

STEVEN P. DINKIN A Path Forward

# AS MENTAL HEALTH EMERGES FROM SHADOWS, AMERICA GAINS

It's back-to-work week for Pennsylvania Sen. John Fetterman, following his release from Walter Reed National Military Medical Center at the end of March. Fetterman had checked in six weeks prior to be treated for clinical depression.

No matter your political persuasion, Fetterman's openness about his mental illness — likely related to a stroke last February — is admirable. Politicians, after all, aren't expected to show vulnerability (and aren't very good at it).

Fetterman is a Democrat. He was praised for his decision to seek treatment — and go public with it — by colleagues from both parties.

In an April 2 interview with Jane Pauley on "CBS Sunday Morning," Fetterman said depression had caused him to stop leaving his bed. He lost interest in eating or drinking and dropped weight. And, he told Pauley, "I'd stopped engaging in some of the most — things that I love in my life."

Fetterman said the symptoms gathered strength after he won the November election. And while he knew he won, objectively, Fetter-

man shared, "depression can absolutely convince you that you actually lost — and that's exactly what happened." It was the start of his downward spiral.

When he was sworn in as Pennsylvania's new senator on Jan. 3, Fetterman felt indifferent about living — an infrequent admission in politics, because of the consequences.

In 1972, Missouri Sen. Thomas Eagleton was picked to run with presidential candidate George McGovern, in part because it was thought he could unite Democrats. Eighteen days later, Eagleton withdrew his candidacy, following revelations he had been hospitalized for depression and treated with electroshock therapy.

Missouri voters stood with Eagleton, re-electing him to the Senate for two additional terms.

Fifty years later, it's not just politicians openly sharing their mental health struggles. Tennis superstar Naomi Osaka withdrew from the 2021 French Open, citing depression and anxiety. That same year, gymnast Simone Biles withdrew from the Tokyo Olympics, still grappling with the

aftereffects of sexual abuse by her former USA Gymnastics doctor.

The spotlight on mental health and willingness to talk about it, openly, is beneficial for all of us. Nearly 53 million Americans — 1 in 5 adults — experience mental illness every year, according to the National Alliance on Mental Illness. More than half of Americans will experience mental illness in their lifetime.

The Society for Human Resource Management reported last year that employers have seen a surge in mental health issues and requests for accommodations, as required by the federal Americans with Disabilities Act and other nondiscrimination laws. Pandemic-related stress at work and at home contributed to this trend, exacerbated by economic uncertainty.

And according to SHRM, gun violence has played a role, too, with more mass shootings than days so far this year. The tragedies are taking a toll on employees' mental health, especially those who have kids in their lives. Events like the March 27 rampage at an elementary school in Nashville,

Tenn., only add to their worries about safety.

But fewer than 1 in 5 workers has accessed mental health care through their employer. Maybe it's a lack of awareness about available services, or maybe the perceived stigma of mental illness hasn't gone away (or both).

A discussion on the topic of mental health in America must also include our youth, who are dealing with depression, anxiety and loneliness at record rates — compounded by social media (or caused by it, some would say). Like adults, they are experiencing post-pandemic stress and economic worries. Ever-present gun violence is eroding the sense of well-being and safety that is essential for their healthy development.

Now, a majority of American teens say they are very or somewhat worried about the possibility of a shooting at their school.

At the National Conflict Resolution Center, we have been working with youth for more than a decade. Our approach has evolved. When harm occurred, we facilitated restorative conferences

that led to equitable resolution for all concerned — outside of the juvenile justice system. Now, we have incorporated Cognitive Behavioral Therapy into the program, not just addressing harmful behavior but identifying and tackling the underlying causes.

We may very well be at the beginning of a generational change when it comes to our thinking about mental health. As Sara Guillermo recently wrote in The Hill, "The idea that a political leader must be 'strong' and 'tough,' traits typically attributed to men, is less popular than it used to be. As leaders encounter less of the old stigma around mental health as a barrier, it will lead to more humane policymaking and more authentic, open leadership."

Welcome back, John Fetterman. Your return to the Senate could foreshadow a more compassionate future for our country.

Dinkin is president of the National Conflict Resolution Center, a San Diego-based group working to create solutions to challenging issues, including intolerance and incivility. To learn about NCRC's programming, visit [ncrconline.com](http://ncrconline.com)

## COTTAGES

FROM B1 have anything for rent except for these two old red houses by The Cove," Marsden said. "I knew what they were. I never even in my fondest memories or dreams ... thought I'd be living there."

Marsden toured Red Rest with Dalton 30 minutes after learning it was empty. "It was a little dirty and dusty, but I was sold," he said.

Marsden rented the cottage for \$160 a month, finding a couple of roommates to help with the rent.

After moving to Point Loma in 1966 to help after his father had a stroke, he got married to his first wife, Linda, in 1969. They had two children and lived all over San Diego County before getting divorced in 1974.

Marsden wound up back in La Jolla, this time at the Red Roost cottage. His kids would stay with him on weekends, he said.

"I was lucky to do that," he said. "I tell my daughter, Robin, 'You're one of the only people that ever stayed in one of those red houses.' She'd get to sleep in my old bed. There was a little tiny breakfast place on the corner of Girard and Prospect we'd visit."

"There's no experience that can compare" to living in the cottages, he said.

"I would come home at night a lot of times and I would go swimming," Marsden said. Before La Jolla Cove became an ecological reserve and later a state Marine Protected Area, many of his meals consisted of abalone and lobster he caught in those waters.

"I can remember going out one afternoon (and finding) a halibut ... and that was dinner," he said.

In 1967, the cottages were bought by Jack Heimbierge, president of the adjacent La



LA JOLLA HISTORICAL SOCIETY

The historic Red Rest cottage in La Jolla is pictured in 1973, a year after all tenants were evicted. It was built in 1894.

Jolla Cove Hotel. A few years later he announced his intent to demolish the cottages and replace them with an apartment building.

Several community members led an opposition campaign and eventually succeeded in getting Red Rest and Red Roost listed on the National Register of Historic Places in 1976.

However, Heimbierge continued to fight for a development permit.

Marsden remembers being part of the preservation effort and standing at The Cove with fellow cottage tenant George Ravenscroft asking for signatures on a petition to save the cottages.

Ravenscroft had 2,000 signatures and went to the city of San Diego to "stop any

construction of anything," Marsden said.

San Diego Coast Regional Commission hearings on the matter were crowded, Marsden said, with members of the public clamoring for an opportunity to comment. "You had a hard time getting out of the building," he said.

The commission denied Heimbierge a permit in 1977, and he issued eviction notices to all cottage tenants, citing liability concerns if deterioration of the structures led to tenant injury.

Red Rest and Red Roost have since been uninhabited, their state of disrepair worsening. Preservation advocates have claimed the cottages were being destroyed through neglect.

Heimbierge died in 1989 and the cottages were acquired in 2014 by Denver-based Apartment Investment and Management Co. In 2018, AIMCO sold the cottages and the La Jolla Cove Hotel & Suites to a group of investors in the hotel business.

Marsden said he hopes the cottages will again be suitable for tenancy someday.

San Diego city spokesman Perette Godwin said discretionary permits for the rehabilitation and condo project are still under review. Project applicant Paul Benton did not respond to requests for comment.

Frausto writes for the U-T Community Press.

## STEP

FROM B1 earned a master's degree from the University of Chicago and his doctorate from Stanford University.

Tangherlini and his ex-wife raised four sons in Worcester, Mass. He now has eight grandchildren ranging in age from 12 to 31.

Over the course of his career, Tangherlini held research teaching positions at several prestigious universities, including the University of North Carolina, Chapel Hill; Duke University and George Washington University. He retired from the College of the Holy Cross in Worcester in 1994, becoming an associate professor emeritus.

Soon after, he moved to San Diego to be close to his younger brother, Burt Tangherlini. The two brothers would regularly attend the weekly Firehouse Swing Dance, and he supported Burt through a quadruple bypass surgery and other health conditions until his brother's death five years ago at age 90.

Erin Roos, who co-owns The Firehouse Swing Dance hall along with her husband, recalls dancing with Tangherlini when she first moved to San Diego.

Each year, his birthday is celebrated at The Firehouse with cake and ice cream, but Roos said he motivates other dancers in the scene throughout the year.

"Beyond just swing dancing, I think it's great just to be able to have a hobby that you love and enjoy so much that you can continue to do it until you're 99," she said. "In the swing dance scene, I think he represents joy. You look at people watching him dance, and they're just happy."

Just as Tangherlini inspires many on the dance floor, he's also an inspiration to scientists around the world.

His research in the field of theoretical physics has spanned decades and covered topics such as black holes, the velocity of light, dimensionality of space and relativity and quantum mechanics. A 1963 paper Tangherlini wrote on why space has three dimensions has been cited 1,069 times to date, including in 58 papers last year alone.

He also inspired a young woman and fellow dancer to become an engineer.

When University City resident Cami Asher first started Lindy hopping at 16, Tangherlini was a friendly face who made navigating a

new social scene less intimidating.

"Because he worked in education, he was really good at scaffolding his dances to appropriately meet the dancer at what level they were at," Asher said. "I think that that's a unique skill that Frank brought because he had, even at his age, a wide breadth of moves. He was able to make every dance incredibly welcoming because I didn't need to know everything."

Over time, the pair bonded over their shared interest in engineering, and he started bringing Asher scientific papers to read so they could discuss them the following week.

As she prepared for college, it was a recommendation letter written by Tangherlini that helped her get accepted to California Polytechnic State University, San Luis Obispo, to pursue a degree in chemical engineering.

Asher, now 24, continues to draw inspiration from the theoretical physicist, who decades after retiring from teaching continues to make significant contributions through his research and publications.

"Frank highlights everything good about continuing to acquire knowledge and push the boundaries of what knowledge and exploration of your interests can be throughout your life," she said.

Most recently, he's been particularly interested in researching and publishing papers on wildfire management. In 2021, his paper on using catapults with water-filled containers to put out fires as a safer alternative to sending firefighters into wildfires to extinguish them from the inside was published in the Open Journal of Safety Science and Technology.

When he isn't swing dancing, Tangherlini stays active by taking walks around his neighborhood and chatting with his friends. He's proud to have recently renewed his driver's license, which will remain active until he turns 104.

The secret to Tangherlini's longevity? He attributes it to a diet primarily based on fish and vegetables.

With a newly replaced pacemaker, he's hoping to continue dancing and writing for the foreseeable future.

"I am working on dark matter right now, so I have plenty to do intellectually — I could write a half a dozen papers," Tangherlini said.

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## POLICE

FROM B1 will be used, who will be authorized to use them and the training needed, costs for maintenance and who manufactures them. It also lists the department's existing inventory of military-style equipment and its descriptions.

A summary of any concerns received regarding the equipment must also be included in the report, which says the department has received none on any of its gear

listed within the inventory.

Law enforcement agencies are now required by the state to produce these reports annually and publicly share them with the public and City Council.

Assembly Bill 481 mandates that police departments receive permission from their governing boards, such as a city council or board of supervisors, to continue using the equipment and before buying new tools. The law was passed to improve transparency and oversight of costs associated with law enforcement use of

military-style equipment, such as grenades, armored vehicles and drones.

The City Council last March approved the Police Department's policy that established the "guidelines for the approval, acquisition, and reporting requirements of military equipment," reads NCPD's policy.

On Tuesday, police officials held their first community meeting, as required by law, to share the report before presenting it to elected officials.

"Our goal is, we want people to know what we are us-

ing our equipment for and to respond to critical incidents and ultimately to protect the community," said police Capt. Chris Sullivan. "If we can evaluate what we're doing with the input from the community, then that's what we're all about."

Tellez said the department expects to present the report and make its requests before the City Council at Tuesday's meeting, for which the public will have another opportunity to provide feedback.

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## WETLANDS

FROM B1 Youth Field and the tennis courts at De Anza in Mission Bay," said Councilmember Joe LaCava, referencing a March 21 event.

Mission Bay Park — the largest aquatic park of its kind in the country — was created in the 1950s from 4,000 acres of marshland.

More than 15 million visitors enjoy the park annually. With equal parts land and water, the area offers 27 miles of shoreline, including 19 miles of sandy beaches. Many points of the park extend into the bay, making for numerous coves and two islands.

Land lovers can hike or ride bikes among numerous trails, visit playgrounds, have picnics and enjoy other leisure and sports activities.

For those wanting to hit the water, there are abundant swimming locations

and thousands of acres of waterways for boating, skiing, windsurfing and more.

Fishing is allowed, with exceptions, and Fiesta Island is a well-known leash-free dog area.

Nature lovers enjoy birdwatching throughout Mission Bay, with Kendall-Frost Marsh being home to a variety of birds, including endangered light-footed clapper rails and Belding's Savannah sparrows, as well as unique plants and a variety of animals.

Covering about 40 acres, Kendall-Frost Marsh, 1 percent of the original saltwater marsh habitat, is nearly all that remains of the original 4,000-acre wetland site.

One of its most valuable aspects may be underfoot — wetlands are known for the natural carbon sequestration that takes place in the mud, which is important for setting climate action goals. Estimates show the top meter of mud in the marsh con-

tains about 1,052 metric tons of carbon.

Kendall-Frost Marsh is managed jointly. The Kendall-Frost Mission Bay Reserve — part of the University of California Natural Reserve System — is managed by UC San Diego. The city of San Diego manages the adjacent Northern Wildlife Reserve.

The Robin Stribley Marsh, in the southernmost section of the reserve, is owned by the city.

While the master plan of Mission Bay Park has called for wetland restoration for more than 25 years, the marsh area has basically been unchanged.

As more information is learned about the environmental aspects of wetlands, and climate change and rising seas increasingly become topics of conversation, talks about restoring the original marshlands have become more urgent.

Last month, the city of

San Diego released a draft environmental impact report and addressed its wetland restoration plan for the northeast corner. The city's plan — known as De Anza Natural — can be found at [tinyurl.com/DeAnzaNatural](http://tinyurl.com/DeAnzaNatural).

The 446-page draft includes plans for a combination of marshland, recreation areas and campsites for the northeast corner.

Included in the proposal are 219 acres of marshland and 38 acres of dunes and environmental buffers, more land for active recreation areas (to be taken from land now used for passive recreation) and buildings, such as a clubhouse for nonmotorized boats and a planned wildlife interpretation center.

Preserving marshland has long been a concern of the San Diego Audubon Society. The society and the ReWild Coalition, which includes more than 65 commu-

nity partners, joined together for ReWild Mission Bay, which seeks to enhance and restore the natural wetlands in Mission Bay's northwest corner.

ReWild has issues with the city's document, specifically calling out the lack of hard science and projections for sea-level rise modeling.

The ReWild Mission Bay Wetlands Restoration Feasibility Study developed and analyzed a range of wetlands restoration options and came up with three conceptual plans. The plans, which the group calls "Wild," "Wilder" and "Wildest," can be found at [rewildmissionbay.org/resources](http://rewildmissionbay.org/resources).

ReWild's comments on the city's plan, as explained on its website, focus on restoring 315 acres of habitat in the "Wildest" level plan.

"I am closely monitoring this process and working toward an amendment that maintains a balance be-

tween preserving recreational uses and maximizing wetlands creation," LaCava said.

"De Anza Natural provides a unique opportunity to forward our climate objectives and accommodate our popular recreational spot for San Diegans and visitors who enjoy youth sports, golf and bird-watching," he added.

Both ReWild and the city are asking for public comments on the plans. The public review period closes April 20. To leave comments, visit [tinyurl.com/DeAnzaComments](http://tinyurl.com/DeAnzaComments) and scroll to the bottom of the page.

The draft plan process includes community meetings for feedback. Future meetings include hearings before the Mission Bay Park Committee, Parks and Recreation Board, Planning Commission, Environment Committee and City Council.

Elling is a freelance writer.