

MEDIATE THIS !

QUARTERBACKS TO CO-WORKERS: THE POWER OF EMPATHY

BY STEVEN P. DINKIN

With recent news coverage of the surprise retirement of Indianapolis Colts quarterback Andrew Luck, the National Conflict Resolution Center takes the opportunity to highlight the importance of empathy in the personal, professional and public aspects of life.

We've all been guilty of it, whether at work or at home. Your co-worker is slacking, not doing his or her fair share of work, coming in late, or leaving early. "Why can't they just get it together?" Your sibling isn't sufficiently engaged in caring for your elderly mother or father. "Why can't they step up to the plate?" Or your friend forgot to pick you up at the airport. "She should have remembered that!" When someone is performing at a lower level than usual, we can be very quick to pass judgment.

We often blame the mistakes and shortcomings of others on undesirable traits, whether it be irresponsibility, selfishness or laziness. While that can be a natural reaction, it is damaging to



Indianapolis Colts quarterback Andrew Luck speaks during a news conference following a game against the Chicago Bears on Aug. 24.

our relationships with those around us.

When Andrew Luck was booed at a preseason NFL game against the Chicago Bears on Aug. 24, it was coming from a fan base that was upset at his decision to leave the team and retire from the league. Luck won the NFL's Comeback Player of the Year Award last year,

so expectations were high going into the season. While the case for hurt feelings by fans is justifiable, the ensuing dialogue in the media shows that the case for empathy is also valid.

Luck retired because of the number and severity of injuries he suffered throughout his career. He missed the entire 2017 season due to

injury, and was still dealing with issues up until his last game. Injuries are hopefully followed by recovery. Recovery can often be just as painful — if not more so — than the injury itself. Fans didn't see this recovery; they didn't see the pain Luck was dealing with, the surgeries and physical therapy. Consequently, because they

didn't have a glimpse behind the curtain of Luck's public life, they didn't have empathy for what he was dealing with.

Just like NFL fans, we have all found ourselves in a position where we have passed judgment on someone based on their actions without thinking of or empathizing with what might have caused those actions. Maybe your tardy co-worker is dealing with significant medical issues and needs to go to the doctor regularly. Perhaps your sibling is facing a crisis at work and cannot commit in the short term to care for your parent.

Empathy is a powerful tool in conflict resolution and in life. It connects us in a deep way. When we turn to empathy, instead of judgment, we seek to understand rather than react. When you see someone do something out of the ordinary, something that may appear negative, seek first to understand.

People often hide what they are going through. They fight their battles with tight lips and behind closed doors. This can persist until some-

thing brings their burden to the surface. It is precisely at that moment that we make the choice to either judge or empathize. Judging will push someone into further isolation, whereas empathy will bring about communication and support.

Whether it's Andrew Luck, your co-worker or a family member, we can all benefit from incorporating a little more empathy into our lives. In today's world, it can be easy to jump to conclusions as fast as we get our information. Taking the time to understand and empathize will give you the chance to preserve your relationships and support those around you — even your favorite NFL quarterback.

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 mediatethis@ncrconline.com or as an online submission by visiting www.ncrconline.com/MediateThis. All submissions will be kept anonymous.

NOTEBOOKS

From Union-Tribune reporting staff

ENVIRONMENT: GARY ROBBINS

Ocean temp hits record 78 at Scripps

SAN DIEGO

The high pressure system that drove air temperatures to uncomfortable levels across San Diego County also produced the warmest September ocean reading in the 103-year history of the Scripps Pier.

The sea surface temperature hit 78 degrees on Thursday — a figure that's about 11 degrees above average. The temperature hovered near the same spot Friday morning, according to UC San Diego's Scripps Institution of Oceanography.

"The high pressure off California has reduced the marine layer which has led to more solar radiation, raising the ocean temperature," said Melissa Carter, who analyzes ocean temperatures at Scripps. "The low pressure that's moving in should cool things down."

Sea surface temperatures at the pier began to jump on Aug. 29, reaching 75 degrees. They progressively grew warmer last week.



K.C. ALFRED U-T FILE PHOTO

The water at the pier was warmest ever recorded there for a Sept. date.

The warming was reminiscent of last summer when the Scripps Pier experienced unusually warm ocean temperatures for most of the summer. The temperatures peaked in early August, hitting 79.5, the highest temperature ever recorded at the pier.

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PUBLIC SAFETY: LUKE GARRETT

Owner abandons ship — on street

POINT LOMA

An 18-foot-long boat fell off a trailer on Rosecrans Street, northeast of North Harbor Drive last week.

Police came across the grounded vessel just before noon Tuesday. It blocked the left-most lane of eastbound Rosecrans Street for at least 45 minutes until C & D Towing hauled off the boat.

An employee with C & D Towing said witnesses saw the boat owner pull a U-turn to look at the boat after it fell off, and then drove off, leaving it in the street.

San Diego police said the steel fishing boat was deemed a traffic hazard. While no crime was committed, a tow or impound fee may be sent to the boat's owner, police said.

Police did not identify the owner of the boat, which is now in a storage yard.



COURTESY C & D TOWING

Police respond to the boat left by the owner on Rosecrans Street.

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FOR THEIR BENEFIT

Looking ahead
SEPT. 15

Annual Teal Woman Celebration: Benefiting The Clarity Foundation. 5 to 9 p.m. Kona Kai Resort & Spa, 1551 Shelter Island Drive. \$250. clarityfoundation.org

SEPT. 20-22

Coronado Music Festival: Benefiting the Coronado Music and Arts Foundation. At five venues in Coronado, and a finale at the Coronado Ferry Landing, 1201 First St. coronadomusicfestival.com

SEPT. 21

Strut for Sobriety: Benefiting A New PATH (Parents for Addiction Treatment & Healing). 10 a.m. Sheraton San Diego Hotel & Marina, 1380 Harbor Island Drive, San Diego. \$90 to \$130. anewpath.org

Fundraiser: Benefiting the San Diego Brain Injury Foundation. 6 p.m. Mission Trails Regional Park, 1 Father Junipero Serra Trail, San Diego. \$60. sdbif.org

SEPT. 22

Harvest for Hope: Benefiting the Emilio Nares Foundation. 2 to 5 p.m. BRICK, 2863 Historic Decatur Road, San Diego. \$160 per person. enfhope.org/news-events

SEPT. 25

Concert for a Cause featuring Creedence Clearwater Revisited: Benefiting Museum of Making Music and Friends of San Pasqual Academy. 7 p.m. Belly Up Tavern, 143 S. Cedros Ave., Solana Beach. \$250 to \$1,000. museumofmakingmusic.org

SEPT. 28

AIDS Walk & Run San Diego:

Benefiting San Diego County HIV service providers. 7 a.m. at Normal and Harvey Milk streets in Hillcrest. aidswalksd.org

NOV. 2

The Junior League of San Diego Gala: Benefiting local transitional age foster youth. San Diego Natural History Museum, 1788 El Prado, Balboa Park. jlsd.org

NOV. 16

Padres Pedal the Cause: Benefiting cancer research in San Diego. 4:30 a.m. registration and check-in at the Park Boulevard gate at Petco Park, 100 Park Blvd., San Diego. \$75 to \$125 registration (with minimum fundraising requirements). gopedal.org

Email calendar items at least two weeks in advance of the event to fortheirbenefit@suniontribune.com.

NORTH COUNTY: PHIL DIEHL

Oceanside selects new city manager

The Oceanside City Council has picked Assistant City Manager Deanna Lorson to be its next top administrator.

A proposed contract with Lorson will be presented to the council for approval at its Sept. 25 meeting, City Attorney John Mullen.

City Manager Michelle Skaggs Lawrence announced in July that she will retire in October after more than 30 years as an Oceanside employee, including the last five years as city manager.

"I am honored and humbled that the City Council has selected me as the next city manager," Lorson said by email Friday.

"I look forward to working with them to lead this city and continue the transformation that is under way," she said. "I'm excited to work with our talented and dedicated city team to serve our community and to ensure that Oceanside is a great place to live, to work, to do business and to visit now and in the future."

Mullen announced the council's decision after its Aug. 21 closed session.

The council asked at the August meeting for the city attorney to bring back a pro-

posed contract with Lorson on Sept. 11, but the contract later was postponed two weeks for the convenience of all involved, Mullen said.

Lorson has worked in several California cities and was a former Riverside assistant city manager before taking the Oceanside job almost four years ago.

Oceanside politics have been relatively sedate in recent years. Skaggs Lawrence said in July that the time was right for her retirement.

"The budget for next year is approved, the Measure X effort is substantially completed ... numerous important projects are under way, the city's financial position is enviable and secure, labor relations are positive, and the 2020 election is not currently complicating the council's ability to select my replacement," she said.

The city manager's annual salary is \$254,527 plus a \$500 monthly car allowance, according to the city website. The assistant city manager's salary is \$209,932 with a \$400 monthly auto allowance.

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FROM THE ARCHIVES

FRANK CAPRA ON THE STATE OF MOVIES IN 1974

Best known for "It's a Wonderful Life," (1947) and "Mr. Smith Goes to Washington," filmmaker Frank Capra was born in Sicily and grew up in Los Angeles, but had strong ties to San Diego. Capra wooed his wife Lucille at the Hotel del Coronado; they raised their children in the Fallbrook area.

The longtime Fallbrook resident sat down with The San Diego Union editorial board 45 years ago for this interview.

From The San Diego Union, Sunday, September 8, 1974:

Frank Capra Discusses The State Of The Movies

This is an interview with movie director Frank Capra, a resident of Fallbrook, by a board of editors of The San Diego Union.

QUESTION: Mr. Capra, do you go to the movies these days?

ANSWER: I sure do.

Q: What do you go to see?

A. Anything that comes along if I can. I don't see them all but I see one a month, two a month, perhaps.

Q: What do you think of what you see in the movies these days?

A. Well, I think these past 10 years we've been like kids in a candy store, all this permissiveness that has been allowed us. We can do anything we want. It's gone to our heads so we've been focusing on the permissiveness instead of on the story.

Q: Would you have trouble directing

or producing a film today? By today's standards?

A: No, I don't think so. I wouldn't use four-letter words. I wouldn't use total nudity, unless, you know, it was necessary.

Q: But you don't think it's necessary.

A: It's not necessary, of course not.

Q: If you had to write your own scenario what would you write? For your ideal movie today?

A: It would probably be the same kind of movie as I made all my life. Something that would probably glorify and dramatize the individual, his work, his divinity, his uniqueness, as against the mass man, and I'd deal with idealism of some kind and the people who fight down to the last drop for lost causes.

Q: Would it sell in Peoria?

A: I'm sure it would sell. It's always sold.



The human heart has not changed. The human heart is still hungry. This pornography syndrome we've been on is turning the young people off. It's boring. And you don't have to go around kicking people in the teeth all the time to tell stories, because not everybody in the world kicks their neighbors in the teeth. There are some good people in the world, people who fight and talk and help and are worried about the other guy and are not always on the take; they're not the creep heroes you've been seeing on the screen, whose only sin is to get caught. I think stories about the human-heart are going to prevail over the stories about human vices. I think the producers and directors and writers for the past half dozen years have been making pictures for each other, trying to outdo each other.

Q: Do you think that the rating system that the industry is now using is effective in protecting the public, and es-

pecially children, from offensive material?

A: No, I think it's a joke. You go to a "general public" picture that everybody can see and here comes a trailer about next week's pictures and the kids are there enjoying every inch of it because the whole story's told in the trailer.

Q: Is Hollywood economically healthy today?

A: Is the whole film arts industry healthy today? Well, all I can tell you is that you make a picture that the audience is going to want to see, you'll make much more money than was ever made. There are several pictures that will out-gross "Gone With the Wind."

Q: Where will that picture be made? In Hollywood or in Italy?

A: Hollywood, of course. Hollywood is the only major production center in the world that's unsubsidized. Let's hope it stays that way. And our pictures are still number one throughout the world.

Q: Would you change the ratings?

A: Certainly. Families should know what kind of a film they are going to see. They should be given some kind of a warning. Perhaps the only way you might change the ratings is to have specific theaters that would play specific kinds of pictures. Then you'd know what kind of a show you'd be going into. I mean, if you had a burlesque theater you'd know what you're going to see.

Q: How would you rate "arsenic and Old Lace" today?

A: I'd rate it "general public."

HISTORICAL PHOTOS AND ARTICLES FROM THE SAN DIEGO UNION-TRIBUNE ARCHIVES ARE COMPILED BY MERRIE MONTEAGUDO. SEARCH THE U-T HISTORIC ARCHIVES AT NEWSLIBRARY.COM/SITES/SDUB