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Crusaders netting more hardware.
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Improving urban environments and helping the Earth one tree at a time

SDG&E contractors work on planting one of the trees in Allied Gardens. (Courtesy photo)

By **ELAINE ALFARO**

With the City of San Diego's Climate Action Plan goal of achieving net zero greenhouse gas (GHG) emissions by 2035, a

new partnership between SDG&E and the city could help make this goal a reality.

In March, SDG&E and the city joined efforts to plant more than 400 trees in City Heights. And on

June 22, with District 7 Council Member Raul Campillo joining the partnership, another 300 trees, including 11 different tree species, were announced to be planted in Allied Gardens.

These trees are part of the city's goal to plant roughly 2,500 trees in various communities over the next 10 years and according to

SEE **PLANTING TREES**, Page 8

Grossmont High grad dies in College Area shooting; neighbors want solutions

By **DAVE THOMAS**

A shooting late last month in the College Area left a young area man dead and led to an arrest by the San Diego Police Department (SDPD).

On July 1, SDPD announced it had arrested David Rasean Vereen, 22. He was booked on charges of suspicion of murder and suspicion of firing on a dwelling.

Recent Grossmont High School graduate Kevin Burton, 18, was shot in the head after leaving a party in the College Area in the early morning hours of June 25. He

was placed on life support at an area hospital but since passed away.

According to SDPD, "On Saturday, June 25 at approximately 1:45 a.m., the San Diego Police Communications Center received a report of a male with a gunshot wound to his upper body. His friends had brought him to a local hospital for help. Medics transported the male to a second hospital for a higher level of trauma care.

"Around the same time, officers from Mid-City Division were responding to check the area of 6400 El Cajon Boulevard based

SEE **COLLEGE AREA SHOOTING**, Page 7



A shooting in the 4800 block of Art Street in the early morning hours of June 25 led to the death of a recent Grossmont High graduate. (Photo by Karen Austin)

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Fireworks returned to the Lake Murray area after a two-year absence due to COVID. (Courtesy photo)

San Carlos Area Council looks forward to July 20 in-person meeting

By MICKEY ZEICHICK AND PATRICIA MOONEY

This year, 2022, marks the USA's 246th Birthday: "Independence Day". Happy Birthday, USA.

The Lake Murray Fireworks and Musicfest was once again held at Lake Murray Community Park in San Carlos (7001 Murray Park Dr.). The Musicfest began at 11 a.m. and at 9 p.m. the fireworks commenced. The fireworks could be seen throughout the Navajo community, from La Mesa to Del Cerro and beyond.

Due to COVID, the fireworks stopped in 2020 and 2021, but returned in 2022. The event brings this community together and is a great opportunity for all of us to celebrate our independence together. So consider donating to this worthy cause next year.

Street work is happening in our neighborhoods. This work will be ongoing so please plan accordingly in case a street near you is temporarily closed for repairs.

The SCAC looks forward to seeing you all in person again at our July 20 meeting at the San Carlos Branch Library.

Our guest speaker will be Barbara Bry, who is running for county assessor this November.

She will explain what it is that the county assessor does, and what kinds of changes she intends to make if she is elected to this office. We are hoping to have Dan McAllister, the current county treasurer-tax collector, speak at our September meeting. McAllister is running for another term.

Our neighborhood is certainly surrounded by the wonders of nature.

Look at our technological advancements, art, music, literature, poetry, science. Have you visited the Mission Trails Regional Park Visitors Center lately? Mission Trails Regional Park encompasses more than 8,000 acres of both natural and developed recreational areas. Its rugged hills, valleys and open areas represent a San Diego prior to the landing of Cabrillo in San Diego Bay in 1542.

Mission Trails Regional Park has been called the third Jewel in the City of San Diego Park System. Along with Balboa Park and Mission Bay Park, it provides San Diego residents and visitors a way to explore the cultural, historical, and recreational aspects of San Diego. Centrally located and only eight miles northeast of downtown San Diego, Mission

Trails Regional Park provides a quick, natural escape from the urban hustle and bustle.

In the coming months we will showcase some of our schools in the San Carlos area, from pre- and elementary schools to middle and high schools. We invite students in the middle and high schools to attend our in-person meetings and start learning how they can become involved in our government process, and learn about the real workings of how government for the people and by the people starts and all the way to the Federal Government. That is composed of three distinct branches: legislative, executive, and judicial, whose powers are vested by the U.S. Constitution in the Congress, the President, and the Federal courts, respectively.

If you would like to get involved in your area council, contact either President Mickey Zeichick or Board Member Patricia Mooney at mrzeichick@gmail.com and patty@crystalpyramid.com respectively.

—Patricia "Patty Mooney is an award-winning San Diego video producer and partner at San Diego's longest-serving video production company, Crystal Pyramid Productions.



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CENTURY 21
Award

Ideal Plumbing Heating Air Electrical finalist for ethics award

Better Business Bureau Serving the Pacific Southwest (BBB) has named Ideal Plumbing Heating Air Electrical as a finalist for the 2022 BBB Torch Awards for Ethics. The program raises awareness in marketplace ethics and honors businesses that operate with integrity.

“At Ideal, we are committed to service excellence, integrity, and taking care of our customers. This award is a reflection of the great work of our employees,” said Don Teemsma, President/CEO, Ideal Plumbing Heating Air Electrical.

BBB Torch Awards for Ethics is one of the highest honors BBB bestows upon a company, and is designed to highlight outstanding ethical businesses. Finalists are selected by an independent panel of volunteer community leaders based on criteria established by the International Association of Better Business Bureaus.

All finalists completed an evaluation where they demonstrated their commitment to ethics and trust in four categories: Character, Culture, Customers and Community. Finalists have



illustrated the character of their organization's leadership, how an authentic culture is being fostered, how the company prioritizes its relationship with customers, and the impact the organization is making in their community.

“Honesty builds trust, which is a vital aspect in the success of a business. For 23 years, BBB has been recognizing outstanding companies in San Diego for their solid commitment to doing things the right way,” said Shelley

Bradley, director of signature events for BBB Serving the Pacific Southwest.

Winners will be announced at the in-person signature event on Sept. 7 at the Hyatt Regency La Jolla. For a complete list of this year's BBB Torch Awards for Ethics Finalists visit torchawards.bbbcommunity.org.

Family owned and operated, Ideal Plumbing Heating Air Electrical was founded in Allied Gardens more than 60 years ago.

Hey Republicans, are you ashamed of supporting Trump yet?



By SEAN QUINTAL

“I was disgusted. It was unpatriotic. It was un-American that we were watching the Capitol building get defaced over a lie.”

So spoke Trump White House staffer Cassidy Hutchinson, as she testified under oath before the Jan. 6 Select Committee.

Hutchinson had been asked by Rep. Liz Cheney how she felt when she had seen Trump's tweet that day about Vice President Pence not having the “courage” to do Trump's illegal bidding. The

former President sent that tweet even after he had learned the angry mob was armed and headed for the Capitol.

Hutchinson's testimony is particularly compelling because she is a rock-solid Republican, who served as a top assistant to Trump's Chief of Staff Mark Meadows. As such, she was immersed in the day-to-day reality of the Trump White House. Her poised, professional demeanor stood in stark contrast to the petulant, violent and sinister behaviors she witnessed on display by the 45th President.

The former Trump staffer confirmed Trump knew that the Jan. 6 insurrectionists were armed,

with firearms and other weapons. Still, Trump incited the mob by saying, “march to the Capitol,” and “fight like hell.” When a White House attorney explicitly told Trump not to use that language, for legal reasons, Trump stormed, “I don't f-ing care that they have weapons. They're not here to hurt me.” When he was informed the Secret Service was using metal-detecting magnetometers to screen protesters for guns, Trump said, “Take the f-ing mags away.”

The testimony by Hutchinson also confirmed the wretched remarks Trump made about Pence's safety. She was present

SEE LMFDC, Page 6

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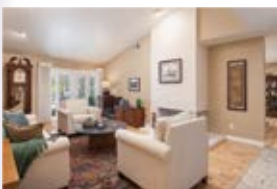
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Local residents get their college degrees, honors

By DAVE THOMAS

A number of San Diego area people with ties to *Mission Times Courier*, *College Times Courier* and *La Mesa Courier* circulation areas received their college degrees and/or received honors over the last number of months.

Among them:

Kathryn Bowie received a bachelor of science in human environmental sciences from the University of Alabama in May.

Jenna Kotyk was named to the University of Alabama president's list for the spring semester.

A total of 11,224 students enrolled during spring semester at the

school were named to the dean's list with an academic record of 3.5 (or above) or the president's list with an academic record of 4.0 (all A's).

Kinte Horton was named to the president's honor roll for the spring 2022 semester at Bismarck State College (North Dakota).

Students must maintain at least a 3.50 GPA on a 4.00 scale while enrolled in at least 12 semester hours of classes to qualify for the BSC president's honor roll.

Soren Savard was named to the Milwaukee School of Engineering dean's list for the 2022 spring quarter. Savard is pursuing a bachelor of science in electrical engineering.

Undergraduate students who have earned at least 30 credits and have a cumulative gpa of 3.20 or higher (out of 4.0) are on the dean's list. Students who have maintained a 3.70 or higher receive "high honors."

Andres Rico has been named to the provost's list at Troy University (Alabama) for the spring semester/term 4 of the 2021-22 academic year.

The provost's list honors full-time undergraduate students who are registered for at least 12 semester hours and who have a GPA of at least 3.65.

Landon Schirer earned a bachelor science in exercise

science cum laude from Angelo State University (Texas).

Schirer also received dean's list designation for the 2022 spring semester at the school.

To be eligible for the ASU dean's list, full-time undergraduate students must maintain at least a 3.25 GPA on a 4.0 scale.

Katie Barden graduated with a MS in counseling psychology from Avila University's (Missouri) Class of 2022.

Lydia Razick, **Aaron Ortego** and **Prudencia Henderson** were named to the winter 2022 president's list at Southern New Hampshire University.



Kathryn Bowie

Full-time undergraduate students who have earned a minimum GPA of 3.70 and above are named to the president's list.

Tenya Mai Thurston graduated from Campbellsville University (Kentucky).

Thurston was one of 1,593 students receiving degrees.

Christopher Gordon was among 3,523 graduates who received degrees from the University of Nebraska-Lincoln.

Gordon earned an MBA from the office of graduate studies.

Abigail Filson was named to the spring 2022 dean's list at DePauw University (Indiana).

The dean's list recognizes students who achieve a semester GPA of 3.5 or higher on a 4.0 scale.

Jessica Dewitt and **Sydney Newton**, students at Fairleigh Dickinson University's metropolitan campus in Teaneck, N.J., were named to the dean's list for the fall 2021 semester.

To qualify for the dean's list, a student must carry a 3.2 or better GPA out of a possible 4.0 and be enrolled in a minimum of 12 letter-graded hours (four courses).

Heather Tyge graduated with a BSN majoring in baccalaureate nursing from Ohio University's College of Health Sciences and Professions in fall 2021.

Alexandria Dyer was among more than 4,000 undergraduate students at the University of Iowa named to the dean's list for the 2022 spring semester.

Dyer is a fourth-year student and majoring in bachelor of liberal studies.

Anne Buckley graduated from the University of Hartford in May. She earned her bachelor of fine arts in music theatre.

Jillmarie Halama graduated with a BSN baccalaureate nursing from Ohio University's College of Health Sciences and Professions in spring 2022.

Diane Marx graduated with a degree in criminal justice from Stanislaus State (Calif.).

For the 2021-22 academic year, the school recognized 3,130 graduates and 306 credential recipients.

Editor's note: If you know of a local college student who has graduated this school year, received honors etc. email: dave@sdnews.com.

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San Carlos Branch Library hosts Navajo Area Community meeting and other events

By DAVID EGE

The San Carlos Branch Library has a lot to offer this summer, so we hope you stop in and take advantage of all the opportunity, discovery, and inspiration.

On Tuesday, July 19, from 6:30 p.m. to 8 p.m. we will be hosting a Navajo Area Community meeting featuring District 7 Councilmember Raul Campillo and members of our local community groups.

If you have ever wondered how you and your family could be more involved in your community, come by and learn about a variety of community engagement opportunities. Representatives from the Navajo Community Planners, San Carlos Friends of the Library, Friends of Del Cerro, Henry Cluster STEMM Foundation, San Carlos Community Garden and more will be present to tell how you can get more involved. Light refreshments will be served in the community room.

We will be hosting family friendly, in-person summer reading program events throughout the summer months, July to August, every Thursday at 10 a.m. The show locations will alternate between the San Carlos Branch Library



There is much to offer at the San Carlos Branch Library. (Courtesy photo)

and the San Carlos Community Garden.

Children can act and sing with Literature Comes to Life on Thursday, July 7, at the San Carlos Branch Library, Journey through American Music on Thursday, July 14, at the San Carlos Community Garden, laugh with Sparkles the Clown on Thursday, July 21, at the San Carlos Branch Library and Dance to Evolve on Thursday, July 28, at the San Carlos Community Garden.

Read books and earn prizes by signing up for the summer reading program at the library website: sandiego.gov/public-library/kidsandteens/summerreading.

This July, the library shop's most popular program is back with a twist – instead of

searching for Waldo, patrons will be searching for Odi the Coyote, the library's new mascot. Odi will be hiding inside all 36 branches of the San Diego Public Library. Pick up your official passport at any library branch and see how many you can find. The prize for finding Odi is a button unique to each library location. Try to collect them all.

The San Carlos Friends of the Library used book sales are back on the first Saturday of each month from 9:30 a.m. to 3 p.m. Come buy books and support the Friends of the Library. Ask for a membership envelope from the book sale cashiers to join or donate to the San Carlos Friends of the Library. We are

SEE BRANCH LIBRARY, Page 10

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Gun rights are your rights



By WENDY HAUFFEN

The Supreme Court recently issued a landmark decision in *NYSRPA v. Bruen* stating that concealed carry is protected by the Second Amendment, and that proof of good cause is not required.

The California Attorney General begrudgingly released a legal alert directing the Sheriffs to remove good cause. All the while, California politicians are working on ways to make it more difficult to own and carry firearms.

Trust us to protect you, the government says.

Days after Democrat Attorney General Rob Bonta held a press conference where his tone towards gun owners can only be described as vile, the personally identifiable information of all concealed carry permit holders in the State of California, including name, address, date of birth, race, gender, and application status, was “accidentally” leaked to the public.

How is this protecting CCW holders who obtained a permit because of a restraining order?

Following the horrible mass murder in Uvalde, and in response to the Bruen decision, California is already preparing a slew of gun control laws to make it harder for law-abiding citizens to own and carry firearms. Not only are California lawmakers

willfully disregarding the facts: that gun owners are statistically more law-abiding, neither universal background checks nor California’s Assault Weapon Ban are effective at reducing crime, and that 90% of mass shootings occur in gun-free zones, but they constantly work to perpetuate the message that guns are a danger.

In his press conference, Attorney General Bonta said in response to the Bruen decision that citizens have the right to vote and go to school without fear of being gunned down.

He claims that “more guns in more places means more people die” - yet, even the CDC has confirmed that defensive gun use incidents range somewhere between 760,000 to 2.5 million annually.

If gun control extremists were truly concerned about stopping crime, why are the lives of 2.5 million people who saw the need for defensive gun use not important to them? Why do they keep passing laws that do nothing to stop criminals, but only make it harder for the law-abiding to own guns? Why do they ignore the criminal, but blame the gun?

The Justices clearly explained that individuals have the right to self-defense, both inside and outside the home, and that gun rights are for everyone. The ability to protect oneself is not a second-class right.

To find out more about our club, or to become a member, visit: rwcnavajocanyon.org.

—Wendy Hauffen writes on behalf of the Republican Women of California – Navajo Canyon.

LMFDC

CONTINUED FROM Page 3

for a conversation between Meadows and Trump’s White House counsel, Pat Cippolone. As the insurrection raged, the lawyer expressed to Meadows his alarm at the mob’s chants of “Hang Mike Pence” Referencing the conversation they had just had with the President, Meadows said, “You heard it, Pat. [Trump] thinks Mike deserves it. He doesn’t think they’re (the mob) doing anything wrong.”

Moreover, Hutchinson, speaking under penalty of perjury, described how Trump was desperate to join the mob’s attack on the Capitol, even as staffers and lawyers told him he could not. Cippolone told Hutchinson, “We’ll be charged with every crime imaginable (if Trump goes to the Capitol).” But Trump was so intent on joining the assault that he kept demanding that the Secret Service allow him to accompany the mob. When the Secret Service agent driving the President’s SUV explained he could not safely do so, the agents involved told Hutchinson that Trump said, “I’m the f-ing president. Take me up to the Capitol - now.” According to the agents, Trump then grabbed the steering wheel, and lunged at the agent with his free hand. To be clear, none of these accounts have been contradicted by testimony under oath.

So a power-mad, ranting leader of the government watched approvingly as an armed mob attacked the nation’s seat of government, an attack that he himself had been fomenting and encouraging for months.

The head of state had no problem with the crowd’s chant to execute the second in command. That same leader instructed security personnel to allow the irate mob to bring guns to the halls of the legislature. He desperately attempted to physically join the marauders as they invaded the government’s buildings. If these events transpired anywhere else-literally, any other country-every lawmaker, regardless of party, would call it by what it was: an attempted coup; a violent attempt to overturn a democratic election.

But what does the GOP say about it? The Republican National Committee not only censured the patriotic Republicans

Preventing the next school shooting

DA Notes

By SUMMER STEPHAN



Over the last 20 years, what once was the safest place for our children – school – has turned into a place of constant worry and questionable security.

In the face overwhelming grief over the tremendous loss of life at Robb Elementary School in Uvalde, Texas, it feels like we have arrived at a time where school shootings and mass killings are the norm.

With school and public venue safety at the top of our minds, I want to remind San Diegans of the efforts the District Attorney’s Office has undertaken to prioritize school safety and to emphasize the critical role the public plays in preventing school shootings.

In 2018, San Diego County established a School Threats Protocol, which guides how school, law enforcement and prosecutors respond to school threats. The protocol was updated in 2021 with the help of many agencies. It may be the first of its kind protocol with all 42 school districts in the county participating with the goal of preventing would-be school shooters before they act.

Of course, the protocol is not foolproof, but at its heart it relies on the following:

- Never ignore a threat of harm, no matter the form.
- Every threat is taken seriously, with evidenced-based guidelines for investigation and resolution of the threat.

Taking threats seriously is supported by statistics.

- 93% of school shooters make plans to carry out their attack and
- 80% of them tell at least one person
- 60% tell at least two people.

With these odds, it’s important for the public to know that you play a vital role in helping prevent school shootings by reporting suspected behavior or threats.

For anyone who thinks it’s funny to cause alarm and fear by posting a threat online or calling one into a school, these incidents go beyond a prank: they carry serious legal consequences, such as jail time.

Making criminal threats is a felony crime even if there was no intent to carry out the threat; threatening words with the intent to cause fear and which reasonably cause someone to feel fear are sufficient for a felony charge. Juveniles can face jail time, or other consequences such as having their access to social media taken away by the court. It’s important to keep in mind however, that the juvenile justice system is meant to rehabilitate youthful offenders, not punish them. In instances where we can help them get on the right track with rehabilitation, mental health services and restorative justice methods, that is our first choice.

In the last 16 months, our office received 43 school threats cases to review for formal charges, of which 10 cases have been filed in juvenile court. Our message is clear: every school threat is being fully investigated and every suspect will be held accountable.

Here are some of the factors the DA’s Office and law

enforcement consider, to confirm the credibility of a threat once the suspect has been identified:

- Investigate their background, including whether the person made prior threats
- Look at open-source intelligence such as social media posts
- Check to see if they have registered guns, have made recent ammunition purchases or have access to guns
- Check on whether there has been contact with terrorist organizations
- Determine whether they have had psychiatric holds or other mental health red flags
- Research whether the person has had a recent traumatic event or grievance with a particular school or person associated with a school

Even though we have a way to measure successful prosecution, it’s not as easy to measure successful intervention, but preventing even one death or one school shooting is our duty. The best prevention for a school shooting is bystander intervention. We use public tips to investigate and interrupt violence. It’s everyone’s responsibility to report threats. You can also report anonymously at StudentsSpeakingOut.org.

As your District Attorney, I’m committed to increasing communication and accessibility between the DA’s Office and the public. I hope these consumer and public safety tips have been helpful.

—District Attorney Summer Stephan has dedicated more than 29 years to serving justice and victims of crime as a prosecutor. Visit: sdca.org/office/contact/ to contact her.

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College Area shooting

CONTINUED FROM Page 1

on multiple radio calls reporting gunshots. They located the scene where the victim was shot. Due to the nature of the victim's injuries, the Homicide Unit responded to investigate.

"Based on preliminary information, it appears that the victim and his friends were at a party in the area of 4800 Art Street. Shortly after they left the party in their vehicle, and turned westbound from Art Street onto El Cajon Boulevard, the victim was struck by a bullet.

"Detectives are still working to determine if there was some sort of altercation or incident at the party prior to the shooting. A second bullet believed to be fired during this incident struck an apartment complex window on the south side of El Cajon Boulevard. No one was injured at the apartment complex."

COLLEGE AREA RESIDENTS WANT SOLUTIONS

For residents in the area, they want solutions to what some deem an ongoing problem with parties, shootings and more.

Jean Hoeger has lived in the College Area for 35 years and has a seen a lot take place in that time.

When asked what she feels is the cause or causes of shootings in recent years in the neighborhoods, Hoeger points to the decrease in police patrols.

"I believe the cause of these shootings in recent years is the loss of police presence in the College Area, leading to an explosion in the number and size of the parties, exacerbated by the rise in social media that blasts the parties out, bringing in the non-student element that are not there to party," Hoeger commented.

Asked if she feels there is enough cooperation between campus police and SDPD, Hoeger said that is hard to answer.

"The community is not fully aware of what the SDPD and SDSUPD are working on," Hoeger commented. "Residents who call the SDSUPD when the SDPD dispatcher tell them the response time is not good due to too many calls holding are then told by SDSUPD that they can't respond to an off-campus party, as it is not their jurisdiction. SDSU and the City of San Diego need to work together to create a working relationship that allows the SDSUPD to respond to party calls when the SDPD is not going to be able to in a timely manner."

Hoeger is among the residents concerned about what seems like endless partying in the area, notably among younger individuals.

"Parties are one of the top concerns within the community," Hoeger remarked. "Not only do they affect the quality of life of residents, students included, it is obvious the situation is getting out of control."

Jo-Ann Humphus has called the College Area home for nearly 65 years.

Much like Hoeger, Humphus sees parties as an issue, noting they occur on other evenings besides weekends.

"Off-campus SDSU parties are advertised online, and unfortunately, bring in large numbers of partiers, non-students, from all over San Diego," Humphus said. "Since there has been more off-campus housing, and satellite fraternities, as a result of the influx of mini-dorms, and ADUs, the parties have escalated, and so has the violence. Shootings are becoming more frequent, and parties can occur almost any night, not just on the weekend."

Asked if she feels there is enough cooperation between SDSU police and the SDPD, Humphus said she did not think cooperation was the right word.

"I think coordination is a better word," Humphus remarked. "SDPD has jurisdiction in the College Area, off campus. When SDPD-Eastern Division is too busy to come to the party calls they can call campus police for assistance. Unfortunately, not only is SDPD understaffed, but so is SDSUPD. We have been told there are only two SDSUPD officers available in the evenings, and their first priority is to the campus. I would like to see SDSUPD being called for assistance earlier, than later, in hopes that they can come out and shut the parties down before things get out of control."

With neighborhood concerns seemingly growing over parties and even violence breaking out, Humphus fears neither are going away anytime soon.

"The violence is not going away – it is only getting worse, and with the fall semester at SDSU approaching, we are all gearing up for another party-packed semester," Humphus commented. "The fraternity houses, in our neighborhoods, will be in full swing with Greek events and the SDSU's events, such as Aztec Nights, which are planned to keep students on campus, only give us residents a few hours reprieve, because once the events are over, the parties begin in our neighborhoods."

According to Humphus, attempting to get through to SDPD to report the parties is taking a toll on area residents.

"You can be on hold anywhere from 45 minutes to an hour or more, and then be told that it's a busy night, and they will try to get officers out," Humphus remarked. "Party calls are a low priority, and there are many times that SDPD has not been able to respond. One of our biggest concerns is that SDSU does not take responsibility for their off-campus students, and as long as the students can get away with hosting these parties, sometimes around 100 people, or more, the parties will continue – and so will the violence. It is not just our safety we are concerned about, but also the students' safety, as well."

SDSU fall classes are slated to begin Monday, Aug. 22.

—Reach editor Dave Thomas at: Dave@sdnews.com.

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Planting trees

CONTINUED FROM Page 1

Brittany Syz, SDG&E's director of environmental services & sustainability, it's a step in the right direction to improve San Diego's natural and human environments.

Across the U.S., American Forests, a research company, scores cities based on their ability to provide enough trees in a neighborhood for everyone to experience the health, economic and climate benefits that trees provide. Many cities within San Diego County were reported in American Forests' research to score within the 70s and 80s. But, in areas like Barrio Logan and Lemon Grove, numbers are not as high. Barrio Logan scored 46 and Lemon Grove hovered at 28.

Part of the city's plan is to help improve specific neighborhoods and build "climate resilience" in the words of Syz.

"Urban greening projects like the one taking place right here today are such an important part of our work to build climate resilient communities," said Syz.

According to Jimmie Web, SDG&E vegetation management operational manager, the city hasn't announced where the next installment of trees will be planted, but once the City Heights and Allied Gardens planting is completed, the city will have fulfilled approximately 20% of the agreed plantings.

According to Campillo, this plan and its expansion into other neighborhoods in San Diego are essential to combating environmental damage.

"Expanding our urban forests in San Diego is critical in our fight against climate change. That is why I partnered with SDG&E and the City's Urban Forestry Department to plant over 300 trees in Allied Gardens," said Campillo.

In addition to capturing carbon and improving air quality, Campillo highlighted that these trees contribute to energy savings, provided by shade, and stormwater runoff reduction.

To learn more about the sustainability and mobility department managing this partnership, visit: sandiego.gov/sustainability.

Editor's note: See related story on Page 9.



Fireworks lit up the night sky to end a terrific day in the Lake Murray area. (Courtesy photo)

Lake Murray fireworks prove quite a blast

Thanks to the generous contributions of neighbors and businesses in the Navajo community, the Lake Murray Music Fest and Fireworks show was held on Fourth of July at Lake Murray Community Park.

A sizable crowd attended the Independence Day event, with music, games, food vendors, and picnics culminating in a dazzling fireworks display over Lake Murray viewable throughout the Navajo community.

This year's music headliner was Pop Vinyl, an energetic band performing dance classics from Motown to the latest hits. Special guests included San Diego Mayor Todd Gloria and District 7 Council member Raul Campillo.

The family-friendly event's \$90,000 fundraising goal was met through restaurant nights, private donations, and business sponsorships, including title sponsor Stormberg Orthodontics of La Mesa. It's Stormberg's fourth year as the top event sponsor.

As is tradition, neighborhood volunteers gathered at the park on the morning of July 5 to clean up any remnants of the previous day's festivities.

For information on next year's Lake Murray Music Fest and Fireworks and how you can donate or get involved, log on to: www.lakemurrayfireworks.org.

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Allied Gardens/Grantville Community Council: Planting the future to enjoy

By SHAIN HAUG

I was raised downtown in a Midwestern city where trees were few and far between, generally spindly parodies growing in small squares cut out of sidewalks. But we often visited my grandmother in a suburban part of the town. Her streets were lined for blocks with magnificent elms that reached across to touch to make a living Cathedral nave.

When San Diego began talking about trees as a part of its climate action plan I remembered those elms. Sadly, I also remembered how they were lost to Dutch Elm disease and how naked her neighborhood and many of our neighborhoods are without them.

Too often of the discussion about urban trees gets us into the question of climate change. But that is not an argument we need engage in. We can just concentrate on how beautiful trees make our community. We can just remember what it feels like to stand under a tree on a hot day

to hear the wind blowing through the leaves. We can remember how it is 10° cooler just standing in the dappled shade.

The time has come to grasp an opportunity offered by the City, in partnership with San Diego Gas and Electric and Davey Resource Group, to turn our neighborhood into an urban forest. Last week I saw the beginning of that effort with the planning of San Diego Gas and Electric's 150th tree in Allied Gardens.

Our local news organizations did a great job of recording the event and their reports are the best way that I can think of to let you see what happened that day. The links that follow (you may find it easier to reach those locations from the electronic version of this article on the website of the paper -sdnews.com/mission-times-courier/#/ will take you to clips from local television news programs.

FOX <https://mms.tveyes.com/PlaybackPortal.aspx?SavedEditID=38e36cd7-d15b-4251-b2c1-b47f552574df>

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San Diego Gas and Electric will continue planting throughout the city but their contractual obligation for Allied Gardens ended with this recent event. The City will continue by planting another 150 trees at locations requested by the members of our community. After the City has planted a tree in the parkway, the verge between the sidewalk and the street curb, the City will water it for the next three years. Here are the links by which you can make the request for your tree. Free Tree SD | Trees | City of San Diego Official Website SDG&E General Tree List (google.com)



SDG&E director of environmental services & sustainability Brittany Syz, District 7 council member Raul Campillo and Brian Widener with the City of San Diego's forester department get to work on tree planting. (Courtesy photo)

It may well be that the City cannot respond as quickly as we might prefer and it well may be that the allotment of trees will run out before they come to you. But the number of trees now available is only a starting place, the beginning of something splendid. We can expect that our requests for plantings will lead to a continuation of and expansion of this vital program.

Our thanks to Councilmember Raul Campillo, Council District 7, for his enthusiastic support of this project.

His leadership and partnership in the project will lead to success in Allied Gardens and in all of the Navajo communities.

—Shain Haug is president AGGCC.

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Henry Cluster STEMM Foundation moves forward on summer events, projects

By JAY WILSON

School is out for the summer, and the HC STEMM Foundation continues to move forward with events and projects.

In June, the board members of the HC STEMM Foundation held a “robotics information night” for members of the Patrick Henry High School Cluster area. The event was at the San Carlos Library thanks to David Ege, the branch manager of the San Carlos Library.

Thirty people attended the event to learn more about youth robotics in our community. Coaches from local FIRST LEGO League teams, which are for elementary and middle school students, and coaches from FIRST Tech Challenge teams for middle and high school students, shared information about their competition season and how they

organized team practices and schedules.

Every family attending the event left with sample season calendars and tips for starting and managing their own community and/or school robotics team. Several of those in attendance connected immediately and engaged in conversations about creating new robotics teams together.

It only takes a few families, some curiosity, and a lot of enthusiasm to start a new team.

The Mission Trails Robotics Community which is composed of local robotics coaches is interested in mentoring new teams and to provide support.

Sample season calendars and suggestions for starting and managing a new team are available for download at the HCSTEMM website: hcstemm.org. You may contact them at info@hcstemm.org for more information.

Branch Library

CONTINUED FROM Page 5

in need of your gently used book donations so think of us if you are doing any summer cleaning.

We’re excited to welcome back well-known Disney animator and independent illustrator, Terry Naughton, who

will be displaying his artwork through Aug. 1, in the Winer Family Community Room & Art Gallery. Join Naughton at his artist reception on Saturday, July 16, 12 p.m. to 2 p.m. and hear fun stories about his “illustrious” Disney career.

—David Ege is branch manager of San Carlos Branch Library.

The Simple Coffee House is simply great

By ROBIN DOHRN-SIMPSON

Simply good coffee. Simply good tea. Simply calm and approachable.

The Simple Coffee House, tucked away in a strip mall a block from Cowles Mountain, is a perfect spot to grab a cup of something hot or not after your hike.

Elizabeth Tran moved here in 2019 and opened the shop.

“It was anything but simple”, she said. The calming decor with plenty of green plants, the friendly staff, who are always willing to help. Many patrons have donated their “old-fashioned” record albums and return after the morning rush to choose a favorite song or album to listen to while enjoying a beverage.

Enjoy your food and drink on their outdoor patio shaded with greenery walls that provide both shade and moderate privacy from the bustle of the shopping center. You almost can’t tell there are large box stores in the same



Have you visited The Simple Coffee House? (Photos by Robin Dohrn-Simpson)

complex. The relaxed vibe can be found inside also. The calm atmosphere is perfect for anyone who needs a moderately quiet space with plenty of chargers to get some work done.

“We roast small batches of coffee in-house,” Tran said. “You can buy it by the pound or enjoy it in one of our drinks. The origin of our coffee is always changing. We currently have Colombian coffee that is very popular.” Not to worry for the non-coffee drinkers they serve teas such as Green Tea, or Chai Tea Latte. If you enjoy boba milk teas they also offer Earl

Grey, Coffee, Thai Green Tea, or Taro teas.

If you want something different try one of the varieties of Lemonades such as Blue Raspberry, Arnold Palmer, Acai Berry Tea, Mango, Pineapple, or Peach.

If you’re looking for a bite of food, besides an assortment of pastries, try an Avocado toast with or without Prosciutto. For something more substantial a ham and cheese croissant sandwich or an Acai bowl should hit the spot.

Smoothie specials change regularly. Pina Colada, Strawberry Banana, Wild Berry, Mango, and Peach are currently on the menu.

Located at 7407 Jackson Drive in the Navajo Jackson Center, come in, or phone in your order at (619) 888-4873. You can also order online through GrubHub, Seamless, or DoorDash.

Rumor has it that the Viennese Coffee is popular with honey and cinnamon. Give it a try.



The Simple Coffee House is at 7407 Jackson Drive.

—Robin Dohrn-Simpson is a local food and travel writer. Reach her at robindohrnsimpson.com.



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Friends of Del Cerro continues neighborhood improvement

By JAY WILSON

The new San Carlos Library is inching forward thanks to our Councilmember Raul Campillo. Following the San Diego Regional Water Quality Control declaring the vacant lot adjacent to the San Carlos Library as contaminant free, Councilmember Campillo secured \$1,600,000 in the 2023 fiscal year budget for city of San Diego. The funds will be used to complete the final design phase.

Friends of Del Cerro (FODC) President Jackie O'Connor is personally thanking Councilmember Campillo for securing the additional funding for the Economic Development Department. This has been in support of several of our past projects including our website.

The additional funding includes a new program entitled Spaces as Places. This program will provide grant funding to small businesses which are seeking funding for establishing or expanding existing outdoor dining. There are several small businesses in our shopping district on Del Cerro Boulevard which could benefit from this new program. If you are one of Del Cerro's businesses which could benefit from this new program, contact the Office of Small Business for the City of San Diego.

In June, Del Cerro residents Joe Lerner and Jason Cordova hosted a wonderful and successful block party for the neighbors adjacent to the intersection of Lancaster and Malvern Court. The primary purpose was to promote and generate interest in Neighborhood Watch. The block party included a food truck offering a variety of boxed gourmet hours d'oeuvres.

Bob Hickman, an FODC board member, is continuing to install Neighborhood Watch signs in the neighborhoods adjacent to Hearst Elementary. Hickman stated, "I am very interested in expanding this program to generate new Neighborhood Watches throughout Del Cerro." For more information about Neighborhood Watch, go to our website, friendsofdelcerro.org, click on the three gold lines (the hamburger) under the FODC logo and scroll down and click on Neighborhood Watch. Complete the "Block Captain" information

form and Bob will follow up with you with more information and we hope you will become Block Captain for your neighborhood.

We want to again emphasize the effectiveness of the City of San Diego's "Get It Done" APP. It is easy to download, and it really works. Go to sandiego.gov/get-it-done and download the APP by clicking on the Apple App Store or Google Play. You can report virtually any city related item that needs attention such as streetlights, graffiti, potholes, faded red curbs, etc. The APP will even let you know the status of your request and when the matter has been resolved. If the city does not know about the issue, nothing will happen.

For more information and/or become a member of FODC, go to friendsofdelcerro.org.

—Jay Wilson is a board member with Friends of Del Cerro.

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City closes parks, beaches, and trails to discourage gatherings

On Monday, March 23, Mayor Keith L. Fulton was joined by Police Chief David Vesset, Fire-Rescue Chief Colin Stowell and Lifeguard Division Chief James Gerland to announce the closure of City of San Diego parks, beaches, and trails to discourage gatherings.

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LMFDC

CONTINUED FROM Page 6

who are members of the Select Committee, it specifically characterized the attempted coup as “legitimate political discourse.” Republican lawmakers have repeatedly referred to those who have been criminally charged for participating in an armed attack on our Capitol as “political prisoners.” That’s what they say in public, at least.

But the Committee has revealed that numerous Republicans were asking Trump for pardons. To name a few, Matt Gaetz, Marjorie Taylor Greene, Trump’s crooked coup lawyer John Eastman, all pushed for pardons from Trump. But if you haven’t done anything illegal, why would you need a pardon?

The point is, Republicans have known all along that Trump was an aspiring despot who cared nothing about the government beyond how he and his family could profit from it or be empowered by it. The hearings have demonstrated, once these Republicans are under oath, that they knew there was no election fraud; they knew the “stop the steal” fiction was a way to outrage their base; they knew that Trump had attempted a coup, but it was in their political interests to continue to lie about it.

SEE LMFDC, Page 15

Mission Valley resident to raise the bar as new co-CEO of San Diego Gymnastics

By CYNTHIA G. ROBERTSON

The largest gymnastics school and camp program in San Diego has elevated two of its executive directors to the role of dual CEOs. San Diego Gymnastics has named Mission Valley resident Erin Adams as co-CEO, alongside Paige Conroy, both of them taking over for current CEO and co-founder Christina Grady.

San Diego Gymnastics is the region’s largest full-service gymnastics facility, with four other locations at Point Loma, La Costa, Otay Ranch and Grossmont Center. The fifth one, to be located in Mission Valley Shopping Center, will open in the fall, offering classes and programs to promote physical activity.

Grady explained that the last few years have been a time of extraordinary challenges and growth for San Diego Gymnastics. “Erin and Paige were instrumental in allowing us to be nimble and flexible during difficult times, all while growing the business and opening our La Costa location and relocating our Point Loma gym,” said Grady.

In her new job as co-CEO, the majority of Adams’ work consists in being a resource for the Management Team, recruiting and making sure its SDG team is happy and thriving.

“I focus a lot on the interviewing and hiring side when I’m not in the gym serving our customers and supporting our Managers. We have developed a positive and fun workplace which will only help to grow our business,” she said.

Adams has seen a good, steady climb in her professional life since she started her first job as a teen at the front desk of a private athletic club. Shortly after, she was promoted to Manager on Duty of the Member Services Department.

While Adams was in college, Adams figured she’d get into social work or Human Resources. She tried a few short-term jobs while in college but always found herself returning to the athletic club. When she graduated, she was hired as the Retention Specialist, a brand-new position at the club.

Adams said, “It was the most challenging position I had ever held, and I learned so much from it. Although I was so proud to be one of the new leaders, I quickly found out I was a glorified collections agent.”

While she was very successful at her job, the hustle of sales and even renewing a membership when people’s hearts were not into it disturbed Adams. Over the next several years, Adams took work as assistant spa director on the East Coast, enjoying it, but



Erin Adams, left and Paige Conroy are co-CEOs at San Diego Gymnastics. (Courtesy photo)

missing San Diego. When she did return home, she began working at SDG with Paige Conroy.

“The two of us hit the ground running,” Adams said.

“Although our co-CEO structure is unique, it is so important for our business. We are so different in many ways, but we hold the same values in business and our treatment of employees and customers,” Adams said.

Gymnastics is quite the growing market in San Diego. “It is such a fantastic sport that can be picked up at nearly any age. We have kids barely walking all the way into teens learning the sport,” she said.

There’s another reason the sport of gymnastics has leveled up in popularity. When children

learn the fundamentals of gymnastics, they have skills to excel at pretty much every other sport, Adams explained.

“I think that kids are motivated by watching the professional athletes on TV, and seeing their fantastic strength and resilience and they are excited to be a part of it,” Adams explained.

For all these reasons, Adams is grateful to continue providing the best service to SDG’s communities.

“My co-CEO partnership with Paige is exciting and we are not slowing down,” Adams said.

Conroy feels the same. “Shaping young minds and building their confidence is the best part of this career,” she said.



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Crusaders Soccer Club Competitive teams see tourney action over summer

By JAY WILSON

Crusaders Soccer Club Competitive teams are playing in tournaments throughout the summer.

Coach Evan Betancourt and his 2012 boys team played in the Express Cup Tournament winning their first three games and going all the way to the finals before their first loss. All the Crusaders Competitive teams are practicing hard in preparation for summer tournaments and the regular season games that start in September.

Congratulations to Crusaders Competitive coaches Seth Tunick and Andy Ortega who have been appointed as varsity and junior varsity head coaches at Patrick Henry High School.

We have several three-day summer camps open to soccer players born between 2008 and 2015 who are interested in improving their soccer skills. Camp #1 is July 19-21 and Camp #2 is July 26-28. Both camps are being held at Pershing Field. For more information and to register for the camps, go to crusaderssoccer.org/summer-camps.

Additionally, Crusader Soccer Club is sponsoring two goalkeeping camps for any and all goalies born between 2008 and 2015. The goal keeping camps are July



More winning as of late for the Crusaders Soccer Club. Coach Evan Betancourt and his Boys 2012 Competitive team. (Courtesy photo)

15-17 and July 29-31. The goalie camps will be conducted by the "Elite Goalkeeping Institute" with Victor Melendez, the goalie coach for the championship San Diego Sockers.

For more information and to register for the goalkeeping camps, go to crusaderssoccer.org/summer-camps.

Registration for our 2022 Fall Grassroots season is open through July 31.

If you have a child or grandchild, born between 2008 and 2019 go to crusaderssoccer.org/fall-rec/soccer for more information and to register. Practices will begin the third week of August and the 11-game season will begin on Saturday, Sept. 10 and end

on Saturday, Nov. 19. There will also be a 3-day summer camp specifically for our registered Grassroots players from Aug. 2-4. Go to crusaderssoccer.org/rec-summer-camp.

The Crusaders Grassroots fall soccer program is our main soccer program.

All of our coaches are volunteers, we are always on the lookout for more volunteers to assist with the program. All games are played in the San Carlos, Allied Gardens, Del Cerro area.

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The small world of MTRP: Harvestmen (Genus Eurybunus)

By PATRICIA SIMPSON

Imagine, if you will, a pair of pigeons on a rooftop. They see you walk by on the street below. One of the pigeons exclaims: “Look! A chimpanzee!”. While I would take the comment as a compliment (chimps are awesome), I imagine many people would take offense at the gross error our feathered friend just committed. The other pigeon who was obviously paying attention in biology class would say: “No dummy, chimps have a lot more hair and don’t walk upright like that and they have longer arms and are much better looking. Yes, they are both primates, but can’t you tell them apart?”

So for the sake of not offending anyone, next time you see a harvestman (order Opiliones), take good care not to call it a spider (order Araneae).

After reading this article, this should be easy.

Both spiders and harvestmen are Arachnids (remember Arachnids, unlike insects, have eight legs and no wings), but despite appearances, they are quite different. Perhaps one of the best ways to tell them apart is that a spider’s abdomen and head (or cephalothorax) are clearly two different body parts. Harvestmen have both body parts as well, but they appear as one unit, one solid block.

How many pairs of eyes does a spider have? I know you know the answer: four.

Harvestmen however are just like you and me; they have one pair of eyes. Some of you are thinking, “It doesn’t matter, just like spiders they are venomous and even more dangerous!” That is a classic urban legend. Unlike spiders, Opiliones do not have venom glands and their jaws are usually too small to cause humans much harm.

That means harvestmen and spiders don’t have the same eating habits.

Opiliones are omnivorous, consuming plant material, insects, other arachnids and even slugs or snails. Just like Grandpa Bob who is waiting for his new set of teeth, spiders are on a liquid diet. They must inject digestive enzymes to liquify their prey before eating (fortunately, Grandpa Bob just uses the blender). The harvestmen, like the rest of us, eat solid food.

Why the name harvestman? Most Opiliones species come out and wander in late summer or fall,



Have you spotted any harvestmen when you have been out and about? (Photo of harvestman by ncy5000 with a CC-by-NC 4.0 Creative Commons License)

harvest season, for mating. Thanks to iNaturalist, we know that this is not true for the genus Eurybunus. They are observed roaming the trails of our park in the spring, as in this observation by ncy5000: [inaturalist.org/observations/79603762](https://www.inaturalist.org/observations/79603762).

You’ll recognize these harvestmen by their solid black bodies and their long black legs adorned with white stripes. Think of them as little skunks. A stretch you say?

Well, how about the fact that just like skunks, harvestmen are able to stink up the place by releasing secretions via pores located at the base of their front legs. If after that a harvestman is still pursued by a predator, it can drop a leg which will keep twitching to distract the assailant long enough for an escape. Unlike lizards who also share the same behavior called autotomy by dropping a bit of their tail, harvestmen can’t regrow their legs. They can however continue to live their lives with a slight seven-leg handicap.

Harvestmen are commonly called daddy longlegs, a term I prefer to avoid altogether since it also refers to other animals such as cellar spiders (those long-legged spiders that like to visit your tub or shower) or crane flies (also called “mosquito eaters”, even though they don’t eat mosquitoes... that’s for a different article).

Editor’s note: Article provided by Patricia Simpson, a trail guide at Mission Trails Regional Park.

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Is the real estate market changing?

By SARAH WARD

After two years of record-setting activity, there are some signs the housing market might be cooling.

All-time high home prices and rising mortgage interest rates are slowing sales, with home sales declining for the third consecutive month under the weight of soaring homeownership costs.

The California Association of REALTORS® (CAR) reports existing home sales were down 2.4% from the previous month, while pending sales fell 3.9% as of last measure, extending the trend of recent months. However, please be aware of home sales versus home prices. The media is quick to print bombastic and exaggerated headlines predicting the demise of the housing market. "Coming up at 11, home sales may be falling..." and "click here to read about the coming market collapse."

Back in April the media was quick to push the metric that new home sales were down. As it turns out, that was for newly built homes, but reading further, the supply chain pinch for new construction materials caused less homes to be built in the first place resulting in less new home sales. In the past month, closed sales decreased 18.4 percent for detached homes but inventory decreased 2 percent in that same time period. The Median Sales Price inched slightly higher for detached homes and Days on Market decreased 5 percent.

What is happening is that homes are taking a little extra

time to sell currently and the number of offers on a property has decreased, but homes are still selling quickly and for top dollar.

This market is vastly different from the 2008 to 2012 market where millions of homes were foreclosed upon. That environment was quite different with loan underwriting much more lenient and with millions of homeowners having little to no equity and a high mortgage payment. Those people walked away from their properties causing prices to drop significantly.

But today, nearly all homeowners are equity-rich and not needing to walk away from a property. Another major factor is that current homeowners mostly enjoy rates in the 3's and 4's and do not want to sell their property and lose that financing arrangement. Many people can just rent out their property as well, with rents sky-high.

So do not expect a surge of properties to come on the market anytime soon. Inventory will remain historically low.

In San Diego County there are loads of buyer-renters waiting on the sidelines to finally purchase a home. Interest rates are still relatively low and inflation by all accounts will remain elevated for the near-term.

With \$31 trillion in federal government debt and continued trillion-dollar annual deficits, expect the dollar to weaken, and the price of everything, including real estate, to continue to rise. Real

estate is an amazing hedge against inflation and the demand for real estate from both renters and investors will remain high, especially in San Diego.

As California continues to explore ways to solve the ongoing housing shortage, estimated at 1 million homes needed statewide, the Biden administration recently unveiled the Housing Supply Action Plan, which aims to expand housing access through a number of administrative and legislative actions and help relieve the nation's housing crisis over the next 5 years. Also, Sacramento continues to come up with ideas to expand housing.

But the bottom line is that San Diego will continue to have a chronic housing shortage, and while the buyer's market may slightly cool going forward with extra time to sell a property needed and less offers, expect inventory to remain extremely low and prices to continue to rise, albeit a slower increase over the coming few years.

MARKET REPORT (single family): 92115 **College Area**: median price down 22% to \$855,000 with closed sales down 40% to just 23 closed sales. 92119 **San Carlos**: median price up 14% to \$1,100,000 with closed sales down 30% to 14 sales. 92120 **Allied Gardens, Del Cerro**: median price down 5% to \$1,100,000 with 27 completed sales.

—Sarah Ward is a Realtor with Fine & Coastal Real Estate.

Mission Trails Regional Park Foundation presents new art exhibition, Layers of Nature

The Mission Trails Regional Park Foundation (MTRP) is excited to present Layers of Nature, a solo art exhibition featuring acrylic artist, Sneha Craig.

With a Bachelor of Arts degree in Art from San Jose State University, California native Craig creates abstract acrylic paintings influenced by San Diego's diverse natural spaces.

Paintings by the artists will be on view at the Mission Trails Regional Park Visitor Center from June 18 – July 29. The works will be available for purchase with a percentage of the sale benefiting the park through the Mission Trails Regional Park Foundation.

Layers of Nature expands the traditional landscape to include root systems, wood grain, geometric shapes, and plant textures, offering an opportunity to contemplate our



Roots Under 5 Peaks. (Courtesy photo)

environment and grow our connection to nature.

The MTRP Visitor Center is located at One Father Junipero Serra Trail and it is open daily from 9 a.m. - 5 p.m. Admission is free.

The MTRP Foundation is a 501(c)(3) non-profit organization dedicated to preserving, protecting, and enhancing the 8,000-acre open space park.

The art program is coordinated by artist Vicky DeLong.

LMFDC

CONTINUED FROM Page 12

And they're still doing it. As of the end of May 2022, at least 108 candidates for statewide office or Congress have repeated Trump's lies.

Pennsylvania's GOP nominee for governor ran on a promise to award the state's 19 electoral votes to the Republican nominee no matter whom the voters choose. Republicans in Congress still openly question the integrity of the election. Very few, if any, are willing to state the simple incontrovertible fact that Joe Biden is the legitimate President of the United States.

So let's not mince words about the leaders in today's Republican Party.

Like the courageous Cassidy Hutchinson, let's call them for what they are: Disgusting. Unpatriotic. Un-American.

The La Mesa Foothills Democratic Club meets the first Wednesday of every month. Please join us for our Club meeting on Wednesday Aug. 3, 7 p.m., at the La Mesa Community Center, 4975 Memorial Drive in La Mesa. For more information, visit lamesafoothillsdemocraticclub.com

—Sean Quintal writes on behalf of the La Mesa Foothills Democratic Club.

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