MIRALOMA LIFE DECEMER 2021 - ISSUE 10

Upcoming Events

2 DECEMBER MPIC Board Meeting* 7:00 pm - In Person

12 DECEMBER MPIC Sing A Long 4:00 pm to 5 pm MPIC Clubhouse

6 JANUARY MPIC Board Meeting* 7:00 pm - In Person

*Members wishing to address the Board should call (415) 322-0211 to request placement on the agenda. All persons attending must demonstrate proof of vaccination.

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HOLIDAY RECIPE FAVORITES



Ribbon cutting for "Hop Skip Play on Omar Way" with District 7 Supervisor Myrna Melgar, Former MPIC President Joanie van Rijn, Former Supervisor Yee, Acting Director of SFPW Carla Short, MIraloma Elementary Principal Noah Ingber.

MIRALOMA PARK RECIPIENT OF FIRST ACTIVE PLAY SPACE IN SAN FRANCISCO

Joanie van Rijn

Two and one-half years of planning and waiting and finally "Hop, Skip, and Play on Omar Way" is here! On November 12 San Francisco's first active play space was installed on the public sidewalk of Omar Way. This project started with an idea from former Supervisor Norman Yee. When he was Supervisor, Supervisor Yee sponsored the District 7 Participatory Budgeting program and he encouraged installing an active play space in San Francisco.

Miraloma Park Improvement Club (MPIC) submitted a grant proposal for the installation of "Hop, Skip, and Play on Omar Way" during the 2018-2019 District 7 Participatory Budgeting cycle. MPIC encouraged District 7 voters to vote for the project so that it would be funded. "Hop, Skip and Play" received over 675 votes!

My initial design featured a dragon, the mascot of Miraloma Elementary School. First, children would encounter a broken eggshell, a remnant of the dragon's birth. Then, they would navigate the hazards of water and lava by traversing stepping stones, boulders and a maze to reach

PHOENIX DAY BLOCK PARTIES COME TO MIRALOMA PARK

MPIC

October 17, 2021 marked the return of San Francisco's beloved Sunday Streets with a bigger-than-ever program that took place across the City, featuring historic routes and pop-ups, The Cross City Connector Bike Ride, and dozens of neighbor-hosted block parties – including two held in Miraloma Park!

The MPIC congratulates our amazing Miraloma Park residents who hosted fantastic Phoenix Day block parties. Carol McMackin and Greg Young hosted the Juanita Way block party. Thomas O'Brien, Daniel Homsey, Chris Hatfield and Imran Mahmood hosted the Bella Vista Way block party.

"The Block Party on Juanita Way was an absolute blast and it was inspiring to see what a wonderful group of neighbors we have. There were many that were eager to jump in and help, which made the preparation manageable. We will definitely do this again next year. Especially loved seeing kids from the block enjoying themselves, riding their scooters up and down the street. Generous neighbors, such as Maria and Jeffrey Spiegel and Pat Okunewitch held an amazing barbecue and fed so many Jim Corkery, playing with his rock band "British Infection", was a complete standout and so much fun. We are indebted to their generosity. Other neighbors set up barricades and kept things safe. It takes a village! But to whomever believes that neighbors in major cities don't know each other – we sure do now!!" - Carol McMackin & Greg Young





Top: Juanita Way Phoenix Day block party revelers and neighbor Jim Corkey's band "British Infection"

Bottom: Families enjoying the Phoenix Day block party festivities on Bella Vista Way including a SFFD truck on display.





PRESIDENT'S MESSAGE

Jean Perata

Normally, MPIC hosts a Holiday Party at the Clubhouse in December. The MPIC Board didn't feel that we could safely host an indoor celebration this year. Instead, MPIC is hosting a **Sing-along on December 12 at 4:00pm**. It's a way we can come together as a community and celebrate one another and the December holidays. More details are in this issue. Please join us for music and joyful celebration in the Clubhouse parking lot. People will be able to walk into the parking lot to join in the celebration, or drive to and park in the lot.

There is more MPIC news to share. This month I wanted to update you on some of the recent work being done by the MPIC's Officers, Board Members and Committees. I won't be describing the work of all Board Members; we don't have room for that. Here are some highlights.

"Hop, Skip and Play on Omar Way", featured on page 1 of this issue, was installed in November. MPIC sponsored the grant proposal for this active play space which was funded in the 2018-2019 District 7 Participatory Budgeting process. An impressive number of District 7 residents --675 – voted in favor of the project. MPIC Board Member Joanie van Rijn designed the play space and worked with several people to make the installation a reality. I highly recommend that you visit the interactive walkway on Omar (between Sequoia Way and Rockdale Drive) as soon as possible, if you haven't already!

On the November 13 "**Second Saturday**," MPIC Board Members Mary Fitzpatrick, Robert Gee, Todd Siemers, and I were joined by Miraloma Park resident Michael Bereskin and MPIC Clubhouse Manager Mia Waller. Our project was to fill a dumpster with trash (e.g., fallen branches from the eucalyptus trees; debris from other trees; broken chairs and tables from the Clubhouse storage area, etc.). We met (if not exceeded) our goal! In a little over 2 hours, we had almost completely filled the debris box.

A special thank you to Michael Bereskin, who has volunteered at several Second Saturday events. During the October Second Saturday, he saw how much eucalyptus and pine tree debris we had to clear from the property. Michael donated \$200 to MPIC to help fund rental of a debris box. He not only helped fund the rental of the dumpster, but he helped fill it! That is neighborly dedication.

In November the MPIC purchased two mobile HEPA air purifiers and they are being used in the Clubhouse. Earlier, the MPIC Resilient Committee had recommended that MPIC purchase air purifiers for the Clubhouse. As you know, COVID-19 is an airborne disease and the CDC recommends increasing room ventilation as one way to prevent transmission of COVID-19. The Clubhouse has many windows, but winter and chilly night temperatures are here. Thanks to Board and Resilient Committee member Mary Fitzpatrick who researched the type and number of portable HEPA air cleaners MPIC should purchase.

Lastly, MPIC timely filed its 2020 tax return. (Yes, nonprofits need to file tax forms, too!) MPIC Treasurer Robert Gee spent many hours compiling the tax return, which has been accepted by the IRS.

Happy Holidays to all! I hope to see you in the neighborhood!

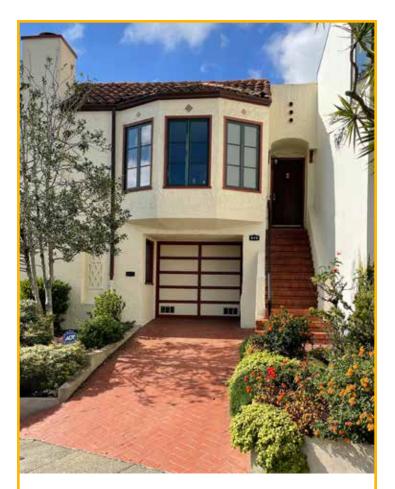




AN INVITATION TO SING ALONG!

Chances to gather as a community have been in short supply lately, and a sing-along is a wonderful opportunity to say hello to your neighbors. The MPIC invites you to join in a family sing-along on **December 12, from 4 pm-5 pm at the Clubhouse.** The program will feature holiday songs. Lyrics will be provided. This family event will be held outdoors in the parking lot for social distancing purposes, and we ask you to bring your own beverages out of an abundance of caution. Wearing of well-fitting masks is strongly encouraged. Rain does cancel the event.

In the spirit of community giving, we are adding a voluntary donation event to the sing-along. SF Firefighters Toys for Tots program is collecting toys for infants through 13 years old this year. There is no obligation on your part to bring a gift or check for the program. All donations collected will be gathered and delivered to the Fire Department by MPIC volunteers.



GARDEN OF THE SEASON WINNER

This month the beautiful fall colors of 676 Teresita Blvd. caught the eye of a resident Miraloman, and was one of our nominated gardens. 676 has been crowned Garden of the Season! Owners Jeff and Joe are long-time residents of Miraloma Park, and in 2019 they re-landscaped their front area to be more drought tolerant. There are an eye-popping number of thriving plants: a lantana with orange flowers in bloom nearly year-round, rosemary, lavender, gardenia, grevillia, and a variegated low ground cover-form of ceanothus. This in addition to a Double Delight rose and an anchoring holly tree. Jeff is an orchid lover and President of the San Francisco Orchid Society and works as a physician-scientist on cures for neurodegenerative disease treatments. His husband Joe is owner and founder of an optometry business based in the Financial District.

Thank you both for making our neighborhood more beautiful!

MPIC'S SECOND SATURDAY CLEAN UPS CONTINUE

MPIC

The last Second Saturday of 2021 takes place on Saturday, December 11 from 10am to Noon. Sign up at <u>https://www.signupgenius.com/go/10C0D48A9A82DA2FB6-mpic</u>. If you have difficulty signing up and want to join the December Second Saturday, send an email to <u>miralomapark@gmail</u>. <u>com</u> or leave a message at 415-322-0211.

After you sign up, you'll receive a reminder email which may contain additional information, such as "bring gardening gloves." You'll also receive an email if the workday is cancelled due to rain or other necessity.

The November 13 Second Saturday was attended by Miraloma Park resident Michael Bereskin, along with MPIC Board Members Mary Fitzpatrick, Robert Gee, Todd Siemers, and Jean Perata and MPIC Clubhouse Manager Mia Waller. Together, they loaded a dumpster with debris from the Clubhouse parking lot, gardens and storage area. A special shout-out to Michael, who donated \$200 to MPIC to help fund rental of the debris box. Thanks for your support, Michael!



Top: Micheal Bereskin and Jean Perata removing trimming debris; Bottom: Robert Gee and Mary Fitzpatrick load the dumpster. Thank you!

SMFTA'S ESSENTIAL TRIP CARD - REDUCED FARES FOR TAXI RIDES

SFMTA launched Essential Trip Card (ETC) – a discount program to help seniors and people with disabilities make essential trips in taxis. MUNI reduced its service due to COVID-19 and knows that for many people with disabilities and seniors, walking farther to an alternate bus — or paying for other transportation — isn't possible.

Who qualifies? Customers must meet at least one of these qualifications:

- Age 65 or older,
- Have a disability,
- Have health conditions or mobility challenges that prevent them from using MUNI or accessing nearby transit stops or stations.

Call 311 to apply. Mention the program. Staff are available weekdays between 9:00am and 4:45pm.

MUNI subsidizes about two to three round trips by taxi per month for adults 65+ and people with disabilities. Eligible participants pay 20% of the cost of a regular cab ride fare for essential trips. Essential trips include going to the grocery store, pharmacy or another necessary medical trip. Customers who pay \$12 will receive \$60 value for taxi trips on a debit card. (The City puts in the other \$48.) Your remaining balance rolls over each month.

This is good for rides in San Francisco only. The program is available until June 2022. Visit: <u>https://www.sfmta.com/</u> <u>getting-around/accessibility/paratransit/essential-trip-card</u>

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I am also a Miraloma Park resident, so you can trust I know what you need!



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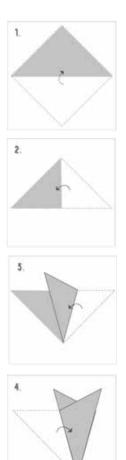
SNOWFLAKES FOR YOUR FRONT WINDOW

Kate Clements

As a child, I lived on the East Coast and snowflakes were a regular part of my winter. Like all children, making snowflakes with construction paper was a classroom classic, but somehow, mine were never 6 pointed. The teachers didn't care. It just seemed to be too much work to teach us properly. This was back in the age of dinosaurs, before the advent of the Internet, where you can find a tutorial on almost anything your heart desires. Which is how I came to learn how to make beautiful snowflakes that I make each year, and put up on my front windows, mostly for my own amusement.

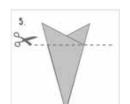
Things you absolutely must have: paper, scissors and a trash can. Everything else, such as protractors to make exact 30^o angles, bone folders for super-crisp edges, and fancy papers are up to you. 8" by 11.5" standard printer paper can yield one or two squares for snowflakes, but for younger children, it's best to start with a single square per sheet. I prefer using origami paper, which is readily available in squares

- Begin by making your paper into a square, if you have not purchased origami paper. If you are using standard 8 ½ x 11" paper, you will have to create an 8 ½ x 8 ½ square.
- The first bit is origami. Fold your square diagonally into a triangle. Then fold it the same way a second time, so you have a triangle ¼ the size of the paper.
- 3. This is the tricky part. With the center of the triangle facing down (which is the center of your paper), fold the triangle into thirds. This is where the protractor would come in handy, but with practice you can eyeball it. The outer ends of the triangle will be pointing up and to the sides, which I think looks like a fox's face. These folds should be as close to alignment as you can possibly make them to make your snowflake symmetrical.
- 4. Turn your triangle over, and you will see a horizontal line about ¼ of the way from the top. Your snowflake is created from the paper below this



line, so cut away the top part either straight across or at an angle, as shallow or acute as you please. The top goes straight into the trash can.

- 5. Begin cutting away bits from the sides, making sure not to cut all the way through.
- 6. Unfold carefully, and enjoy your creation!





Investment Advisory



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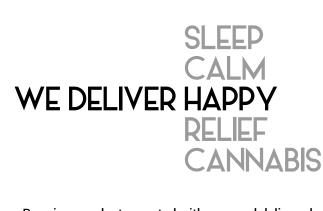
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MIRALOMA PARK COMMUNITY CONNECTORS

Wishes you happy and safe Holidays! We're grateful and look forward to 2022!

Exercise at Cornerstone has resumed on Tuesday and Thursday at 10:30 AM

If you are interested in attending, please contact Darlene Ramlose at <u>Darlene@sfcommunityliving</u>. org or by phone at 714-423-8844. You must sign up in advance as we will not accept walk-ins as space is limited due to COVID restrictions.

Miraloma Walk the Neighborhood with Barbara

Thursdays at 1:00 PM Contact Barbara Wheeler for details at <u>bawheeler46@yahoo.com</u> We mask and social distance

Ukelele Zoom Class

Tuesdays at 2:00 PM Contact Barbara Wheeler for details at <u>bawheeler46@yahoo.com</u>

Connectors Zoom Social Hour Fridays at 4:30pm

See all current activities at http://sfcommunityliving.org

• • •

Also visit us on our Facebook page: Miraloma Park Community Connectors

[continued from page cover] Miraloma Park Recipient of First Active Play Space in San Francisco

the dragon, depicted from its tail to its fire-breathing head. Principal Noah Ingber of Miraloma Elementary School and Jonathan Goldberg of San Francisco's Department of Public Works (DPW) offered their input. Once finalized, Nicky Woo of DPW's Communications group transformed the rendering to a computer-designed graphic. Asphalt Impressions of Sacramento installed the project.

"Hop, Skip and Play" is made of thermoplastic. It is the same material used for crosswalks. The thermoplastic is cut into segments and affixed to the concrete by using heat. An abrasive material coating prevents slipping. The material is made by Geveko. It is durable and requires almost no maintenance. Gveko's Jeff Almand said, "This is an exciting use of thermoplastic and I hope more cities design active play spaces for children."

The ribbon-cutting ceremony took place on November 18. Former Supervisor Yee, current District 7 Supervisor Myrna Melgar, Carla Short, Acting Director of DPW and I made a few remarks. Children from Miraloma Elementary School were invited to hop, skip and play on the new active play space. The project has gone through many iterations, including the pandemic, but it is on the ground now and MPIC is very happy to see it completed.



COVID-19 vs Flu

	Fever/chills	Ø	Ø
	Cough	ğ	ø
5	Body Aches/Headache	ğ	Ø
mon	Tiredness	ğ	ğ
	Loss of taste/smell	Ø	8
	Runny/stuffy nose	ē	ē
s	Sore throat	ē	ē
on	Shortness of breath	Ø	ē
5 thon	Severity	Varies. Older adults and people with certain underlying conditions are at higher risk of severe illness. Seems to cause more severe illness in more people than flu.	Varies. Young children, older adults, and people with certain chronic conditions are at higher risk of severe illness.
nmon	Onset of symptoms	Later (2-14 days after infection)	Earlier (1-4 days after infection)
	Cause	SARS-CoV-2	Influenza viruses

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HOLIDAY RECIPES

A few holiday recipes from your neighbors and more found on <u>miralomapark.org</u> - Enjoy!

DOUBLE CHOCOLATE BROWNIES

Courtesy of Cary Matthews

Ingredients

- 2 sticks butter
- 8 oz. chocolate
- 1 tsp vanilla
- 2 cups sugar
- 5 eggs
- 2/3 cups flour
- 1/3 cup unsweetened cocoa powder
- If using unsalted butter, 1/2 tsp salt

Method

- 1. Preheat oven to 350°F with rack in middle. Butter and flour a 9- by 9-inch baking pan, or line with parchment paper.
- Melt butter and chocolate in a 3-qt heavy saucepan over low heat, stirring, until smooth. Remove from heat and cool to lukewarm. Whisk in sugar and vanilla. Whisk in eggs 1 at a time until mixture is glossy and smooth.
- 3. Whisk together flour, cocoa powder, and salt, then whisk into chocolate mixture until combined.
- Spread in pan and bake until a pick inserted in center comes out clean, 35 - 40 minutes (it may take longer). Cool completely.

[continued on page 10]



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WARM TOFFEE PUDDING

Soul warming delicious dessert, perfect for those chilly winter evenings

Ingredients for the pudding

31/2 oz butter, softened, plus extra for greasing

- 6 oz light brown sugar
- 2 large free-range eggs
- 8 oz self-raising flour
- 1 tsp baking powder
- 1 tsp baking soda
- 3 tbsp molasses (not blackstrap)
- 91/2 fl oz full-fat milk

Vanilla ice cream, to serve

Ingredients for the sauce

31/2 oz butter

4½ oz sugar

- 1 tbsp molasses (not blackstrap)
- 10 fl oz heavy cream
- 1 tsp vanilla extract
- 2 fl oz rum or brandy(optional

Method

- 1. Preheat the oven to 350F. Butter a wide shallow ovenproof dish.
- Put the butter, sugar, eggs, flour, baking powder, baking soda and molasses into a kitchen aid mixing bowl. Use whisk attachment to whisk on low until combined. Pour in the milk gradually and whisk on medium until smooth. Pour into the prepared dish. Bake for 35–40 minutes or until well risen and springy in the centre.
- To make the sauce, put all the ingredients into a saucepan and stir over a low heat until the sugar has dissolved and the butter has melted. Bring to the boil, stirring for a minute; careful to not let it burn. Reduce to simmer till it has a silky pouring consistency then take off heat.
- 4. To serve, pour half the sauce over the pudding in the baking dish. Serve with remaining warm sauce and/or ice cream.
- 5. For individual portions, place a slice on the plate and pour warm sauce on just before serving.

Recipe Tips

This recipe can be cooked up to a day ahead and reheated. The sauce can be made up to 3 days ahead, cover and store in the fridge and reheat before serving.

You can also make these in individual ramekins or cupcake molds. Baking time will be closer to 20-25 mins depending on the size of your molds. Let them cool for 10 mins after baking and flip them over a wire rack to cool further.

You can spike the sauce with some rum or brandy for some extra holiday warmth

PICKLED PINEAPPLE

Courtesy of Michael Neswald

Although you can use canned pineapple in a pinch, using fresh is far superior.

Ingredients

- 2 cups rice wine vinegar
- 2 cups sugar
- 1 cup water
- 1 big pinch of salt

Spices: this is up to you, but some which go particularly well together are: allspice berries, bay leaf, clove and star anise. If you like some heat, a jalapeño pepper in thin rounds, seeded, is a good addition. No more than 1 tablespoon per spice, and a single bay leaf. Other choices: cardamom pods, stick cinnamon, ginger coins.

1 pineapple, skinned, cored and cut into spears or diced in medium pieces

Method

- 1. Bring the first 4 ingredients and your chosen spices to a boil in a non-reactive saucepan, and stir to make sure the sugar and salt are dissolved.
- 2. Immediately pour over the pineapple (also in a non-reactive container; tempered glass is best).
- 3. Once the liquid cools at room temperature, it is ready to eat.

Keep refrigerated. For best results, use it within one week.

This recipe also works well with fresh blueberries and many other fruits. Great in salads, on a cheese plate, or with your favorite sandwich.

MPIC SAFETY COMMITTEE UPDATE

Crime Stats from October 1 - October 31, 2021

Partial report. To learn more about the MPIC Safety Committee and for a link to the latest Ingleside Police Newsletter visit: <u>https://</u> miralomapark.org/what-we-do/safety-committee/

INCIDENT DATE	INCIDENT TIME	INTERSECTION	INCIDENT REPORT
10/10/2021	10:00 PM	Teresita Blvd\ Marietta Dr\ Molimo Dr	Theft, From Locked Vehicle, >\$950
10/10/2021	11:22 PM	Omar Way\ Myra Way	Burglary, Other Bldg., Forcible Entry
10/11/2021	12:30 AM	Teresita Blvd\ Melrose Ave	Theft, From Locked Vehicle, >\$950
10/12/2021	1:33 PM	Woodside Ave\ O'Shaughnessy Blvd\ Portola Dr	Traffic Violation Arrest
10/14/2021	2:30 AM	Evelyn Way\ Chaves Ave	Burglary, Residence Under Constru. unlawful Entry
10/14/2021	2:00 PM	Teresita Blvd\ Gaviota Way	False Personation to Receive Money or Property
10/14/2021	3:40 PM	Woodside Ave\ O'Shaughness Blvd\ Portola Dr	Battery
10/16/2021	3:50 PM	Juanita Way\ Marne Ave	Malicious Mischief, Vandalism to Vehicle
10/16/2021	10:18 PM	Woodside Ave\ O'Shaughnessy Blvd\ Portola Dr	Malicious Mischief, Breaking Windows
10/22/2021	7:00 PM	Teresita Blvd\ Evelyn Way	License Plate, Stolen
10/24/2021	2:00 PM	Teresita Blvd\ Melrose Ave	Theft, From Locked Vehicle, >\$950
10/27/2021	1:50 AM	Teresita Blvd\ Foerster St	Warrant Arrest, Local SF Warrant
10/27/2021	1:50 AM	Teresita Blvd\ Foerster St	Burglary, Residence, Unlawful Entry
10/28/2021	5:00 PM	Rockdale Dr\ Chaves Ave	License Plate, Stolen
10/28/2021	8:00 AM	Foerster St\ Melrose Ave	Dog, Bite or Attack
10/29/2021	7:00 PM	Teresita Blvd\ Evelyn Way	Vehicle, Stolen, Attempted
10/30/2021	10:54 PM	Rex Ave\ Juanita Ways	Vehicle, Tampering

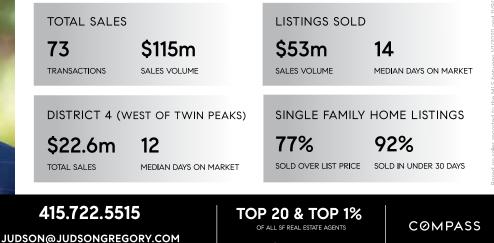
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GOOD TO KNOW:

The purpose of the Miraloma Park Residential Design Guidelines is to promote quality design and preserving as much as possible, the neighborhood's architectural character.

www.miralomapark.org/neighborhood/design-guidelines

IMPORTANT NUMBERS

EMERGENCY FROM A LAND LINE	911
EMERGENCY FROM A MOBILE PHONE	(415) 553-8090
Suicide Prevention Hotline	(415) 781-0500
Poison Control Center	(800) 222-1222
Non-Emergency Police Dispatch	(415) 553-0123
Ingleside Police Community Room	(415) 404-4000
Anonymous Tip Line - Ingleside Police	(415) 587-8984
Anonymous Narcotics Tip Line	(800) CRACKIT
Domestic Family Violence (24hrs)	(800) 799-SAFE
Animal Cruelty, Distress, Injury	(415) 554-9400
Office of Citizen Complaints Against SFPD	(415) 241-7711 https://policecomplaints.sfgov.org/
San Francisco City Services (abandoned vehicles to graffiti clean-up to Muni issues + more)	311 https://sf311.org/
PG+E Call Before You Dig	811
SF Building Dept Code Enforcement Hotline	(415) 575-6863 Planning.CodeEnforcement@sfgov.org
Myrna Melgar, District 7 Supervisor	(415) 554-6516 melgarstaff@sfgov.org
Mayor's Office of Neighborhood Services	(415) 554-7111



MIRALOMA PARK IMPROVEMENT CLUB

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MPIC BOARD OF DIRECTORS

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Acting Vice President	Cary Matthews
Recording Secretary	Stephanie Boudreau Ma
Corresponding Secretary	Vacant
Treasurer	Robert Gee
Sergeant-at-arms	Vacant
Karen Breslin	Robert Gee
Jean Perata	Thomas O'Brien
Todd Siemers	Darlene Ramlose
Joanie van Rijn	Stephanie Boudreau Ma
Mary Fitzpatrick	Cary Matthews
Patti Moran	

MPIC DIRECTORY

www.miralomapark.org

General Inquires for MPIC	(415) 322-0211
Clubhouse Manager + Rentals	(415) 322-0211
Webmaster: Ron Proctor	(415) 322-0211
Miraloma Elementary School	(415) 469-4734
Miraloma Playground	(415) 337-4704

MIRALOMA LIFE STAFF

Contact:	<u>miralomapark@gmail.com</u>	
	(415) 322-0211	
Editor		Jean Perata
Advertising	9	Kate Clements
Graphics/	Layout	Sarah Mergy

Article Submission Policy:

Email submissions to: miralomapark@gmail.com with Miraloma Life in the subject line. Articles submitted must be 800 words or less in length and should not be selling or promoting a product or service. Anonymous submissions will not be considered for publication.

Deadline for submissions is December 14, 2021

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