Nearly a decade ago, the list of fixes needed at one of San Diego’s most beloved landmarks was overwhelming. Supporters complained that a park that annually draws millions of tourists wasn’t getting the support it deserved. They demanded change with a ballot measure that would secure funds for improvements – and it worked. The cash infusion has allowed the city to begin etching out a 10-year plan to invest tens of millions of dollars into Mission Bay Park.

In recent months, city officials have presented proposals for a nearly $8 million dredging project, about $29 million in wetlands restorations...
New restaurants and bars on the way for Pacific and Mission beaches

By DAVE SCHWAB

As summer draws near, there's plenty of activity on the retail front in Pacific and Mission beaches.

Cerveza Jack's, Moonlight Beach

Cerveza Jack's/Moonlight Beach has officially taken over the former Fred's Mexican Cafe/Typhoon Saloon at 1165 Garnet Ave. in Pacific Beach.

Recently opened Cerveza Jack's Mexican eatery-cantina is part of a two-in-one concept that includes Moonshine Beach, a live country-western music venue and sister concept.

Both are under the stewardship of Good Time Design, best known for opening some of San Diego's most popular restaurants and bars, including Moonshine Flats, The Blind Burro, Cat Eye Club and Bub's at the Ballpark.

Moonshine Beach and Cerveza Jack's inhabit the 20,000-square-foot space previously occupied by Fred's/Typhoon. The adjoining businesses are part of a $4 million renovation that will accommodate 1,500.

Cerveza Jack's has created a lush environment, mixing Mexican elements with a laid-back beach style that includes grass floors and driftwood bar-style roofing.

Open to ocean breezes, Cerveza's interior features two bars with televisions, a dining room, patio seating, an outdoor fire pit and arcade games. The menu includes authentically made Mexican cuisine and twists on modern street food. Meat and seafood is woodfired or smoked and served in tacos, burritos, bowls, fries, and nachos.

Opening the weekend of May 13 as Pacific Beach's only major live music entertainment venue, Moonshine Beach will serve up a southern Gulf Coast hospitality feel and will feature live music four nights a week during winter months and four-plus nights a week during summer months.

Weekend entertainment will include today's young and high-energy country acts, regional and national touring acts and special concert events. Weeknights, Moonshine Beach will present reggae and indie rock acts.

Cerveza Jack's is open Tuesdays through Fridays from 4 p.m. to 1:30 a.m. and Saturdays and Sundays from noon to 1:30 a.m., serving food until midnight daily.

Muscle Mill Grill & Cafe, The Training Room

Another new dual business enterprise, Muscle Mill Grill and Cafe/The Training Room, at 2830 Garnet Ave., No. 100 and No. 200, respectively, has set up shop.

Co-owned by Michelle Ronsen and Mike Kuemning, the two businesses are separate and distinct, though they do support each other.

“Muscle Mill is a restaurant,” said Ronsen. “We do meal preps for people who come in, whether they want one meal, a week’s meals or 40 meals. It’s healthy gourmet food and meal prep — great food at affordable prices.”

Ronsen noted The Training Room offers physical therapy, massage and air-brush spray tanning.

The two businesses opened nearly two months ago.

On its website, musclemill.net, the restaurant's cuisine is described as “healthy blazing fast.”

“We offer a traditional menu as well as a create your own menu,” states the website. “Creating your own menu provides you with options for your protein, carbs and fats — both in quantity as well as selection in each category. Our more traditional menu will offer our signature items as well as weekly and monthly specials.”

El Prez

Yet another restaurant-bar conversion is taking place in the Promenade at Pacific Beach Shopping Center at 4190 Mission Blvd., where The Wood sports bar, dance club and eatery has been closed since January for a remodel to transform it into El Prez.

“We’ve been here five years and just wanted to change it up, change the concept,” said El Prez’s general manager, Tico Garcia, who added the newly themed establishment is shooting to reopen by the end of May.

Garcia said El Prez will have “a little more Mexican feel to it” while continuing to offer a number of tacos on the menu.

“It will not be like a traditional Mexican restaurant,” Garcia said.

“We’re going to add our twist to it.”

But not to worry. Garcia promised that “we’re still going to be a taco bar and have good food and music and a great rooftop. We’re going to extend our rooftop so it’s twice as big — one of the best rooftops in PB.”

One other important thing is staying the same: El Prez will continue to be a Green Bay Packer bar.

Pueblo

Pueblo Baja coastal cuisine, formerly The China Inn, at 877 Hornblend St., is taking just a little bit longer than expected to reopen following remodeling.

“As it often goes with new construction, we are dealing with delays and probably will not be open to the public until sometime around June 10th or 15th,” said restaurant owner Mark Oliver, who was once part of the executive team at George’s La Jolla.

Previously involved with Mission Valley’s Randy Jones All American Sports Grill, Oliver is the general partner in the new restaurant venture along with a group of local investors.

Oliver chose Pueblo as his new eatery’s name “because it’s historic — and something San Diegans can relate to.” He added Pueblo also denotes a “gathering place” as well as referring to a design style of North America’s Southwestern flat-roofed architecture. “Our concept will relate to each of these meanings,” Oliver said.

The restaurateur has said Pueblo will feature “traditional Baja foods that can be found along the coastal communities of Baja, using ingredients that are regional to Baja.”

Oliver added Pueblo’s cuisine will be “contemporary and ever-changing” and be subject to the chef’s interpretation and imagination.

Miss B’s Coconut Club

Recently opened at Mission Boulevard and Santa Clara Place, at 3704 Mission Blvd., is something new: Miss B’s Coconut Club.

The enterprise is adding a Caribbean beat to the heat this spring and summer, bringing a new theme to the beachfront.

Owner Peter Cich noted that he chose a page from history in selecting “Miss B,” which refers to the fictitious curvy pin-up girl used to promote MB real estate sales in the 1920s. She’s been “reconstituted” as a lifesize mural welcoming patrons.

Miss B’s menu features both American dishes and coastal favorites with a Caribbean flair.

The establishment’s open-air bar and dining concept creates a great environment for people-watching and hanging out.
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Community

Satisfy a hunger at Taste of Mission Beach

Treat yourself to a plethora of goodies at the third annual Taste of Mission Beach, to be held 5 to 9 p.m. Thursday, May 12 throughout the beach community’s business district.

More than two dozen restaurants will be dishing out samples from a variety of cuisines available at the beach.

Participating restaurants include Arslan’s Gyros, Café Bahia, Cannonball, Capri Pizza, Coaster Saloon, Chop Shop, Draft, Guava Beach Bar & Grill, Juice Wave, Kojak’s, Luigi’s at the Beach, Marci’s, Miss B’s Coconut Club, Mission Beach Coffee Break, Olive Café, Olive Bakery, Rosaria Pizza, Rubicon Pizza, Sandbar Sports Bar & Grill, Sanka’s Steak & Seafood, Starfish, Swell Coffee Co., The Pennant, Toots Sandbar and Oceana Coastal Kitchen.

Taste start locations will be at Mission Beach Coffee Break, 2888 Mission Blvd., and Sanka’s Steak & Seafood, 3769 Mission Blvd.

The annual restaurant walk is being co-sponsored by Mission Beach Women’s Club and Mission Beach Town Council.

Free shuttles will be available to pick-up/drop-off participants at every bus stop along the route.

Tasters can also take a cruise on the Bahia Belle by catching it at either the Catamaran or the Bahia, or ride a bike free of charge donated by Cheap Rentals.

Tickets are $30 a person with proceeds going to PlayByTheBay.org. It is a campaign to upgrade playground equipment and re-create the Bonita Cove public, community recreation area across from Belmont Park.

Tickets can be purchased at Juicy Wave, Kojak’s, Luigi’s at the Beach, Mission Beach Coffee Break, Olive Bakery, Sanka’s Steak & Seafood, The Pennant, and Toots Sandbar. Tickets are also available at mbwc.org.

Old Town to hold Cinco de Mayo Fiesta

Grab your amigos and head over to historic Old Town Thursday through Sunday, May 5 through 8, to spice up your weekend with the annual Fiesta Old Town Cinco de Mayo. The 33rd annual event will transform Old Town into the largest Cinco de Mayo celebration north of the border. For more information, call (619) 291-4903 or visit CincoDeMayoOldTown.com.

Cinco de Mayo - Join Old Town’s top bars and restaurants in celebrating Cinco de Mayo with festive drink and food specials, live entertainment and festivities.

Seis de Mayo - Keep the fiesta going from 4 to 10 p.m. in the streets of historic Old Town. San Diego Avenue transforms into a lively, bustling mercado, where you can purchase an array of delicious food and unique treasures.

Siete de Mayo - For the ninos and ninas, there will be a petting zoo and pony rides from 11 a.m. to 10 p.m. Ballet Folklorico performances will take place from 11 a.m. to 10 p.m.

Ocho de Mayo - Bring your Sunday to Old Town for the last day of Fiesta Cinco de Mayo, from 9 a.m. to 5 p.m. and celebrate your madre for Dia de las Madres by taking her to a delicious Old Town brunch.

Fall in love with your jewelry again

Diamonds on the Rock is operated by Debra Levine and her Son David. “I grew up working in my family’s Jewelry store in Upstate New York and always prided myself on giving personal attention and great customer service” said Debra. My favorite thing to do is help someone fall in love with their jewelry again. Many people have things in their collection that they do not wear because it may not fit their current taste. We can redesign, reset, trade or even buy your piece so that it will be worn again!

Debra is a Graduate Gemologist and former Diamond Instructor at the GIA (Gemological Institute of America). She has been a jewelry designer for over 25 years. We can work with you to design a piece that is completely your own and one of a kind. Bring in your most used and cherished jewelry to be cleaned, repaired, or have the stones remounted to have them looking like the day you purchased them. Diamonds on the Rock is located in Bird Rock at 5630 La Jolla Blvd. Call 858 750 2190 or Come in today!
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Girl Scouts remember Ashley at annual event

By JENNY WERTH

More than 100 Girl Scouts from the Pacific Jewel Unit gathered together in Kate Sessions Park April 30 to celebrate the life of Ashley Heffington. The afternoon gathering included a commemoration ceremony for Ashley and reviewed the accomplishments and goals of the Girl Scouts. The event also was educational for the girls, some of whom are working toward earning their bronze, silver or gold stars.

Information booths representing the culture of various countries such as Mexico, England, France, Japan and Brazil dotted the park, while the Girl Scouts proudly displayed costumes native to their troop’s adopted country. The girls sang songs in the language of their country as their families snapped their cameras.

“It was beautiful for the girls to honor such a brave girl (as Ashley), who was a Girl Scout and part of the world,” Ana Anderson said. Ashley’s mother, Cindy, said that Ashley would have loved the event, now in its sixth year. “I feel so grateful and honored, because everyone thinks it’s such a great event, and keeping Ashley’s memory alive is important to me.”

Ashley was the victim of a fatal motor accident on Dec. 31, 2009 by a man found guilty of driving under the influence of inhalant drugs. Her picnic table and plaque was donated in part by donations from the Girl Scouts.

Some are calling the Mission Beach Residences project the biggest development in the beach community in the last 50 years. Developer McKellar McGowan is proposing a total of 20 buildings housing 63 individual units in a mix of duplexes, triplexes, fourplexes and one single-family residence on the site at 825 Santa Barbara Place. In the aftermath of the City Council vote, Mission Beach residents opposed to the project were mulling their alternatives, including the possibility of challenging the project as proposed in court with a lawsuit. The development still has to clear another hurdle and be approved by the Coastal Commission, which will not vote on it until early 2017.

The project was previously opposed by the Mission Precise Planning Board.

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I am running for the California State Assembly because it is time to bring honesty and integrity to Sacramento. It is time to reign in wasteful government spending that does not benefit those it is intended to benefit.

It is time to lower taxes on hardworking Californians so they can invest in their families and their communities. It is time to lower the regulatory and tax burden on California employers so they can keep their jobs here instead of moving them overseas or to other states.

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It is time to dedicate more tax money to schools and I will concentrate on getting the money into the classrooms of the students.

It is time to do more to help our seniors and veterans through efficient and common-sense programs to meet their pressing needs.

If you believe I can represent and serve you, I will go to Sacramento to achieve these goals. And to lead by example, I will give $50,000 of my salary for use in classrooms in my district.

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NOTEBOOK>

Mission Bay High

* MBHS Tour, Thursday, May 12, 8 a.m. Attend the last school tour of the year to learn about the award-winning International Baccalaureate Program.

Pacific Beach Middle

* Volunteers needed! On Thursday and Friday, May 19 and 20, eighth-grade community project presentations will be held. Meet PB Middle’s future leaders, innovators and global citizens. Students at Pacific Beach Middle World School complete an eighth-grade IB community project.

* They present their projects and what they’ve learned to a panel that includes at least one community member and an educator.

* This experience provides the students with an authentic audience, and the panel provides the students with encouragement and feedback.

* Help provide this experience by signing up for a panel session. Contact Jennifer Simms, jsims@sandi.net, (858) 273-9070, ext. 2357.

PB Elementary

* PBE students will be showcasing their music skills in a spring music festival on Thursday evening, May 12. Working with Recreation.

Music, Art and Culture at Kalabash This Summer!

This summer Kalabash School of Music + the Arts will be hosting a series of camps for the young explorer of 5 years old to the creative teen artist. Join us for Kalabash Kids Summer Camp. Art Camp followed by the Artist Village Camp where students will create their portfolios using, and exploring various mediums and curating their own art show! For the teen songwriter, you can join the Songbird Label Camp where you’ll learn about creating, recording, and releasing your own music with artist Natasha Kazayli. In August a unique Trade Winds Camp series for kids will explore the music, dance, culture and art from the Americas.

Kids experience performing arts at Junior Theatre Camp

Join Junior Theatre this summer and experience the wonderful world of Performing Arts where campers will take classes in acting, dance, and singing. Traditional, Performance and Advanced camps available in Balboa Park. Junior Theatre also provides K-4 camps at La Jolla Country Day School. Camps run June 6–August 26. To register or for a list of camps, dates, descriptions & pricing visit juniortheatre.com. Register early as our camps fill quickly. (619) 239-1311.

Scholastic Surf Series

The Mission Bay High School surf team competed against El Camino High School last month in Carlsbad, pulling in four top finishes. Senior Pearl Moore earned first overall in women’s longboarding; sophomore Ciara Gray was fourth overall in women’s longboarding; freshman Andrew Feyhian placed fourth overall in men’s longboarding; and Nicholas Campagna (not pictured) placed first in bodyboarding.

Mission Bay swimmers at city championships

By Dave Thomas

While some scholastic sports teams deal with team competitions, others deal with more one-on-one battles. When it comes to the swimming pool, it is both a team and individual atmosphere, with the strongest individual performances leading to the team’s victory.

For the Mission Bay High swim program (approximately 30 swimmers out for the program this year), 2016 has been a banner season.

Gray was to compete in the 100 butterfly at the CIF championships last year as a freshman, the coming years are going to be exciting for MBHS swimmers out for the program this year),

Mission Bay swimmers at city championships

ATHLETIC director Jorge Palacios and principal Enrico Remillard have led the way garnering tremendous support from the community.

According to Knight, he and fellow coach Tyler Thompson were looking forward to the final two championships meets as well as the team’s continued success in the coming years.

Given the times and performances a number of Mission Bay High swimmers have posted this season, the future certainly appears to be with more talent.

Students at Pacific Beach Middle School were first place winners in the Music Memory Bee on Friday, May 13, at SDSU. On Friday, May 13, members of the San Diego Symphony will present the students at the academy.

On Saturday, May 7, the Music Club will perform at Gator by the Bay.

Reading More Online at sdnews.com

Mission Bay swimmers at city championships

PHOTO CONTRIBUTED

Athletic director Jorge Palacios and principal Enrico Remillard have led the way garnering tremendous support from the community.

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Given the times and performances a number of Mission Bay High swimmers have posted this season, the future certainly appears to be with more talent.
and water-quality improvements and more. That puts Mission Bay on much different footing than another iconic city landmark with its own vast needs. Balboa Park doesn’t have a dedicated funding source to bankroll deferred maintenance and infrastructure needs that could total more than $300 million. There is no long-term plan to address those needs, let alone pay for them.

“It’s something many people involved in the park would like to see but nobody knows how to get there,” said Mike Kelly, president of the Balboa Park Committee of 100.

Balboa Park’s situation means city officials cobble together money for individual projects rather than plan along the long haul. Leaders have high hopes that philanthropists will step in to provide major assistance, but fundraising progress has been slow. Meanwhile, the city struggles to fight the decay.

Balboa Park—though known for its awe-inspiring architecture—is beset with 100-year-old pipes and crumbling buildings. Black spots and rust mark many of its iconic buildings. The funding situation wasn’t always so dire. In 1991, City Council approved a hotel tax hike it envisioned would allow the city to sell bonds to cover nearly $45 million in improvements at both Balboa Park and Mission Bay. The concern is many of Balboa Park’s buildings were falling apart.

The influx of cash allowed the city to tear down and rebuild the House of Charm and House of Hospitality in Balboa Park.

Jack McGrory, city manager when the plan was approved, said city officials signed off on the deal with a recognition of both parks’ ongoing needs. But the solution was only temporary. Today, city officials say there’s no funding source earmarked exclusively for Balboa Park. Mission Bay’s had more luck.

Part of the reason Mission Bay Park gets money is because it brings in money. SeaWorld, a handful of hotels and other commercial leases bring in about $30 million a year.

Balboa Park houses cultural institutions and museums that don’t bring in much lease revenue for the city. The city also doesn’t charge for parking or assess significant user fees there.

City Councilman Todd Gloria, whose district includes Balboa Park, is convinced that that difference is one reason a bond measure or other dedicated cash for the park may not be sustainable.

DE ANZA

enthusiasm as the city’s project team shared case studies of visionary parks and park features from around the world and then put the community to work charting the future of De Anza.

After opening presentations in Mission Bay High School’s auditorium, workshop guests came together and collaborated in groups to prioritize future programs and uses, designing their own concept plans for De Anza.

“More than 20 different community concepts were created and will now be used by the project team to develop a series of concept alternatives,” said Peterson of the workshop, which drew more than 200 attendees representing a broad range of regional interests.

Led by the City of San Diego, the project seeks to reimagine, repurpose and revitalize De Anza and the surrounding area.

“The goal of the plan will be to create an iconic recreation destination that maximizes the benefit offered to the region by this extraordinary waterfront amenity that balances recreation, environment and commerce,” said Peterson.

Peterson said the three-year program will develop conceptual revitalization plan alternatives that result in a preferred plan, an amendment to the Mission Bay Park Master Plan and an environmental impact report.

The Village Veterinary Hospital is located at 7527 Draper Ave. in La Jolla. They offer state of the art digital radiography, mobile ultrasonography, heated IV fluids, heated surgical table and a post op heated surgical blanket system. Grooming and boarding is available by a medically trained staff. Any medical problems that arise can be addressed or treated during your pet’s spa day or vacation. We offer vaccinations at 30% off and dental cleanings at 10% off. They are open Mon–Sat 9–6 and Sun 9–2.

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villagevetlj.com
Funk Shui Planet to groove in PB’s Backyard

By BART MENDOZA

Although Funk Shui Planet, featuring guitarist Travis Thomas and singer Ryan Sherman, is hardly traditional funk, the pair do inflect their originals with a healthy dose of soul.

Appearing on May 1 at the Backyard Kitchen & Tap, Sherman’s sweet vocals are ably backed by Thomas’ rhythmic playing, so the sound the two come up with, while definitely in singer-songwriter mode, is indeed funky, particularly when they are joined by a guest saxophonist. Performing for the venue’s brunch crowd, Funk Shui Planet is a great soundtrack for a Sunday morning.

Funk Shui Planet, Sunday, May 15, at the Backyard Kitchen & Tap, 6325 Garnet Ave. 11 a.m. No cover. backyarddp.com

San Diego has music year-round, but there’s nothing quite like summertime. It’s the perfect time to take in a performance at one of the many venues that dot the shoreline, such as The Draft, overlooking Mission Beach. On May 10, singer-songwriter Tolan Shaw will perform.

Shaw is a phenomenal talent, winning the San Diego County Fair’s singer-songwriter contest twice and as The Draft, overlooking Mission Beach. On May 10, singer-songwriter Tolan Shaw will perform.

Jazz and modern R&B fans won’t want to miss Atlanta-based soprano saxophonist Atlanta Dee Lucas, appearing on May 8. His latest album “The Smooth Factor,” of five to date, describes his sound in its title, featuring smooth, jazzy soul instrumental with danceable funk rhythms as heard on excellent originals such as “Making Moves,” all topped by virtuoso playing.

His recordings are solid, but live is where the magic is, particularly in the joyous way he interacts with other musicians. Anyone who enjoys the latter-day music of artists such as George Benson, Grover Washington, or Stevie Wonder will love every second of Lucas’ set.

Dee Lucas: Sunday, May 8, at Humphrey’s Backstage Live, 2241 Shelter Island Drive, Shelter Island. 6 p.m. No cover. Humphreysbackstage.com

Renaissance man Peter Bolland performs at Grassroots Oasis on Saturday, May 7. A singer-songwriter in the tradition of Jackson Browne and Neil Young, Bolland is a gifted performer who also happens to be a teacher, an inspirational speaker and a journalist with a pair of solo albums and who works with bands such as acclaimed Americana quartet The Coyote Problem.

Bolland’s heartfelt take on Americana will please fans of melody and finger-picked acoustic guitar, but it’s his conversational tone that’s most appealing, adding up to a show where what goes on between the songs is as big a part of the concert as the music itself.

Peter Bolland: Saturday, May 7, at Grassroots Oasis, 3130 Moore St. 7:30 p.m. $15. Grassrootsoasis.com

The second incarnation of hard rockers Faster Pussycat appears at Brick by Brick on May 15. Though the band only includes frontman Taine Downe from their original 1985-1993 heyday, the current edition has actually been together longer, touring since 2001. With only a slight updating, Faster Pussycat continues to play good-time, sleazy rock with a passion that’s commendable. Expect the night’s biggest cheers for the band’s 1990 hit, “House of Pain,” but if you like your music hard fast, you’ll enjoy the whole show which also includes locals Gunner, Gunner.

Faster Pussycat: Sunday, May 15, at Brick by Brick, 1130 Buenos Ave. 8 p.m. 21 and up. $18. brickbybrick.com

The Beach: An Awe-some Site with Anti-inflammatory Effects

Pacific Beach and La Jolla have some of the most awe-inspiring panoramic views in Southern California. That sense of awe we experience - be it nature, art or spirituality – may actually lower certain chemicals in the body that control inflammation. Awe can be defined as the emotional response to situations that transcend our usual frame of reference. The ever changing beauty and panoramic views, whether at the beach or from the heights of Mt. Soledad, can trigger this emotional response of awe.

Research published in the Journal Emotion reveals that positive emotions can reduce inflammation by increasing the body’s naturally occurring chemicals, such as interleukin-6. So get awe-inspired! Take advantage of the views on the beach or from the mountains. That sense of awe, compassion, contentment and love can fill us with hope and joy, while naturally reducing inflammation.

Joseph Moore, MD, Pacific Urgent Care and Wellness Center.

By BART MENDOZA

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Joseph Moore, MD, Pacific Urgent Care and Wellness Center.
DR. JOHN HENRY
WILDING
JUNE 30, 1926 – MARCH 17, 2016

PACIFIC BEACH – John H. Wilding, 89, passed away peacefully at home on St. Patrick’s Day. He is survived by his eight children and thirteen grandchildren and is recently preceded in death by Mary, his wife of 64 years.

Born in New York City, he joined the US Navy at the age of 17 and served in WWII. While attending Catholic University in Washington DC he met Mary Mahoney in a theater production. They were married in 1951, and moved to California in 1954.

After earning his doctorate at USC, the family settled in Pacific Beach. He was professor emeritus of Elementary Art Education at SDSU.

John encouraged his children and students to open their eyes to the beauty of nature and art and the value of travel. The family lived in Mexico City for two summers and London for one year. His desire to protect the environment was reflected in his involvement in the Pacific Beach Town Council.

A private memorial service will be held at Fort Rosecrans National Cemetery at a later date. In lieu of flowers, please make donations to Father Joe’s Villages.

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