

## MEDIATE THIS !

## A MOM, HER 13-YEAR-OLD AND THE LURE OF INSTAGRAM

BY STEVEN P. DINKIN

## Dear Mediator:

I always knew my sweet little girl might someday morph into a defiant teenager, but I was not prepared for Instagram. She has announced that she is old enough at 13 to open her own Instagram account like all her friends have done. I won't have access, and that's OK. But we are at war over whether her account should be private (my insistence) or public (her insistence). A public account opens the door to online predators. I'm ready to impose penalties if she goes public. What are my other options?

*Terrified Mom in Chula Vista*

## Dear Terrified:

Mediation dates back to ancient times, and theories abound that the first mediated dispute involved a parent and an adolescent. You are entering an age-old emotional minefield, and social media's access to unseen agents with unknown motives will complicate your passage.

But your two navigational tools, which are core principles in conflict resolution, remain the same: effective communication and genuine respect. Above all else, you and your daughter must keep the lines of communication open. And as she teeters on the edge of adulthood, she needs to know that you trust her and that she can always look to you for guidance and support.

If she commits an infraction, discipline is appropriate. Until then, threats will only escalate the conflict. Your immediate task is one of the hardest challenges we parents face: Take a deep breath, have faith in the daughter you've raised, and start learning how to manage your anxiety.

We cannot shield our children from every risk. But if we stay calm and focused, we can help them develop the analytical skills they will need all their lives to assess and handle risk.

A family détente is in order. Get your relationship back on track by having fun together: lunch or dinner out, a shopping excursion,



GETTY IMAGES

This week's question deals with a Chula Vista family's dispute about the use and privacy of a young teen's Instagram account.

a movie. Keep your conversation on positive tracks and away from this fractious issue.

When you both feel more relaxed, introduce the topic of social media in a neutral way by asking open-ended questions about how Instagram works. Instead of voicing your fears, listen carefully to her ideas, and compliment her on being savvy enough to master a new technology. (Just for fun, you could

put on your best poker face and casually mention that you might like to have your own Instagram account.)

Keep in mind that empathy is a powerful negotiating strategy. As a former teenager, you have an advantage and a responsibility in that area. If you share memories of your own adolescent quandaries, you will demonstrate a personal understanding of your daughter's circumstances. That will help you ex-

plore avenues that serve everyone's underlying interests by giving you reassurance and allowing her space for discovery. You could emphasize that her Instagram activity shouldn't pre-empt homework and chores. And you could ask her to let you know if strangers reach out to her with odd-sounding posts. If and when that happens, try not to overreact. Resolving this fracas

could establish a strong collaborative foundation for the two of you in the turbulent years ahead. (Yes, this road will get bumpier.) For your own peace of mind, remember that parent-teen strife typically runs its course over time.

It won't be long before you and your adult daughter share a laugh over this droll Instagram standoff. When you cross that finish line, you can privately congratulate yourself on a parenting job well done. And when she starts her own family, you can reap the benefits that come with adorable grandchildren (and new cross-generational allies).

Steven P. Dinkin is a professional mediator who has served as President of the San-Diego based National Conflict Resolution Center since 2003.

**Do you have a conflict that needs a resolution?** Share your story with The Mediator via email at [mediateatthis@nrcrconline.com](mailto:mediateatthis@nrcrconline.com) or as an online submission by visiting [www.nrcrconline.com/MediateThis](http://www.nrcrconline.com/MediateThis). All submissions will be kept anonymous.

## NOTEBOOKS

From Union-Tribune reporting staff

## PUBLIC SAFETY: LYNDSEY WINKLEY

## Coronado chief to retire this summer

Coronado officials announced last week that police Chief Jon Froomin will retire in July after five years as the city's top cop.

"During his time here, Jon has demonstrated himself as a strong leader and a dedicated professional," said City Manager Blair King in a statement. "We are sad to see Jon go but wish him the best in retirement. He will be missed."

During his tenure, city officials said, Froomin worked to improve relationships between the community's youth and officers, guided the transfer of the city's Animal Control Facility to a local animal welfare nonprofit group and increased the percentage of women on the police force to 21 percent.

It's unclear how many more female officers account for that increase.

"I appreciate the opportunity to serve and be part of the Coronado community,"

Froomin said in a statement. "I have a great deal of respect for Police Department personnel, who work hard daily to provide superior service."

Froomin, 50, came to Coronado from Foster City, south of San Francisco, where he was a police captain. He had previously worked as a community service officer, in patrol, as a motorcycle officer and as a detective.

King said the city plans on "casting a large net" when searching for Froomin's replacement — a process that will begin soon.

No specific reason for Froomin's retirement was given. The Coronado Police Department has 67 employees and 40 civilian volunteers. The city has a population of about 26,000.

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## PHILANTHROPY: LINDA McINTOSH

## Concert to benefit kids in hospitals

Inspired by an Olivenhain girl who loved music, a group of accomplished young musicians are set to perform to raise money for music therapy for hospitalized children.

The Heart of a Child Concert on April 28, which benefits the Ariana Miller Music with Heart Program, features 17 acts by vocalists and instrumentalists in kindergarten through college. Many have won music awards and some have performed at Carnegie Hall, on TV and Broadway.

The money raised at the annual concert will go to providing music therapy at Rady Children's Hospital, where Ariana Miller had six open heart surgeries. It will also fund music therapy for local children who are not in the hospital, but are facing major illness.

After Ariana died in 2008 at the age of 13, awaiting a heart transplant, Jeff Miller and his wife, Anita, wanted to provide music therapy for other children, who like their daughter might find joy in music as they fight illness.

"When Ariana began music therapy, it was as if a switch in her soul was flipped to the on position and she was able to regain some control over at least this one aspect of her life," said Anita Miller.

The Olivenhain couple partnered with local nonprofit Resounding Joy to provide free music therapy for children with heart disease. They later expanded the program to include children fighting other significant illnesses and disabilities, in the hospital or at home.

Since it was established in 2010, the Ariana Miller Music with Heart Program, under the guidance of Resounding Joy, has raised more than \$230,000, mainly through the annual concerts. The program has provided free music therapy to more than 1,500 children at Rady Children's Hospital.

The concert will be hosted by San Diego TV personality Pat Brown and television director Hal Grant. Performers include Merrick Hanna, Anne Liu, Isabella McCormick, Sadie Duca, and Nikki Castillo.

The event begins with a reception and silent auction at 5:30 p.m. at the Irwin M. Jacobs Qualcomm Hall, 5775 Morehouse Drive in Sorrento Valley. Food trucks will arrive at 5 p.m., and the concert starts at 7.

Tickets are \$25 for general admission; \$100 VIP; VIP Ticket Packages (six for \$550 or 10 for \$900). Visit [bit.ly/2HuFWB4](http://bit.ly/2HuFWB4)

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## OUTDOORS: ERNIE COWAN

## Day at the Docks today in San Diego

For the avid sports fisherman, San Diego's annual Day at the Docks event is like opening day for a baseball fan.

This year's 39th annual festival is scheduled for 9 a.m. to 5 p.m. today at San Diego's sportfishing docks at Harbor Drive and Scott Street.

Sponsored by the Port of San Diego and the San Diego Sportfishing Council, the free event marks the beginning of our local saltwater fishing season.

"There is no event quite like it," said council spokeswoman Catherine Miller.

Festival highlights include an open house aboard the fleet of fishing boats, fishing and boating seminars presented by fishing experts and veteran boat captains, fishing tackle exhibits, seafood cooking demonstrations, live music and entertainment, free fishing for kids, a captains' dunk tank, prize drawings and \$3 boat rides.

San Diego's sportfishing fleet is the largest assembled anywhere in the world and is one of the most sophisticated, with capabilities of operating anywhere in the world, including the prolific waters off Southern California and the coast of Mexico.

The festival attracts anglers of all ages and offers something for everyone.

"The day provides the opportunity to discover new adventures, explore the latest in fishing tackle and techniques, walk aboard and tour boats in the fleet, talk with the captains and crews, take a ride on a boat and partake in the many activities planned for the day," Miller said.

Because of limited parking at the landings, visitors can park on Shelter Island and take free shuttles that will be running continuously from 8:30 a.m. to 5 p.m.

For a complete schedule of Day at the Docks activities, visit [sportfishing.org](http://sportfishing.org).

## Outdoor events

The San Dieguito River Valley Conservancy is offering two events on April 29 that will help residents learn and appreciate San Diego's natural world.

"Herp Hangout with Local Reptiles" will let people who are curious about reptiles interact with local snakes and lizards.

Herpetologist Jeff Nordland will meet participants at the Birdwing Open Air Classroom east of Del Mar at 10 a.m. April 29 for a one-hour interactive presentation on local reptile habitats, how they affect herps, and why these creatures are necessary, im-

portant, and nothing to be afraid of.

Youngsters will be able to touch, hold and experience local reptiles up close under the supervision of trained volunteers and SDRVC staff members. This is a free event.

The open-air classroom is on San Andreas Drive off of Via de la Valle, east of Interstate 5. There is a short hike of about five minutes from the parking area.

To register for the class, visit [herphangout.eventbrite.com](http://herphangout.eventbrite.com).

The second event will be a full-moon hike on the Dust Devil Nature Trail at San Dieguito Lagoon from 7 to 8:30 p.m. April 29. Participants will hike an easy 1.7-mile loop trail over flat terrain. Dogs on a leash are welcome. This is also a free event. Registration is at [form.jotform.us/61446150600141](http://form.jotform.us/61446150600141).

## Sierra trout

The 2018 Eastern High Sierra trout season opens April 28. Here is a short preview of what anglers might expect opening weekend:

Waters below 8,000 feet should be free of ice and open to fishing. Most lakes at that elevation had little or no ice this winter and that means fish have been feeding, growing and will be more aggressive opening day.

Popular locations such as Convict Lake, Crowley Lake, all June Lake Loop waters, Lundy Lake, Bridgeport Reservoir and Twin Lakes in Bridgeport will be wide open with no ice. Water levels are up at Bridgeport Reservoir, which means that the launch ramp and rental boats will be available at the marina.

Bishop Creek Basin is a popular destination because it's the first high country fishing location north of Southern California population centers.

Anglers can expect ice at South Lake and Lake Sabrina, but open water at Intake II and well stocked waters on both forks of Bishop Creek. Ice may not be safe at these high elevation lakes unless a cold, late storm hits just before opening weekend.

The road into Mammoth Lakes Basin will likely be closed and there will be ice on basin lakes. The story will be similar at Rock Creek Lake and Virginia lakes.

Late winter snows will ensure excellent lake levels and river flows throughout the season.

Veteran anglers are generally predicting an excellent opener and strong spring fishing season, extending well into summer.

Ernie Cowan is a freelance columnist.

## FROM THE ARCHIVES | LOOKING BACK OVER 150 YEARS

## LANDING THE FIRST SHUTTLE MISSION

The San Diego Union-Tribune will mark its 150th anniversary in 2018 by presenting a significant front page from the archives each day throughout the year.

## Wednesday April 15, 1981

On April 14, 1981, NASA's space shuttle Columbia landed safely at Edwards Air Force Base in a successful ending to the first test flight of the world's first reusable spaceship.

Here are the first few paragraphs of the story:

## SUCCESSFUL SHUTTLE HOME, FIT TO FLY AGAIN

EXHILARATED ASTRONAUTS LAND PERFECTLY; FLIGHT EXPECTED IN THE FALL

By Cliff Smith, Staff Writer, The San Diego Union

EDWARDS AIR FORCE BASE — The space shuttle Columbia, its slightly battered tile shell still hot from a searing plunging through the atmosphere, winged safely to earth here yesterday in a triumphant climax to a fitful decade of development.

Within hours, after verifying that all the critical bottom tiles on the spacecraft were intact, the National Aeronautics and Space Administration pronounced the Columbia fit for a second shakedown flight within six months.

Six hours after their spectacular landing here, astronauts John W. Young and Navy Capt. Robert L. Crippen arrived at their

home base at the Johnson Space Center in Houston, Texas, where they were warmly welcomed by the men and women of Mission Control, the computerized nerve center of the shuttle flight.

An estimated 250,000 tense spectators gathered at Edwards had sighed in relief earlier as the two astronauts signaled their safety as they finished the critical and fiery phase of their fall — which was accompanied by a blackout of radio communications.

Then the crowd cheered as Columbia made a picture-perfect landing on the hard clay of Rogers Dry Lake. Shuttle test manager Donald "Deke" Slayton later told a news conference that Young had made an "Eyeball" landing, using only his steady hand



without benefit of instruments, just as Sunday small plane pilots fly.

"What a way to come to California," Crippen exclaimed as the coast at Big Sur came into his view at 10:11 a.m. PST.

The shuttle touched down seven minutes early, at 10:21 a.m., and the relieved astronauts became more talkative.

As the spacecraft neared the end of its 8,000-foot roll on the lake bed, Crippen addressed Joseph Allen, the astronaut ground commander: "Do you want us to take it to the hanger, Joe?"

"We've got to dust it off first," Allen

quipped back.

"I'll tell you this thing could catch on," Young exclaimed.

"Yeah," Crippen agreed; "This is the neatest thing in the world."

A few minutes later, while the astronauts still were locked inside the idle spaceship, Allen informed them that ground crews outside equipped with "sniffing" instruments "have detected a low level of toxic gas" and were tracking the source.

After waiting for 50 minutes, the astronauts expressed eagerness to leave Columbia. "If we are going to get this thing operational, this (delay) is something we are going to have to work on," Crippen said. "We could have gone a whole orbit by now."

"You will have to wait for your luggage after getting off," Allen replied. "Would you verify that you have your (luggage check) stubs?"

Young left the craft earlier than scheduled, and executed an animated walk back and forth under the aircraft, making a close inspection of the underside of the craft, apparently to check the damage to the tiles.

While moving under the vehicle, Young gestured his clenched fist back and forth in obvious excitement. About three minutes later, Young re-entered the craft and waited for the formal exit signal.

A message of congratulations from former President Jimmy Carter was relayed to the crew while they were waiting to exit the ship and, after a brief medical check, the two were welcomed at a brief ceremony, where they received congratulations from President Reagan.