

A PATH FORWARD

THIS VALENTINE'S DAY IS A GOOD TIME TO FIND FORGIVENESS

BY STEVEN P. DINKIN

Consider this fair warning: Valentine's Day is Friday. Fifty-three percent of women say they would end a relationship if their significant other forgot about it. Apparently, some of us cut it close: Walgreens reports that 70 percent of their boxed chocolate hearts are sold within the last 48 hours before the holiday.

Valentine's Day is big business. According to the National Retail Federation, more than \$27 billion will be spent celebrating this year — an average of \$196.31 per person. Of this total, \$1.7 billion will be spent on pets — about the same as the estimated spend on co-workers.

Like candy, flowers are a popular gift choice. Sixty-four percent of the purchasers are men and 36 percent are women, 15 percent of whom send flowers to themselves. We exchange approximately 190 million cards, according to the Greeting Card Association, a number that climbs to 1 billion when you include the valentine exchanges that happen in many schools.

This may lead you to believe that Hallmark (which sells half of all greeting cards) invented Valentine's Day. In fact, a 2011 NPR story says the origins of this festival date



GETTY IMAGES

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back to ancient Rome, involving animal sacrifices and fertility rituals. In the 3rd century A.D., Emperor Claudius II executed two men — both named Valentine — on Feb. 14 of different years. St. Valentine's Day celebrates their martyrdom.

The holiday grew in popularity (and took a sweeter turn) in the Middle Ages, when it was romanti-

cized in works of literature. Hand-made paper cards were exchanged at the time. When the tradition came to the New World, factory-made cards debuted, and in 1913, Hallmark began mass production of valentines.

Along with greeting cards, chocolates and flowers, there's a gift you can give that will require you to dig a little deeper: the gift of

forgiveness. The decision to forgive is entirely yours, and how to achieve it is intensely personal. In a recent Popular Science article, Rachel Feltman talks about the REACH Forgiveness Model: It recommends setting aside time to write down your thoughts and feelings, picking one specific hurt to tackle (a more realistic goal than multiple hurts over the course of a relationship). With repetition and refinement, the exercise can help you let go.

Feltman also notes that a big part of forgiveness is recognizing that people who hurt others have often experienced hurt themselves. I am reminded of the story told by Azim Khamisa, who received the National Peacemaker Award from the National Conflict Resolution Center. In 1995, his son Tariq — a San Diego college student and pizza delivery driver — was lured to a bogus address and murdered by 14-year-old Tony Hicks as part of a gang initiation.

Khamisa forgave Hicks when he came to realize that there were victims at both ends of the gun. Born to a 15-year-old mother, Hicks experienced violence as a young child, witnessing the murder of his cousin. To Khamisa, he was the victim of an American society that allows children to kill children. Nine months after his

son's murder, Khamisa started a foundation to create safer schools and communities.

Sarah Montana was 22 years old when her mother and brother were killed during a home break-in. In her moving 2018 TedX talk, Montana reveals how to forgive effectively, saying that forgiveness can only happen when "waiting for what we're owed comes at too high of a cost." Montana sent a letter to the young man who committed the crime to tell him that what he did would never be OK — but that he owed her nothing. She wished him a lifetime full of healing.

Montana experienced a "lightness of being" when she mailed the letter, an act that likely had physical benefits, too. A growing body of evidence suggests that chronic anger can take a daily toll on our cardiovascular health and immune system. So, if you choose to give the gift of forgiveness this Valentine's Day, your heart will be better for it.

Dinkin is president of the National Conflict Resolution Center (NCRC), a San Diego-based organization that is working to create innovative solutions to challenging issues, including intolerance and incivility. NCRC is nationally recognized for its conflict management and communication strategies. To learn about NCRC's programming, visit www.ncronline.com.

NOTEBOOKS

From Union-Tribune reporting staff

BORDER: WENDY FRY

New S.D. Border Patrol chief on job

Veteran Border Patrol Agent Aaron Heitke officially took over last week as chief patrol agent of the San Diego Sector, after his predecessor was promoted to lead the agency in Washington.

The 22-year veteran agent joined the San Diego Sector in November 2019 as the deputy chief patrol agent, or second in charge. Before that, he served as the chief patrol agent for the Grand Forks Sector in North Dakota, starting in 2015.

He will now oversee 2,400 law enforcement agents in eight Border Patrol stations. The jurisdiction stretches from Imperial Beach east to the San Diego-Imperial County line, as well as up the Pacific coast to the Oregon state line.

Heitke replaces Rodney Scott, named chief of the U.S. Border Patrol last month.

Detroit Chief Patrol Agent Douglas Harrison served as the Acting Chief Patrol Agent for the San Diego Sector for several months while Scott worked on a special assignment in Washington, D.C., before his promotion. Harrison is now returning to his

previous post in Detroit.

Heitke earned a bachelor's degree in criminology at the University of Minnesota-Duluth. He also earned a juris doctorate at the University of North Dakota School of Law and was admitted into the Minnesota Bar Association in 1997. He practiced law for a short time before entering the Border Patrol in February 1998.

The Minnesota native began his career as a Border Patrol agent at the Wellton Station in the Yuma Sector.

In November 2004, he was promoted to Supervisory Border Patrol Agent at the Grand Marais Station in the Grand Forks Sector and was named its patrol agent in charge in 2005.

Throughout his two-decade career with the Border Patrol, Heitke has served in many leadership positions around the country, including roles at Border Patrol Headquarters in Washington, D.C., a spokesman for the agency said.

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SOUTH COUNTY: GUSTAVO SOLIS

Two new fire stations coming to C.V.

CHULA VISTA

Chula Vista is getting two new fire stations. In 2021.

The City Council last week unanimously approved paying \$16.6 million to a construction firm to replace Fire Stations 5 and 9. Both stations are in western Chula Vista.

The existing stations were built more than 60 years ago and have become outdated, according to the fire department.

They've had their fair share of problems with mold, asbestos, leaky roofs, sewage clogs, rodents and termites. The stations' open-dorm layout mean that firefighters, male and female, have little to no privacy.

Additionally, their limited garage space means firefighters in Fire Station 9 cannot use the city's newest fire engines because they are too big, said Capt. Linda D'Orsi, from the Chula Vista Fire Department's office of communications.

"It just came down to a point of do we want to keep throwing money at the problem or do we raze it and rebuild it," she said.

Chula Vista selected the construction

firm EC Constructors Inc. after a formal request for proposals process, also known as an RFP.

Money for construction will come from the Measure P sales tax increase, which voters approved in 2016 to fund infrastructure.

Fire Station 5 is currently at the intersection of Fourth Avenue and Oxford Street. It will move to 114 Moss St. It is expected to open February 2021.

Fire Station 9 is at Melrose Avenue and East Oneida Street. It will move to 341 Orange Ave., which is behind the South Chula Vista Library. That station is expected to open April 2021.

Relocating the fire stations should also improve response times, D'Orsi added.

That's because the fire department ran an internal analysis to determine the most optimal locations for new fire stations.

"It's going to help improve our response times overall, not just in those districts, but in the neighboring districts," she said.

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THE READERS' REPRESENTATIVE: ADRIAN VORE

New column, podcast on the way

U-T readers will see a new column beginning next Sunday and will be able to listen to a new podcast starting next month, both by U-T staffer Lisa Deaderick.

Readers are most familiar with Deaderick's work through the One-on-One interviews with San Diegans who are making a difference in their communities. The Q&As appear Saturdays on A2 and in the B-section Sundays. The social justice column will replace the Sunday One-on-One.

The column will focus on social justice, while the podcast will take a deeper look at the issue and the people featured in the One-on-One series.

Deaderick brings a knowledge of San Diego and deep professional experience to the column and podcast. She's a local. She grew up in Chula Vista and went to Chula Vista High. She graduated from Bethune-Cookman University, a historically black university in Florida, earning a degree in mass communication. After that, she earned a master's from the Columbia Journalism School in New York.

She has worked at Public Opinion, a Gannett newspaper in Pennsylvania, and at the Daily Press in Newport News, Va. She joined the U-T in 2008.

Deaderick said she wants to offer readers and listeners introductory explanations of social justice issues and how people are affected, as well as increase the under-

standing of those who may not be directly affected by those issues.

Her first column for Feb. 16 will address housing from a social justice perspective. "Housing is a human rights issue," she said. "A lack of housing should not exist in an industrialized country."

To illustrate the problem, she'll offer for readers the story of Moms 4 Housing, a group of women from Oakland, who point out: "There are four times as many empty homes in Oakland as there are people without homes. Some of these people are children."

The podcast will go more in depth with the people and topics of the One-on-One series. "We can explore nuance and depth that we didn't always have the space to include in print," she said.

Deaderick said she has seen through emails and comments that many people display an unwillingness to be open to social and cultural change. The result is continued oppression. She also has experienced herself cultural insensitivity and racism.

In addition to creating greater understanding of an issue, she would like people in varied positions of power to realize that it is not enough to passively acknowledge a problem.

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PUBLIC SAFETY

FBI seeking woman who robbed bank

SAN DIEGO

Authorities are reaching out to the public for help in identifying a woman who robbed a Miramar-area bank late last year.

The thief, dressed all in black with a bandage over her right hand, confronted a teller at the Wells Fargo branch office on Miramar Road near Padgett Street about 5:45 p.m. on Dec. 5, according to the FBI.

The woman motioned to the waistband of her pants as if to indicate that she was carrying a weapon and demanded cash, the FBI said. After the teller

handed over an undisclosed amount of money, the thief put it into a black bag, left the bank and fled the area.

The robber was described as a roughly 5-foot-6-inch black woman with a medium build. She was wearing black-framed glasses and a hooded sweatshirt with the hood pulled up over her head.

Anyone with information about the case is asked to call San Diego Crime Stoppers at (888) 580-8477 or contact the agency online at sdcrimestoppers.org.

Tipsters may remain anonymous and could be eligible for a reward of up to \$1,000.

City News Service

FROM THE ARCHIVES

THE SAN DIEGO WOMAN'S CLUB WAS FOUNDED 128 YEARS AGO

On Feb. 9, 1892, Mary S. Berry, wife of the editor of The San Diego Union, and six other women met and formed the San Diego Woman's club to address issues of personal and civic betterment. The woman's club movement in San Diego, which began with the formation of the San Diego club in 1892, tackled issues of specific interest to women and girls, including having a police matron hired at the city jail and voting rights for women, as well as broader civic interests such as compulsory education, public libraries and consumer protection.

From The San Diego Union, Sunday, February 3, 1952:

WOMAN'S CLUB WILL CELEBRATE 60TH BIRTHDAY

By Emily Stoker, Club Editor

It all began 60 years ago over the teacups and though the seven women who chatted over those cups were an earnest and farsighted septet, it's doubtful they realized what a powerful pot of tea they set abrewing.

For the club formed that long ago winter day in San Diego became not only the city's oldest and largest woman's club but such a force for civic good that it hurried along many things (compulsory education, for instance) that the public today takes for granted.

HAS 800 MEMBERS

This "oldest and biggest" club, of course, is the San Diego Woman's Club and Tuesday its more than 800 members will observe their 60th anniversary at a lunch-

eon and program in their clubhouse.

Which clubhouse, that stately and spacious two-storied Colonial-style building on Third Ave. and Maple St., already is too small to accommodate an 800 turn-out in the big auditorium. Those who will gather to celebrate the club's 60 years and to honor the 20 living past presidents, then, are the early reservations-makers. Reservations closed yesterday.

As past leaders of this "biggest and oldest" are honored, the club will honor in memory the women who hatched the fine teacup plot back in 1892. She was Mrs. Mary (John R.) Berry, wife of an old-time editor of The San Diego Union.

A retiring, quiet woman and a college graduate in the days when a college sheepskin was not too highly coveted in female circles, Mrs. Berry invited six friends to



luncheon that 1892 afternoon. It was over the teacups to the seven, after Mrs. Berry's proposal to form a club, pledged themselves "to work for the betterment of San Diego."

'CONSPIRATORS' LISTED

The tea-drinking conspirators were Mrs. Berry, Mrs. Flora Kimball, for whom Olivewood Club of National City was named; Mrs. C.E. Kinney, Mrs. G.K. Phillips, Dr. Lottie Park, who became the club's first president; Mrs. Rose Hartwick Thorpe (she wrote "Curfew Shall Not Ring Tonight") and Miss Estelle Thompson.

Though the seven could not know just how much their club would grow and accomplish, the did know what a group of women, banded together, can accomplish on the credit side of the civic ledger.

PROGRAM FOLLOWED

After Mrs. Berry's luncheon for six, the woman's club officially was formed Feb. 9 with 25 charter members. The program they instigated then was so good, it's pretty much the type of program followed today by most clubs.

The program embraced these things: Home, education, literature, philanthropy and reform, music and art, philosophy and science. First meeting were held in private homes, then a house on D St. (now Broadway) was purchased.

The next clubhouse was a brown, ivy covered building on Ninth Ave. Dedication of the new clubhouse—one of the finest in the state and the meeting place for scores of groups which rent the sizable auditorium — was in 1940.

SECTIONS FORMED

As the club membership grew, age and interest differentials called for formation of sections. Today there are nine sections, many of them large clubs in themselves. The Sections are (Arts and Crafts), Book Review, Valerian (evening section), Fine Arts, Garden, La Cadena (another evening section), Music, Study and Travel Three of the sections give scholarships, two "go all out" for philanthropy.

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