The staff of Uvalde’s local paper cover the worst day of their lives — on the editorial board for an assistant commentary editor — and that’s just what fit in the plates were ready. Those pages were said to be “chasing” a running press.

*In the days of hot type, a chaser was a person who never stopped learning.*

In these times when journalists are disrespected, condemned, ridiculed, assaulted and constantly face layoffs, pay cuts and worse, let it be known that we honor and support journalists and journalism. Keep at it. Your work is important to the people and essential to democracy itself. — Roger Summers

INFORMING THE NORTH TEXAS JOURNALISM / COMMUNICATOR WORKFORCE

**QUICK HITS**

- Arlington Conservation Council monthly Zoomer (recorded), “Partnerships, Meetups: FWBG | BRIT — Family Workshop: Big Bug Builders, June 4; Concerts in the Garden, June 16-July 3; Juneteenth Celebration, June 19; Birding Walk with Fort Worth Audubon Society, June 25; Traveling through Texas’ Treasures Waterfronts by Marie Wesby, through June 30. Info.
- San Antonio; the job includes pitching and writing news stories for the web. Info.
- **QUICK HITS**

- Impact Newspaper seeks a full-time reporter in the Lewisville/Coppell area. Info.
- News Service seeks a full-time reporter to cover state and federal courts in Austin. Info.
- Texas A&M Forest Service — 7 p.m. Wednesday, June 1. Info.
- Treasures: Watercolors by Marie Wesby, through June 30. Info.
- **QUICK HITS**

- dfw com municators.com
- John@xdycus.com submit items, e-mail to subscribe or to request a subscription.

The man who never stopped learning

Phillip Vinson was a popular reporter guy (Beverly Estes taught him at Poly HS), photographer, author, jazz pianist, ham radio operator, golfer and UTA adjunct who practiced Buddhism for relaxation.

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News orgs, journalists must address job-related anxiety

Whether in a war zone or covering controversy at home, journalists can find themselves in the line of fire. They and their bosses need to get a handle on those stresses, both for the personal and the business bottom line, a trio of mental health professionals told SPJ viewers in a Zoom event May 4.

Similar to combat veterans and first responders, journalists’ stress, often from threats to personal safety or empathy with victims, exceeds the normal thresholds faced every day, said Dr. Madhukar Trivedi, chief of the Division of Mood Disorders and founding director of the Center for Depression Research and Clinical Care at UT Southwestern Medical Center. “You are, by definition, in those situations,” he said. “You’re dealing with people when they’re most subject to being hurt.”

Dr. Russell Toll, a UT Southwestern psychiatry assistant professor and Army combat veteran who served in Iraq, defined one key coping measure as “informed pragmatism,” the journalist’s resilience developed from understanding the physical science that informs an experience. “With better understanding we can cope better,” he said. “You understand the science behind what you’re experiencing, a mechanical problem for which there’s a mechanical solution. These are human conditions. This is what results from doing the critical work that needs doing. It’s part of this journey.”

Trivedi and Dr. Elena Newman, a University of Tulsa psychology professor, both said news organizations bear responsibility to address the anxieties journalists may develop from deadline pressures and even the nature of the assignments. Newsroom culture can contribute to the problem, and Newman cited when entry-level journalists are handed the public safety beats that routinely expose them to crime coverage, accidents and fires. “It can’t help but change your world view,” she said. “If you have a constant diet of it, your world view is going to change.”

Newman also is the research director for the Dart Center for Journalism and Trauma (she directed the center’s satellite office in New York City after 9/11). She noted that with shrinking newsrooms have come fewer opportunities for more experienced journalists to serve as mentors. “This is a real issue,” she said. “How can we create more role models?”

Trivedi said news organizations have plenty of financial incentives to build and maintain healthier work climates. “They should make (mental health) part of their regular vocabulary,” he said. “They can engage with insurance companies to deliver healthcare for employers. Their own bottom line will improve.”

Perhaps journalists can address the anxieties on their own. “It’s (stress) an occupational risk,” Newman said. “But it’s not destiny.”

–Robert Bohler

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OVER & OUT | John Dycus

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In an accompanying Q&A, Johnny Cash: “Definitely worth a read. …

Time to front page the issue,” Roger Summers explains the consequences—and combat mechanisms—of failing reading scores. …

Two journalists from Knock LA, a nonprofit, independent news website, filed a lawsuit against the Los Angeles Police Department for violating their First Amendment rights. …

In her book, Homelessness, Homegrown, an untold story.” — Maya Angelou

“There is no greater achievement than coming back from something that was near and far.” — Martin Luther King Jr.