THE PENINSULA BEACON

SAN DIEGO COMMUNITY NEWSPAPER GROUP | THURSDAY, APRIL 7, 2011 | WWW.SDNEWS.COM ■ VOLUME 26, NUMBER 8

O.B. Restaurant, Entertainment & Lodging Group Section

Pages 9-12

Hey, you 'guana take a dip?

Some young beachgoers make a new reptilian friend in Ocean Beach as they play in the sand. "Elvis" entertained the youngsters and took a few sunbathers by surprise as he trekked up and down the beach. With spring beginning to hit high gear, people and their pets are turning out more frequently to enjoy the change in weather. Left, Ocean Beach resident Mike McGuire, the iguana's owner, holds Elvis up for a better look at the ocean.

PHOTOS BY JIM GRANT | THE BEACON

Pot dispensary rules grow teeth

OB shops likely to be closed

By NEAL PUTNAM | THE BEACON

Following a five-hour debate, the City Council voted 5-2 last week to pass a medical marijuana ordinance that limits dispensaries to light industrial zones, which means most of the current pot shops in Ocean Beach, Pacific Beach and downtown will have to close.

A final vote of the City Council is set for Tuesday.

Nearly 500 people attended the March 28 City Council session, which was devoted to the sole topic of a medical marijuana ordinance. The council voted to allow marijuana dispensaries in Mission Valley, Barrio Logan, Southeast San Diego, Otay Mesa and San Ysidro.

District 2 City Councilman Todd Gloria made the motion for the ordinance but conceded early in the discussion that the ordinance is "more restrictive than I would care for," a remark that drew applause.

Dispensaries cannot be within 600 feet of schools, parks, libraries, daycare centers or churches. Gloria changed the 1,000-foot restriction to 600 feet.

Dispensaries must also have a security system, be open 7 a.m. to 9 p.m. daily, obtain a conditional-use permit and be nonprofit. Patients will be allowed to possess a pound of pot if they have a medical marijuana state identification card and are allowed to grow 24 marijuana plants.

Several patients spoke about how marijuana increases appetite, especially for those with AIDS, and some said medical pot decreases pain. Rudy Reyes, who suffered burns over 70 percent of his body in the 2003 wildfires, said it worked for him.

Voting in favor were council President Tony Young, and councilmembers Kevin Faulconer, Sherri Lightner and Marti Emerald. David Alvarez was absent.

Councilmembers Carl DeMaio and Lorie Zapf voted against the stricter dispensary rules. DeMaio said the city's finances are in crisis and the cost of enforcing the ordinance is unknown. Zapf said she was disappointed colleges were not listed in the 600-foot restriction.

It is still illegal to transport marijuana.

Cause of fatal boat accident at Shelter Island probed

By SEBASTIAN RUIZ | THE BEACON

Police continue to investigate the deaths of two men — a father and son — who drowned March 28 when a 26-foot sailboat capsized between Harbor Island and Shelter Island, said Marguerite Elicone, a spokeswoman for the Port of San Diego.

The identities of Jun Chen, 48, and his father, Chao, 73, were released by the San Diego County Medical Examiner's Office.

"They were part of a family of seven on board that boat with additional people," Elicone said. In total, 10 people were aboard the boat when it capsized, Elicone said.

Harbor police received a call shortly after 5 p.m. that Sunday and were on the scene within minutes. With the help of a few good Samaritans nearby, rescuers were able to pull all of the boat's occupants onto the docks and administer first aid.

Several victims were taken to nearby UCSD Medical Center. One woman reportedly drove herself to the hospital for treatment, Elicone said.

The group was part of a nonprofit organization that charters sailing trips for children and families of people with developmental disabilities. Two children were injured in the accident and released that night.

Investigators with the Harbor Police are expected to deliver their report to the District Attorney's Office if they suspect anything illegal, Elicone said.

There are many theories about the cause of the boat's capsizing, including whether the boat, Nessie, had too many people on it for the choppy, windy conditions that day, Elicone said. However, nothing will be clear until investigators finish their probe, she said. A report may or may not conclude foul play or illegal activity, she said.

The sailboat was reportedly owned by a nonprofit company based in Indiana but the boat was driven down from Orange County and was not docked long-term at any local marinas, Elicone said.

DEADLY CAPSIZING

A 26-foot sailboat overturned near Shelter Island, killing two men. The cause of the capsizing remains under investigation and it is unclear whether the Harbor Police are viewing any criminal wrongdoing in connection with the accident.

San Diego Harbor Police pull bodies onshore (background) after a fatal sailboat accident near Shelter Island on March 28.

Photo by MIKE McCARTHY | THE BEACON

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PLNU student chaplain steps down after acknowledging he is gay

By NEAL PUTNAM | The Beacon

The elected student chaplain at Point Loma Nazarene University (PLNU) resigned his position April 1 — just 12 days after he told a church forum he is gay. The forum is also now without a place to meet.

Todd Clayton, 21, was elected by PLNU students for two years in a row and he acknowledged his homosexuality during a forum at the First Church of the Nazarene adjacent to the college at 3901 Lomaland Drive.

"He's tired," said a female friend of Clayton's on Sunday.

She said Clayton did not resign because of pressure from the conservative university administration.

Clayton, a senior who will be graduating next month, could not be reached for comment directly. The announcement of his resignation was made in chapel before the student body Friday.

On March 20, Clayton came out of the closet, saying, "Yes, the rumors are true ... I'm gay."

Clayton made the announcement in front of about 340 people who had gathered at the "All God's Children" forum, a group in discussions on lesbian, gay, bisexual and transgender issues.

That forum lost a place to meet after John Denney, the conservative denomination's southern district superintendent, told Pastor Dee Kelley the group should not meet in the church again.

On Monday, Denney told The Beacon he initially approved the group to meet at the church, but later said his direction was in response "to concerns [that] the group meeting ... had become a 'homosexual advocacy' group, which would mean that Pastor Dee Kelley and First Church could be charged with hosting/sponsoring a gathering that was in direct conflict with the teachings of the Church of the Nazarene."

Denney said the March 20 forum when Clayton said he was gay "served to validate that concern" of the church.

It was Kelley who told the forum March 20 "the church needs to be a safe place to engage these topics."

He told a reporter Sunday he still believes this.

The group had been meeting mostly at First Church for more than three years. Their last meeting Sunday drew 22 people. The campus has 2,400 enrolled students.

A group facilitator said the group would meet again, possibly in private homes.

Clayton has been accepted at Princeton Theological Seminary and plans to become a minister. He told the group March 20 he "probably won't be doing ministry in this denomination. My commitment is to be celibate while I'm here."

The university requires all students to abstain from sexual relations, alcohol and tobacco products. Gay students in the past were expelled, but some of them were able to transfer to

SEE CHAPLAIN, Page 6

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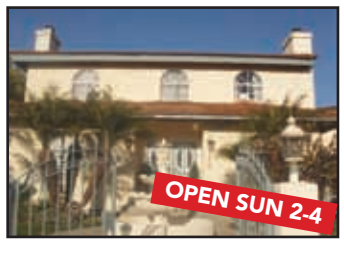

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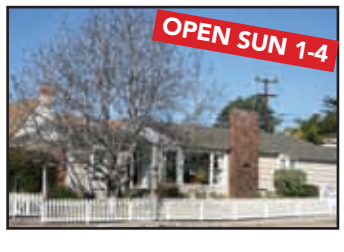

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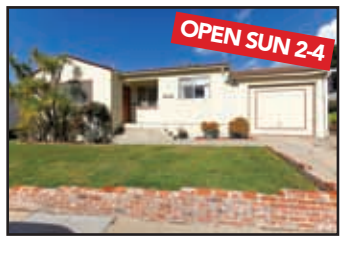

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Virginia Weber

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NEWS*briefs*

A makeshift memorial sits at the site of a fatal motorcycle accident in Point Loma on March 31. PHOTO BY MIKE RYAN | THE BEACON

Motorcycle crash kills young serviceman

A makeshift memorial, placed at the corner of Cañon and Rosecrans streets marks the location of a motorcycle accident that took the life of 22-year-old serviceman Blake Martin on March 31.

According to San Diego police officer Rod Fischer, Martin apparently raced his Suzuki 1000 around two cars in an attempt to beat a yellow light when he slammed into a black Cadillac making a left turn. Martin was thrown over the car and onto the street. He was pronounced dead at the scene. The 64-year-old female driver of the Cadillac was taken to a hospital with cuts and bruises.

— Mike Ryan

Peninsula planners look to fill vacant seats

The Peninsula Community Planning Board plans to fill two board vacancies at its upcoming meeting April 21. Applicants are subject to the same requirements as applicants for general elections.

According to planning members, the term of the office will be for the balance of the vacated terms in 2012 and 2013.

For more information, call Helen Kinnaird at (619) 224-9897, or visit www.pcpb.net.

PL student in 2nd season at San Diego Opera

Caterina Brown, a 10-year old Dana Middle School fifth-grader, has been cast in two San Diego Opera productions for the 2011 season.

Brown performed in San Diego Opera's "Turandot" in January and February and will appear in "Carmen" (May 14, 17, 20, and 22) at the San Diego Civic Center. Her opera debut was in last year's San Diego Opera production of "La Boheme."

Brown is active in the musical theater program at Dana Middle School, the St. Cecelia choir at St. Paul's Cathedral, San Diego Civic Youth Ballet and has performed with Pacific Children's Theater, Pickwick Players and San Diego Junior Theater.

Damien Honda, 7, and his grandmother, Mifty, were among the Sacred Heart Academy helpers collecting aid and supplies for sailors assigned to the USS Reagan task force. COURTESY PHOTO

Students help military members aiding Japan

Students and staff at Sacred Heart Academy in Ocean Beach rallied to aid members of U.S. Navy deployed to Japan to help in the post-earthquake and tsunami relief efforts.

More than 200 pounds of aid and supplies were collected and packed up March 28 for shipment to the 15 ships assigned to the USS Reagan task force, which has been on site in Japan giving aid and providing supplies since the day after the disaster.

Items included Easter goodie bags, puzzle books, DVDs, note paper, reading lights, beef jerky, granola bars and candy.

Among those pitching in to aid the sailors was Damien Honda, 7, a first-grader at Sacred Heart Academy whose father, Dagan, is assigned to the USS Reagan aircraft carrier.

Busker Festival to return to Seaport Village

Seaport Village will again host the Spring Busker Festival, bringing colorful street performers out for a two-day package of entertainment ranging from juggling to sword swallowing and contortionism to comic stunts.

The event takes place from noon to 5 p.m. on Saturday, April 16 and Sunday, April 17, although there is also Buskers After Dark on Saturday, April 16 from 6 to 10 p.m.

The Busker Festival returns April 16 and 17 at Seaport Village. COURTESY PHOTO

The untamed show will feature a DJ, food and drink specials and multiple busker acts best suited for those over 18.

Seaport Village's Spring Busker Festival is the only of its kind in California.

A shuttle will run from the County Administration Building at 1600 Pacific Highway.

Parking is $10 for the day and shuttles will run every 15 minutes from noon to 6 p.m. For more, call (619) 235-4014, or visit www.seaportvillage.com.

Group sets talk, sale of native plants

Members of the Point Loma Garden Club will host a presentation in conjunction with California Native Plant Week, which runs April 17 through 23.

The club will host Richard Dhu of the San Diego River Park Foundation, who will speak on the native plant garden in Point Loma and the value of native plants to the community.

The presentation takes place beginning at noon on Saturday, April 16 at Westminster Presbyterian Church, 3598 Talbot St.

The Point Loma Garden Club will also be having a plant sale at the church from 10 a.m. to 4 p.m., featuring a variety of succulents, seeds, heirlooms tomatoes and native plants. For more information, visit www.plgc.org.

Easter-themed event to benefit Rady's

Legends Escrow Services, Inc. will host "Easter Bunny Drive 2011" today, April 7, to benefit Rady Children's Hospital.

The event will include a guest appearance by Craig D. Swing, radio show host of "Real Talk" on 1170AM-KCBQ. Guests are asked to bring a stuffed bunny to benefit Rady Children's Hospital.

The event runs from 4:30 to 7:30 p.m. at Wine Steals Liberty Station, 2970 Truxtun Road. RSVP by calling (619) 709-7669, or emailing dwhiteley@legendsescrow.com.

Community egg hunt planned in Ocean Beach

The Robb Field Recreation Council and the Ocean Beach Recreation Council will host a Spring Egg Hunt at Robb Field, 2525 Bacon St., on Saturday, April 16.

The family-friendly event begins at 10 a.m. with face painting, fire-truck rides, balloons, free popcorn and the egg hunt with our spring bunny.

For more information, call (619) 531-1563.

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Large field of PLHS athletes capture collegiate scholarships

By SCOTT HOPKINS | The Beacon

From Hilo, Hawaii in the west to Waltham, Mass. more than 5,000 miles to the east, 13 members of the class of 2011 at Point Loma High School (PLHS) will be continuing their athletic careers at various universities.

CHRISTIAN HEYWARD

Three members of the Pointer football team will take their talents to the next level.

When defensive lineman **Christian Heyward** announced his acceptance of a full athletic scholarship from the University of Southern California, he ended months of competition between several major universities. The 6-foot-3-inch, 280-pounder was listed among the nation's top college recruits and will play in the National Collegiate Athletic Association (NCAA) Division I Pac 10 conference for the Trojans after recording 86 tackles and eight sacks during his senior season at PLHS.

TOMMY BELL

Running back and defensive back **Tommy Bell** will be taking the field for the College of St. Joseph in Cincinnati, Ohio.

The Lions compete in NCAA Division III, and play in the Heartland Collegiate Athletic Conference. At 5 feet, 10 inches and 195 pounds, Bell led the Dogs' defense with eight interceptions this year.

Pointers quarterback **Sean McKaveney** will be throwing passes at Claremont McKenna College. Despite missing several games with an injury, McKaveney threw for 1,096 yards and 13 touchdowns. With only 1,200 undergraduates, athletes from Claremont, Harvey Mudd College and Scripps College compete under one program known as CMS Athletics.

SEAN McKAVENEY

The Claremont McKenna Stags are in the NCAA Division III and members of the Southern California Intercollegiate Athletic Conference.

Baseball standout **Campbell Wear** will don the uniform of the University of California, Santa Barbara Gauchos, an NCAA Division I program that competes in the Big West Conference.

Wear spends most of his time for the Pointers behind the plate or on the mound, and wields a powerful bat that impressed Gaucho coaches.

Teammate **Kellen Urbon**, who excels as a pitcher, will take on academic and athletic challenges at Cornell University in Ithaca, N.Y.

The Big Red is a member of the NCAA Division I Ivy League. Urbon led his team in home runs last season and is off to a 2-0 start pitching this season.

Girls' soccer player **Carly Holly** will be getting her kicks at Westmont College near Santa Barbara.

CARLY HOLLY

The Warriors are members of the Golden State Athletic Conference, a part of the National Association of Intercollegiate Athletics (NAIA). Holly, a striker/midfielder, tied for the team lead with seven goals this season for the league champion Pointers and received a full athletic scholarship.

Boys' soccer midfielder **Kenny Ortega** will travel the shortest distance after accepting an offer from nearby Point Loma Nazarene University.

Ortega, who led his team in scoring (eight goals, two assists) will take his shots for the Sea Lions, who belong to the Golden State Athletic Conference (NAIA).

SAMANTHA PUGH

Also staying close to home will be girls' water polo goalkeeper **Samantha Pugh**, who recorded a 4.7 goals-against average for the Pointers.

Pugh plans to stop shots for San Diego State University, where the Aztecs play in the NCAA Division I Mountain West Conference.

Another Pointer pool star, swimmer **Erin Cox**, will showcase her skills in the desert. Cox will become a Rebel at the University of Nevada, Las Vegas.

The NCAA Division I school is also a member of the Mountain West Conference.

MEGHAN BREADMORE

Cross country and long-distance track runner **Meghan Breadmore** will take her state finals-level talents to picturesque California Polytechnic, San Luis Obispo, where she will run for the Mustangs.

The university is NCAA Division I and a member of the Big West Conference.

From the resurgent Pointer volleyball team, **Jordy Checkal** will be setting for her new teammates at Arizona State University.

The Sun Devils, located in Tempe, Ariz., are members of the NCAA Division I Pac 10 Conference.

Going home for weekends and holidays won't be a quick jaunt for softball player **Ashley Nelson**.

The Pointer team captain will be swinging her bat in warm tropical breezes at the University of Hawaii's Hilo campus. The NCAA Division II Vulcans are members of the PacWest Conference.

Girls' tennis standout **Carley Cooke** will be packing her racquet to Brandeis University. Located in Waltham, Mass., a suburb of Boston, Cooke, who is a state-ranked player, will be competing for the NCAA Division III Judges, who are members of the University Athletic Association.

This latest group of PLHS student-athletes represents one of the largest sets of athletic scholarship recipients for the school.

The Peninsula Beacon Readers Choice Awards Best Restaurants 2011
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MEETING ANNOUNCEMENT
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Wednesday, April 20, 2011
4:00–5:30 p.m.
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SPORTS*roundup*

BASEBALL

With league play beginning this week, Point Loma High School's (PLHS) baseball team has compiled a 5-6 record in non-league and tournament play while one of their top pitchers already has more losses than he had for the entire 2010 season.

Looking only at junior Connor Baits' statistics, one would expect the 6-foot-5-inch righthander to be 3-0. He has endured, however, a lack of run support.

To date, Baits has compiled an excellent 1.75 earned-run average. Opponents are batting only .214 against him. He sports an outstanding walk-to-strikeout ratio of 3:20 and has completed all of his three starts. Despite these glittering numbers, Baits' record stands at 0-3. His team has scored only two total runs in support of Baits' efforts.

Baits, who was 9-2 last season, will be hoping for better production from Pointer hitters when he takes the mound as the Pointers go through league games.

Fellow starter Kellen Urbon was the beneficiary of a monster day at the plate by battery mate Campbell Wear in a recent City Tournament game. Wear nearly hit for the cycle with a single, double and tape-measure home run estimated at 420 feet as he racked up six RBIs in the 8-1 victory.

Max Sorenson pitched the final inning, and neither he nor Urbon issued a walk to the Conquistadors.

Urbon improved his record to 2-0, while Wear, the other starter, stands at 1-1.

After several games were postponed by March rains, the Pointers were forced to play five straight days, putting a strain on the pitching staff.

By the fourth day, Sorenson made the start at home against a strong-hitting Patrick Henry squad and left after one and a third innings with a 9-0 deficit. From there, the Pointers outscored the Patriots 8-2, but came up on the short end of an 11-8 final.

Andrew Huelga came on to pitch four and two-thirds innings of strong relief. First baseman Cody Harvey was summoned to close the game and pitched a perfect inning, even recording a strikeout. Baits drew cheers when he blasted a high pitch over the left field fence in the losing cause.

On the fifth day, Wear, Bates and Urbon shared pitching duties in a 6-0 loss to St. Augustine. The Pointers recorded six hits and an uncharacteristic four errors.

Wear's .344 batting average, 11 hits and three doubles leads the Pointers while Baits' 10 RBIs are tops.

League play will send the Pointers against each opponent in a two-game home-away series. Other Western League teams are Cathedral Catholic, La Jolla, Coronado, Mission Bay, Madison and University City (coached by PLHS football assistant Joe Radovich).

Point Loma catcher Campbell Wear (23) chases an errant relay throw as a Patrick Henry High runner crosses the plate. Backing up the play is pitcher Max Sorenson (16). The Pointers fell behind 9-0 to the Patriots before dropping an 11-8 decision. PHOTO BY SCOTT HOPKINS | THE BEACON

BOYS' VOLLEYBALL

First-year coach James Sakasegawa has the team off to a strong start. The Pointers stand at 7-2 and sit alone atop the Eastern League with a perfect 5-0 record.

Paulino Ramos-Padilla (101) and Nate George (82) lead the team in kills. Ramos-Padilla (19) and Reid Liechty (11) lead in aces, while Ramos Padilla (77) and Nathan Hoppe (76) have the most digs.

Thomas Penney (62) and George (43) are tops in blocks while Hoppe (133) and Ruben Diaz (73) have the most successfully received serves.

In five of the team's victories, opponents have failed to win a single set.

GIRLS' SOFTBALL

The Lady Pointers have a 6-4 record in the non-league portion of their schedule, with league play beginning next week.

The team's record includes victories of 15-1 (Orange Glen) and 18-5 (Mission Bay), with two victories by shutout. They have outscored opponents 61-19 to date.

Katie McEachern leads her team with a .500 batting average, doubles (2), home runs (2) and RBI (9). Ashley Nelson is close behind, hitting .471.

LACROSSE

The Pointer boys (4-3) and girls (0-8) are having different levels of success in the sport's second year back on campus. Daniella Lococo has been recognized twice as her team's Player of the Week.

UPCOMING SCHEDULE

All Pointer sports teams are listed on the school's website at www.pointlomahigh.com. Click on "School Calendar" for detailed information.

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Vandals plead guilty to Ocean Beach window etchings

By NEAL PUTNAM | THE BEACON

Two 20-year-old men pleaded guilty last week to one count of felony vandalism involving two dozen incidents in Ocean Beach and Pacific Beach, where store windows were defaced with some type of etching tool.

"They agreed to pay restitution for all victims," said Deputy District Attorney Derek Grilz after court proceedings on Monday.

Jonathan Ford Gurr of Pacific Beach and James Alfred Dorman IV were arrested in early March and remain in custody.

About 26 counts involving vandalism at Ocean Beach and Pacific Beach businesses were filed against them. However, after they pleaded guilty to one count, 25 charges were dismissed by San Diego Superior Court Judge Eugenia Eyherabide.

Sentencing is set for April 28. Grilz said his office will seek up to one year in jail, but will not ask for them to be sentenced to prison. He said they will be placed on felony probation and required to pay the businesses back for the damages.

Most of the businesses were located on Newport Avenue in Ocean Beach, but some stores were vandalized in the Sports Arena area, along Garnet Avenue in Pacific Beach and along Morena Boulevard.

Grilz said the taggers etched their monikers or nicknames on the windows. The men were arrested after their images were captured by store security cameras — particularly along Newport Avenue.

The prosecutor said if some store owners believe they have been vandalized by these same two men, they should contact the San Diego Police Department's Graffiti Unit to document the damage. Grilz said those stores could be added to the restitution list.

Gurr's bail is set at $100,000, while Dorman is being held without bail. Dorman has a drunken-driving misdemeanor case pending in Chula Vista Superior Court, according to court records.

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CHAPLAIN

CONTINUED FROM Page 2

another Nazarene college in another state.

Clayton told the forum he prayed to be straight for many years.

"Change me. Make me normal," Clayton said during the March 20 forum. "I prayed every evening. It didn't change me," he said, adding, "I no longer pray that prayer."

"Thanks be to God that he has made me gay. I am gay. I am Christian. I will continue to live in that manner," said Clayton, who received a standing ovation at the forum.

Days later, university President Bob Brower sent an e-mail to all students, saying they need to "treat each other with respect, kindness and grace, regardless of positions held."

His e-mail also said "the church continues to firmly hold the position that a homosexual lifestyle is contrary to the Scriptures ... all forms of sexual intimacy that occur outside the covenant of heterosexual marriage are sinful distortions of the holiness and beauty God intended for it."

The student newspaper, The Point Weekly, published an interview with Clayton on March 21, in which Clayton told administrators of his orientation. He also described frustration about "double standards," adding, "I never signed anything when I came into office or when I came into school that said I wouldn't be gay."

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BO-beau's completes transition from iconic Thee Bungalow

By TERRIE LEIGH RELF | VILLAGE NEWS

The original site of Thee Bungalow was built in the 1930s and once housed a bait-and-tackle shop, as well as Burger Bungalow. Ed Moore established Thee Bungalow in 1987, and David Cohn of the award-winning Cohn Restaurant Group purchased it in 2006.

Last August, Thee Bungalow closed for a unique transformation.

Cohn and Philippe Beltran, of Beltran Restaurant Concepts, worked closely on the project. They realized Thee Bungalow would be a great location for "something very special."

In December, BO-beau Kitchen + Bar opened its rustic doors. A playful abbreviation of "Bourgeois Bohemian," the restaurant is aptly named.

Beltran took special care with the décor, which included traveling to family homes in France and Spain for "authentic pieces that decorate the walls, add to the ambiance and are symbolic, sophisticated, warm and comfortable."

Also in keeping with this concept is an antiqued print from Toulouse Lautrec's Moulin Rouge "Can-Can" series on the bar's ceiling and bathroom doors collaged with deconstructed pages from two French plays from the 1920s and 30s. The pièce de résistance, however, is the lyrical placement throughout the restaurant of the classic French love song "Je t'aime."

BO-beau's exudes a friendly atmosphere that encourages guests to interact with each other as well as the superb staff. Bartender Jean Paul said, "There is definitely a locals' focus, as most of the patrons are from Ocean Beach and Point Loma."

"Thee Bungalow was a formal special-event-style dining establishment," Cohn said. BO-beau, however, has emerged as a cozy and très romantique French-cottage-style restaurant that may inspire local residents to dine out more regularly.

> "We decided to focus on a more casual menu aimed toward sharing. There will be daily specials in addition to 'days of the week' specials posted on one of our chalkboards."
>
> KATHERINE HUMPHUS
> Executive chef, BO-beau's

Since the menu has undergone changes in fare as well as price, with everything from appetizers to entrées under $20, this is quite likely.

BO-beau's menu has been "modernized with a California twist," said Cohn, "and is similar to other fusion-style menus in that it mixes traditional French cooking with other flavors. We wanted to provide a somewhat lighter fare, a more modern comfort food."

According to executive chef Katherine Humphus, "We decided to focus on a more casual menu aimed toward sharing. There will be daily specials in addition to 'days of the week' specials posted on one of our chalkboards."

Another addition that will appeal to locals is a late-night menu available from 10 p.m. until closing. Humphus said the late-night fare "includes selections from our regular menu, mainly appetizers and snacks."

The renovations were significant, but include dining throughout the restaurant.

Guests may sit at the bar or a community table, and there are two separate dining areas, each with their own unique ambiance. One of the kitchen walls was removed, and high-beam ceilings were added to further open up the space.

Since the former adjoining bar area was small, it has been expanded by replacing a wall with a sliding wood door that opens onto the patio with an outdoor fireplace and pizza oven. The bar also has a community table that seats four and is wheelchair accessible.

Once the weather improves, guests will be able to dine outside, and come

SEE BO-BEAU'S, Page 8

A look inside BO-beau Kitchen + Bar, formerly Thee Bungalow. COURTESY PHOTO

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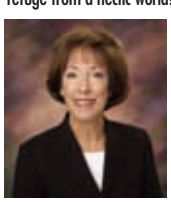

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BO-BEAU'S

CONTINUED FROM **Page 7**

nightfall, gaze at the stars. If it becomes a bit chilly, there are soft cozy blankets.

The patio tables, as well as those throughout the restaurant, are intentionally set close together, according to Cohn, "to create a communal setting as well as to encourage people to engage in conversation."

Another appeal to local residents is that BO-beau is a green restaurant. Beltran said "the intention was to use repurposed materials whenever possible, to be sustainable."

The environmentally savvy communities of Ocean Beach and Point Loma will also appreciate that the restaurant's "to-go" containers are made from recycled materials — and include a knife and fork.

While some locals claim to miss Thee Bungalow, BO-beau seems destined to become an award-winning restaurant. Since the transformation is so significant, the best way to have a genuine experience is to visit.

From the moment you pass through the fragrant garden entrance of rosemary, lavender, and olive trees, you will be transported.

BO-beau Kitchen + Bar is located at 4996 West Point Loma Blvd. Dinner is served daily from 4:30 p.m. to 10 p.m., after which the late-night menu is available.

From Sundays through Wednesdays, the restaurant closes at 11 p.m., but is open Thursdays through Saturdays until midnight.

Reservations are available for special events only, and are listed at www.bobeaukitchen.com and www.dinecrg.com.

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8th ANNUAL LADIES DAY

Free, all-ages event to be a Tribute to Women in Old Town's Past -- The 8th annual Ladies Day in Old Town San Diego State Historic Park will celebrate the everyday life skills, creative past times, and daily work chores of women who lived in early San Diego from 1821 to 1872. This year's event takes place on **Saturday, April 9, from noon to 5 p.m.** and is named Daring, Delightful & Determined Women: A Day with the Ladies of Old Town. "Ladies Day in Old Town will showcase exciting activities that are educational as well as amusing for both children and adults," said Deanna Turton, volunteer co-chair of the event. "People will walk away knowing what it was like to experience and live in San Diego in the early to mid-1800s and appreciate how they mastered the life skills needed to survive and make a home for their families."

Volunteers from Old Town leads a historic craft activity for all ages at Ladies Day.

The plaza will contain volunteers and descendants from Old Town's founding families performing living history demonstrations. Booths will feature a variety of 19th century games and crafts, basket weaving, historic letter writing, crocheting and lace-making. Historic crafts will also be available for all ages.

At 2 p.m, the event will also feature a historic hat, bonnet and day cap contest accompanied by a small entry fee. Winners of the hat contest will be recognized for their creativity, historical accuracy and how well the hat flatters the owner. Anyone with a sweet a tooth, can also try their hand at hand-cranking their own ice cream, sponsored by Coldstone. The event will also showcase historic hair demonstrations so women of all ages can relax and get their hair done while experiencing the notable hair styles of the 1800s. There will also be hourly a garden tours as well as live entertainment from historic dancers and the Los Californios musical group.

In addition, volunteers will display historic clothing and photos from the park's interpretive period. Demonstrations on doing laundry by hand, soap making, and cooking will also be featured. And finally, the Cosmopolitan Restaurant will be holding a ladies tea during the afternoon, where everyone can enjoy historic delicacies while listening to dramatic readings by performers from Write Out Loud.

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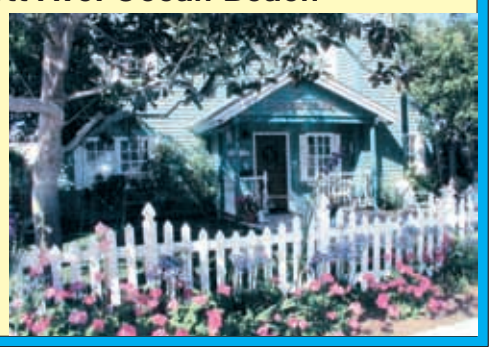

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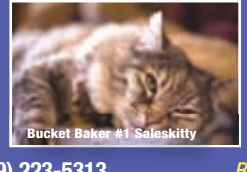
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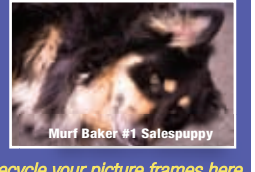
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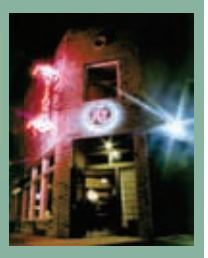

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While traveling in Europe in the 1980's, the owners discovered the delicious taste of hot Belgium waffles served with ice cream. Lighthouse began serving their famous Hot Waffle Ice Cream Sandwich several years ago. The flavored waffles are shipped to them from a company called De Wafelbakkers. The ice cream of choice is scooped between two waffles and placed into a special iron set at 390 degrees and heated for 17 seconds. Caution: Can be habit forming.

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When administered artfully and skillfully, fillers will provide a perfect pout that blends in with your face and just enhances your overall beauty – it should not drastically change the way you look. Optimally, no one will be able to really tell you had your lips done, but be prepared for remarks like "you look good" or "you look younger." Great lips have a wonderfully rejuvenating effect on your appearance.

For those who want more significant results that will last 6-9 months (or longer if you are one of those lucky ones) injectable fillers like Restylane or Juvederm is the way to go. Also, if you have those pesky "smoker's lines" or more advance wrinkling of the lips, forget the topical lip plumpers - the injectable fillers can dramatically and instantly make you love your lips again!

Plan ahead! Those opting for the injectable lip plumping solutions shouldn't wait until the last minute since mild bruising or swelling may occur for a few days after treatment. But, rest assured the fillers are perfectly safe and effective... and can be administered in just 10 minutes, even on your lunch hour!

Learn more online at www.tessmd.com

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LisaFit is hosting FIT, focused, intense, training classes at Bodylines Fitness in Point Loma. Founder of FIT, Lisa Yee-Bernstein has been in the fitness industry for over two decades. You have seen her doing crazy workouts in the gym, taken her yoga sculpt classes and even sought out her "12 Sets of Lisa's Workout". Now is the time to catch the latest craze, FIT developed solely to push you to the next level. FIT classes offer the same social setting as a group exercise class but you won't get lost in the crowd because the class maximum is sixpeople. FIT classes will give you the same results as personal training without the high costs you would pay scheduling one on one. During a FIT class you can ask questions, get plenty of assistance and modifications so that you receive the most for your time and money. Get FIT!

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Sore back? Maybe it's your teeth

If you are being treated by a physical therapist, chiropractor, osteopath or craniosacral therapist and not making the progress you might expect, maybe the reason is further up the chain.

The key to solving musculoskeletal problems is getting the muscles to relax so joints can move freely. If there is any muscle imbalance – anywhere – it can cause other muscles in the chain to tighten: your body's own protection mechanism.

Having teeth that don't fit together properly causes the muscles that move the jaw to tighten, resulting in further imbalances down the chain and adjustments that don't hold.

We have many patients with bite problems and issues with clenching and grinding who also have other musculoskeletal problems. If these problems sound familiar, make sure that your bite is healthy and that clenching or grinding is controlled with a properly made appliance.

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Common Care Giving Misconceptions

Caring for a parent or spouse is an emotional subject which is likely the reason so many myths surround it. This article is designed to dispel some of these myths. It's a must-read for anyone currently involved in care giving including those who are considering hiring or perhaps even becoming a caregiver.

Adult Children No Longer Provide Care for Aging Parents at Home

While stories of adult children abandoning their aging parents make for interesting reading, this is just not true. What is true is that families live further apart from one another than ever before and that situation sometimes presents caregiving challenges. Advances in communication make it easy for adult children and aging parents to stay in regular contact. Many children also care for their parents but the stress may be great.

Most People Have a Plan in Place Before the Need Arises

Not true. If you don't yet have a caregiving plan, you're definitely not alone. Most adult children do not tackle this issue until they are forced, meaning it doesn't usually happen until a parent becomes ill, starts showing signs of the onset of age-related conditions such as dementia or Alzheimer's disease, or until one aging parent dies and the other has trouble resuming life after the death of their spouse.

Caregiver Resources are Insufficient

This is not true. Caregiver resources are fragmented and sometimes difficult to comprehend or access. But they're out there. New legislation regarding caregiving and care receiving is constantly being introduced an approved. Contact Innovative Healthcare Consultants, a geriatric care management and care giving company for assistance and answers to your question. ***Call 877-731-1442 or see our website at www.innovativehc.com.***

Mindful Eating

It's Saturday night. You put on your favorite DVD. You snuggle on the couch with a tall, cold glass of milk and a package of your favorite cookies. One-by-one you eat the creamy filling first and then the crunchy cookie. Now fast forward two hours—you've not only finished the movie, but you've also finished the entire bag of cookies. A prime example of mindless eating! In order for us to change this behavior, we must be aware of what causes us to overeat to begin with.

Tip #1– Be Portion Precise

If you are eyeballing portion sizes, you may be underestimating how much you are actually eating. Underestimating portion sizes could be what is hindering your weight loss efforts.

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Taste of Shelter Island poised to wow tastebuds, satiate visitors

By SEBASTIAN RUIZ | The Beacon

It might seem unthinkable to have in one night a tasty bowl of clam chowder at The Brigantine, calamari and ribeye pasta dish at La Playa Bistro, or a delicious appetizer from Bali Hai, Miquel's Cocina or The Wine Pub. Unless, of course, you're planning to take part in the Taste of Shelter Island — a walking cuisine showcase and social gathering where 18 restaurants along Shelter Island Drive and surrounding areas will serve small portions of their specialty dishes for several hours.

Originally called the Peninsula's Chamber Chomp, the event has been going on for about 20 years. Now known as the Taste of Shelter Island, new tasty treats await participants on Tuesday, April 19 from 6 to 9 p.m.

For $20 a ticket, participants can walk or be shuttled around for an entire night of trying a taste from a host of local favorite restaurants, according to the Peninsula Chamber of Commerce representatives.

"It's a new year, [a] new name and a new vibe," said event spokeswoman Lauren Kennedy. "It gives the restaurant an opportunity to try new things if they haven't been inside. So it's great exposure for a new [restaurant]."

Once known as the Peninsula Chamber Chomp, this year's gastronomic walking tour will be called the Taste of Shelter Island. The event takes place Tuesday, April 19.

PHOTO BY JIM GRANT | THE BEACON

Imagine having small meals or appetizers at your favorite Shelter Island restaurants. Although portions are small at each individual site, you'll get your money's worth, Kennedy said.

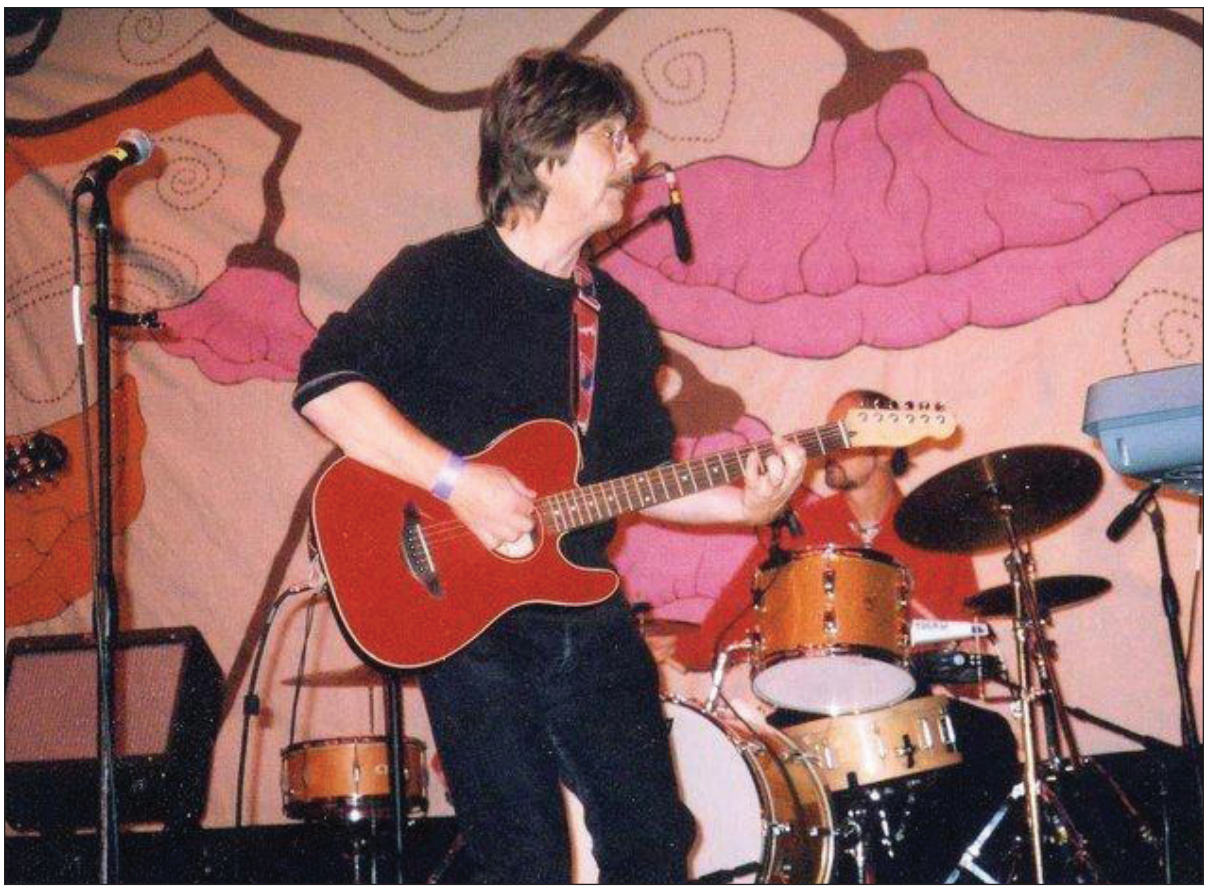
Tickets for the event can be purchased online or at the beginning of the event and picked up at The Brigantine restaurant parking lot, 2725 Shelter Island Drive. Though restaurants will be in walking distance of the event, shuttles will be provided for those who may be a bit too full to walk off the extra calories.

The Peninsula Chamber of Commerce was founded in 1960 and comprises Peninsula businesses who've come together help promote commerce in Point Loma, Ocean Beach, and neighboring communities. Membership packages range from $80 to $2,500, which includes a host of discounts and benefits.

For more information, visit www.peninsulachamber.com.

TASTE OF SHELTER ISLAND PARTICIPANTS

- Reds Espresso Gallery, 1017 Rosecrans St., (619) 523-5540
- The Bay Club Bar and Grill, 2131 Shelter Island Drive, (800) 672-0800
- The Brigantine, 2725 Shelter Island Drive, (619) 224-2871
- Miguel's Cocina, 2912 Shelter Island Drive, (619) 224-2401
- The Wine Pub, 2907 Shelter Island Drive, (619) 758-9325
- Bali Hai, 2230 Shelter Island Drive, (619) 222 - 1181
- Point Break Café, 2743 Shelter Island Drive, (619) 758-9870
- Blue Wave, 2051 Shelter Island Drive, (619) 223-2572
- The Pearl Hotel, 1410 Rosecrans St., (619) 226-6100
- Living Room Café, 1018 Rosecrans St., (619) 222-6852
- Jimmy's Famous American Tavern, 4990 N. Harbor Drive, (619) 226-2103
- Supannee House of Thai, 2907 Shelter Island Drive, No. 110, (619) 795-8424
- Charlie's Best Bread & Café, 1110 Rosecrans St., Suite 100, (619) 487-0227
- La Playa Bistro, 1005 Rosecrans St., (619) 546-9500
- Mitch's Seafood, 1403 Scott St., (619) 222-8787
- Pizza Nova, 5050 N. Harbor Drive, (619) 226-0268
- Stars and Stripes Mart, 2907 Shelter Island Drive, (619) 222-7827
- Red Sails Inn, 2614 Shelter Island Drive, (619) 223-3030



Dave Humphries and his Beatles tribute band will host several other performers April 17 in a benefit for the San Diego Humane Society and Second Chance Rescue for Dogs. COURTESY PHOTO

Concert to benefit Humane Society, rescue center

By BART MENDOZA | THE BEACON

Losing a pair of beloved pets isn't a pleasant experience. But the loss of guitarist Dave Humphries' cats Eden, 20, and Eve, 16, inspired him to take action. As a result, he launched "Humphries at Humphrey's," a concert benefiting the San Diego Humane Society and Second Chance Rescue for Dogs.

"Those cats brought us many years of joy," Humphries said. "This is a way to remember them, and hopefully help as many other animals as we can."

Eden's and Eve's passing and the search for a new feline friend helped cement the idea of an annual event to help animals in shelters. Now in its second year, the daytime event takes place on April 17 with a Beatles and a musical theme of the sixties. On hand will be host DJ Dave Mason of FM105.7 (The Walrus), with performances from Humphries and his group, the Beatles tribute group Help. They will be joined by Fab Moore, The Baja Bugs and indie rockers Wendy Bailey & True Stories.

Humphries notes the importance of helping organizations like the Humane Society, particularly in tough economic times. He said the state of the economy is the secondary reason for this concert.

Most owners know pets can be expensive.

"You see it all the time," Humphries said. "So many people are losing housing or having to move and they are also hav-

SEE CONCERT, Page 16

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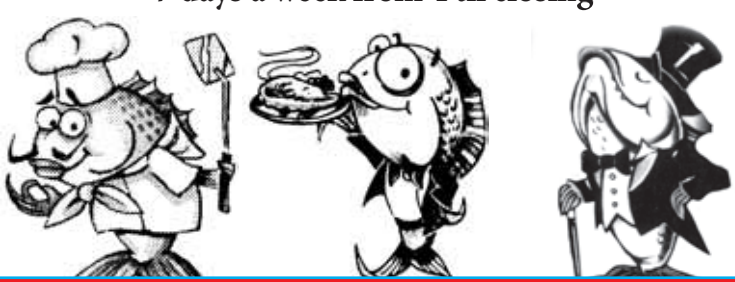

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Vanguard Ministries presents "Bury the Dead" by Irwin Shaw and "The Atom and Eve" by Robert Landis – two one-act plays dealing with the morality of war and nuclear proliferation. Performances take place Friday and Saturday at 8 p.m. and Sunday at 7 p.m. at Westminster Theatre, 3598 Talbot St. in Point Loma. Tickets are $15 for adults, $13 for seniors, military and students, and $10 for those 12 and under. For tickets or information, call the box office at (619) 224-6263, or visit www.vanguardsd.org.

CONCERT

CONTINUED FROM **Page 15**

ing to give up pets. So, in addition to stray animals, more pets are also ending up in shelters. It's a sad state of affairs. We're just trying to help any which way we can."

Originally from Durham, England, Humphries relocated to San Diego in 1996, releasing four albums to date. A huge Beatles fan, he has worked with such luminaries as Gordon Waller (Peter & Gordon) and Tony Sheridan, even going so far as to name his new cat "Teddy Boy" after the Paul McCartney song.

According to Humphries, the choice of a Beatles-themed event is because the Fab Four was "the greatest group, ever." But he added that their music truly is universal.

"We're hoping that this is going to be one big party," Humphries said. "And the Beatles are a group whose music everybody knows, whether it's musicians who play it or the audience who sings along. We're raising money for a serious issue, but at this show we want to have fun."

Former Beat Farmers guitarist Joey Harris will be the special guest and will sit in with several of the day's performers. For him, being part of events like this is important.

"It's a way to stay socially active, helping people instead of just watching the news and complaining that things are wrong," Harris said. "It's important to try and help in a situation, roll up your sleeves and get involved. If I was a bricklayer, I could help build a school or something like that. But I'm a singer and guitarist, so I work with that."

While Humphries said he is happy with the outlook for the event, he's even happier with the support for worthy causes from the local music scene.

"It's amazing at how quick musicians in San Diego are to respond when the call goes out for help," said the amiable guitarist. "The amount of talent in this town is incredible. That so many are always glad to pitch in at this and other events is a wonderful thing."

It's possible there will be a third edition in 2012.

"It's too early to tell for sure," Humphries said. "That's a long time away, and there is still this year to get through," Humphries said. "But I'm afraid the need will be there."

Humane Society benefit: 3 p.m. on Sunday, April 17 at Humphrey's Backstage Lounge, 2241 Shelter Island Drive. $5. For more information, visit www.humphreysbackstagelive.com.

Summer Camps

Summer Season sign-ups for iD Tech Camps

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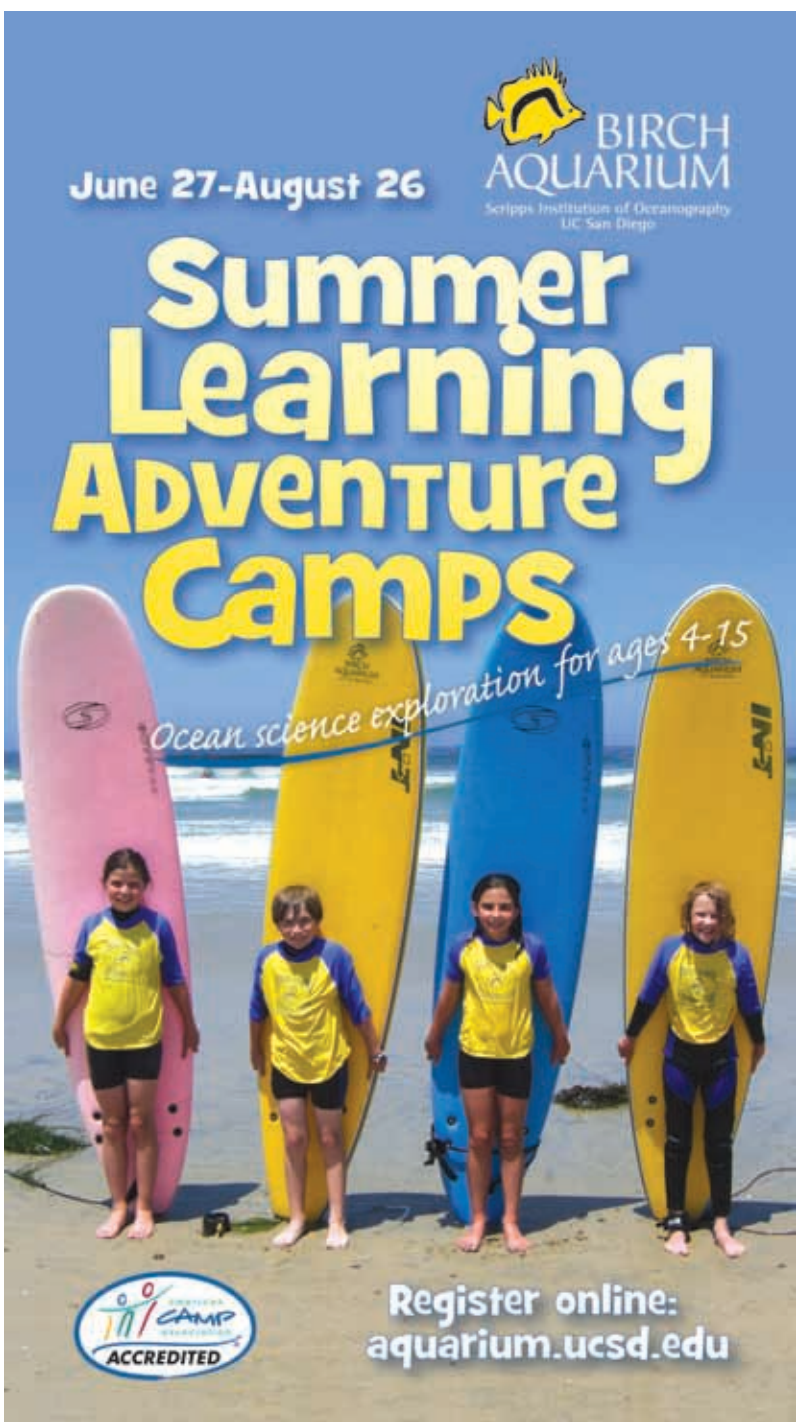

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On Tuesdays and Thursdays the kids work on mosaic projects. Children create their own patterns, learn to apply adhesive and grout their own pieces.

On Fridays we include fabric painting or sketching or tie-dying t-shirts.

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The La Jolla YMCA offers day camps all summer long beginning June 14 through September 2. Day camps range from a variety of choices and for all ages. There are more than 100 camps to choose from, including ice-skating, gymnastics, swim lessons, field trips to amusement parks and much more. Kids will learn, grow and thrive making lasting friendships and memories. Camps fill up fast so please sign up as soon as possible. To ensure that every child and teen has the chance to go to camp, the Y offers financial assistance to those in need. Also, it's not too late to sign up for our spring camps beginning April 4 through April 8. To register to either spring or summer camps, **please visit lajolla.ymca.org or call (858) 453-3483 for more information.**

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Visit www.ccl.org/youngwomenlead or contact us at youngwomenlead@ccl.org or858.638.8015.

Summer and Fall Adventures at Westminster Presbyterian Preschool

Part and full time schedules are available for ages 18 months to 6 years of age. The Summer Programs feature bimonthly themes such as Frolicking Food Fun or Investigation Station, also available, "Success in Kindergarten," a class designed for children starting Kindergarten in the Fall.

A preschool that started simply – just a mother looking to educate her two-year-old – has matured into a local institution of sorts.

"It brings joy to my heart," said Judy Stephens, founder of the school. "I love what I'm doing and I'm very enthusiastic about education for children."

Since Westminster opened, its approach has been to create a hands-on, fun experience that prepares children for kindergarten with science. language arts and math curriculums. For example, a recent lesson plan took students on an imaginary trip to Italy, complete with a plane, luggage, and even a mini-Pompeii created in the school's sandbox.

"We give the kids an 'I Can Do' attitude," Stephens said. "They're excited about school and they're excited about learning. That is a lifelong mindset that I want our kids to have.
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Sat & Sun 1-4pm	1236 Cave St #3B	2BR/2BA	$895,000	Natasha Alexander • 858-336-9051 & Alex De Rosa • 858-752-3803
Sat & Sun 1-4pm	5990 Sagebrush Road	3BR/2BA	$905,000	Penny Shipley • 619-852-8139
Sat & Sun 1-4pm	7172 Eads	3BR/2BA	$915,000	Michelle Serafini • 858-829-6210
Sat & Sun 1-4pm	1329 Caminito Balada	3BR/2.5BA	$1,170,000	Goldie Sinegal • 858-342-0035
Sat & Sun 12-4pm	333 Coast Blvd. #16	2BR/2.5BA	$1,195,000	Jim Holland • 858-405-6442
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Sat & Sun 1-4pm	533 Bonair Place	3BR/2.5BA	$1,395,000	Erica Derby 858-361-4903/Matt Glynn
Sat & Sun 1-4pm	753-755 Genter St.	5BR/3BA	$1,399,000	Charlotte Weber • 858-967-0805
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Sat 1-4pm	1608 Caminito Barlovento		$795,000	Jackie Helm • 858-354-6333
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Sat 1-4pm	2302 Avenida de la Playa	3BR/2BA	$1,450,000	Eric Eaton • 858-349-7566
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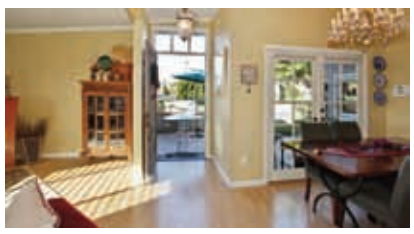

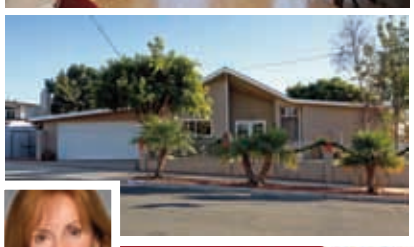

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Boar's Head Lite Beef Hot Dogs Skinless $4.99 16 oz

In Our Freezer Dept. — Caesar's Organic Pasta 4 Cheese Manicotti, Ravioli & Stuffed Shells $4.99 10-10.5 oz

Harris Ranch Seasoned Tri-Tip Ready-To-Grill With Pop-Up Timer $7.49 lb

Extra Sharp New York Cheddar $5.99 lb

Roland Wild Swedish Lingonberries Delicious Sweet Tart Flavor. Great Ice Cream Topping $3.99 14.3 oz

Great On The BBQ! — Tofurky Beer Brats Meatless, Old World Sausage Flavor $3.99 14 oz

"FUN FACT" Wallabies Live Throughout Australia, New Zealand & New Guinea — Wallaby Organic Yogurts Creamy And Incredibly Smooth 99¢ 6 oz

McConnell's Ice Cream Pure Cream, Milk, Sugar, Eggs & Natural Flavors $3.99 pint

Wine Department

Sutter Home White Zinfandel '09	$2.99	750 ml
Maurice Carrie Sauvignon Blanc '09	$4.98	750 ml
The Show Malbec '09	$9.99	750 ml
Hahn Estate Chardonnay '08	$9.98	750 ml
Delicato Merlot '09	$3.99	750 ml
Sixth Sense Syrah	$12.98	750 ml

Wellness Dog Food Nothing Artificial. Authentic, Real Food Ingredients $14.99 6 lb

Rancho Bernardo
11828 Rancho Bernardo Road
In the Mercado • (858) 485-8686

Temecula
31939 Rancho California Road
Corner of Meadows Pkwy. • (951) 693-1111

Point Loma
4001 W. Point Loma Blvd.
1 Blk. W. of Midway Dr. • (619) 223-4397

Wildomar/Murrieta
32310 Clinton Keith Rd.
1 Blk. W. of I-15 • (951) 609-9200

Hours: Everyday 8 AM to 9PM (except holidays) Limited Quantity on Some Items. Not Responsible for Misprints • Prices good through 4/12/11.