don’t Have to Wear a Cape to Be an Everyday Hero!

ONLINE GIVING

CFC-e® is an online way Federal employees can give. CFC-e® provides flexible and powerful tools at your fingertips to select and learn about
Every Federal employee can use CFC-e™. This online system has numerous advantages:

- You can save a list of charities in a virtual "shopping basket" while you continue to research your selection.
- You can experiment with different gift amounts.
- You can give via cash, check, or payroll deduction.
- With one click at the end of the process, you can print out the two required copies of the OPM-approved Pledge Card to submit to your Keyworker, as well as one to retain for your records.
- Your gift made online is automatically saved. A bar code on the Pledge Card will match your pledge with data in the computer system when the Pledge Card is scanned in processing.

WHERE THE MONEY GOES
Most of the money contributed to CFCNCA is designated for specific charities by employees. Gifts from the 2004 CFCNCA were designated in the following categories:

- In 2004, the largest share of the campaign was designated to national organizations. They received more than $25.5 million (45.62 percent of the total campaign contributions).
- This is a 23 percent and $4.9 million increase over the gifts to national charities in 2003.
- Local federations and organizations received more than $23.8 million (42.54 percent).
- International charities shared $4.3 million in CFCNCA gifts (7.76 percent of the total campaign).
- Only $2.3 million (4.08 percent of overall gifts) were not designated to a specific charity. According to Federal guidelines, these funds will be shared proportionately among all charities receiving designations. Only those charities receiving designations are allowed to receive undesignated funds.

HELP DESK
If you need more information about the campaign or how to search the charity database and fill out your Pledge Card online, call the CFCNCA help desk at 202-465-7230, Monday through Friday, 9:00 a.m. to 5:00 p.m., or visit our website at www.cfcnca.org.

CFC charities and to designate your donations.

To research charities participating in the 2005 campaign and to generate your Pledge Card online, go to the CFCNCA website (www.cfcnca.org) and click on the link to "Giving" and then "Search and Pledge."

You can search for charities in many different ways, including by name, four-digit CFC charity code, zip code, or key word. You can learn more about individual charities, build a personal list of favorite charities, and use the system to allocate payroll deductions or direct gifts to the charities of choice. After you finish your search, you can print out a worksheet of giving choices to use in filling out a paper Pledge Card or you can continue in the online system to complete your entire Pledge Card.

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What Your Dollars Can Do ...

Continued from page 15

Responding with clients, scheduling appointments with volunteer lawyers, following up on cases, and researching for staff lawyers

**INTERNATIONAL**

**$10 PER PAY PERIOD**
- Provides a sewing machine, fabric and sewing supplies so a widow in Afghanistan can earn a living for her family by sewing at the market
- Supplies a sterilization kit for syringes and needles used in a mobile vaccination campaign in Sri Lanka
- Allows you to adopt an acre of endangered forest along the Kelay River watershed in Indonesia
- Restores the vision of five people in Vietnam through cataract surgery
- Provides a recreation kit containing toys, games and physical education supplies for an entire class of girls and boys in Sierra Leone

**$15 PER PAY PERIOD**
- Ensures a child in China has access to community health clinics, safe water and better schools

**$20 PER PAY PERIOD**
- Buys a medical kit containing enough basic drugs, supplies, equipment and wound dressings to treat 1,500 Indonesian patients for three months
- Provides antiretroviral treatments that prevent the transmission of HIV from a pregnant woman to her unborn child in Mozambique

**$25 PER PAY PERIOD**
- Builds and equips a greenhouse so a family in the Balkans can maintain a self-sufficient farm

**$40 PER PAY PERIOD**
- Ensures access to safe, affordable housing for 20 poor urban squatters in Pakistan
- Provides enough emergency medical supplies to aid 5,000 disaster victims in Haiti for an entire month

**$60 PER PAY PERIOD**
- Purchases the raw materials needed to build one house — wooden beams, window frames, doors, nails, plastic, cement and other materials — for a family rebuilding their home in Bosnia in the wake of war

**$100 PER PAY PERIOD**
- Provides scholarships for 15 poor or special-needs children living in the Middle East — covering costs such as tuition, books, supplies, clothing, and room and board

**$200 PER PAY PERIOD**
- Drills and installs a deep-water well, giving a village in Brazil access to clean water

CFC Charities Help Mother ...

Continued from page 6

bell, “and I couldn’t eat. I could only pray. Then the organization tracked down the medicine in California.” After six weeks of daily injections, the baby was successfully weaned from the medication, and has never had another seizure.

“The doctors told me that only 5 percent of children are ever totally cured,” says Lancaster-Campbell jubilantly. “I am now in first grade, on the honor roll, and a wonderful reader.”

For Lancaster-Campbell, however, her medical travails were not over after Nicolene’s recovery. In 2003, she was found to have Stage 3 breast cancer. Divorced, and with a second child — Nicholas — in addition to Nicole, she faced a double mastectomy and lengthy chemotherapy.

“I was on my own for the first time since college. It was frightening, although I was more afraid of what would happen to my children than to me,” says Lancaster-Campbell. “I was financially devastated, with the divorce and the medical bills.” But she contacted the local association dedicated to helping those with cancer. She did research and found a lot of useful information about patient assistance programs, such as help with utilities and where to find a wig. Lancaster-Campbell had five operations, including one in which she hemorrhaged and her heart stopped. She boarded her children with close friends and entered into months of rehabilitation. Unable to handle shopping or cooking, she turned to a non-profit organization that provides meals and groceries to people with life-threatening illnesses. “Some attorneys in my office told me about the charity and pulled together the paperwork for them,” says Lancaster-Campbell. “It was wonderful. They brought baskets of food for me and for my children: breakfasts, lunches, meals I just had to put in the microwave.” A nutritionist planned a healthy diet for me and someone came to my home to check my weight and make sure I was on the right track. And the food was so good. “I’ve been blessed with so much help,” she says. “I grew up in a family that believed in giving back. I’ve always given to CFC.” She has now added to her list of charities the children’s hospital, the cancer society, and the meals program that helped her through the difficult times.

Now back to work, Lancaster-Campbell’s health is still being monitored, but she feels positive about her future. “I’ve gone down that pity road. Now I’m starting to see the light at the end of the tunnel,” she says. “I’m happy. I can do anything I want with my children. I’m paying off my major bills. I can’t wait to see my grandchildren — that’s the road I’m looking down.
We clothe backs.
We lift spirits.
We check hearts.
We do more than feed people.
We defend rights.
PLEDGE TODAY TO HELP YOUR FAVORITE CHARITIES
September 28–December 15 ★ 2005 Goal: $56 million

COMBINED FEDERAL CAMPAIGN OF THE NATIONAL CAPITAL AREA
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