



The Lincoln Log

Saturday, March 7, 2009

Most everyone showed up on time (4:25 am) this morning and off to LAX we went. The ride to the airport was uneventful. Everyone was able to check in and refuel at Burger King and Starbucks. The seating area was strewn with backpacks, boarding passes, and a random eyeball flashlight!



After boarding and the fasten seatbelt sign

disappeared, total chaos ensued as all RCS passengers sought to change their seats. It was quite an ordeal.

After the pilot asked for everyone to sit down, calm again overcame the cabin. The rest of the flight was peaceful

and serene.

The students cheered as the plane landed at Dulles Airport. After we met up with long lost classmate Jakin, we headed off to Union Station for a bite to eat.



After that quick dinner it was off to the FDR Memorial and the Jefferson Memorial. It was beautiful to walk through our nation's capitol in near 70 degree temperature.

Soon it was time to check into the hotel and sleep. On tap for tomorrow is Arlington National Cemetery and Mt. Vernon.

This year we will feature have decided to focus on the DC Diet. Tonight's contribution comes from nutritionist Ron Veloz who was seen offering the



following: greasy Burger King Tater Tots, Beef Jerky, Hot Tamales Candy, and a delicious after dinner mint.



Others dined on a heaping styrofoam box of curry chicken and mixed greens.



And then there was Justin who enjoyed his McDonald's McFlurry!