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Connecting - April 17, 2018

1 message

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Tue, Apr 17, 2018 at 9:09 AM

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Connecting

April 17, 2018

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Colleagues,

Good Tuesday morning!

Colleague **Christine McKnight** tells the story of how an out-of-shape, former AP editor became an Ironman.

It's her own story.

She began her triathlon and Ironman journey after she left the AP, but the AP is certainly part of her story - and her life.

What it's all about? "Persistence, never quitting and always believing in yourself," she writes in our lead story for today's issue of Connecting.

It's never too late.



1968 was a signature year in terms of major news events - North Korea captured the Pueblo, the Tet Offensive in the Vietnam War, the assassinations of the Rev. Martin Luther King and Bobby Kennedy, Apollo 8 orbiting the moon...

How about in your professional or personal life. Anything to share about the year, as we look back at it from 50 years later?

We've heard from several of you - and will publish these memories in Wednesday's edition. Send along your own memories today.

Paul

You're Never Too Old:

How an out-of-shape former AP editor became a three-time Ironman finisher in her 60s



Chris and Jim McKnight at Ironman World Championships, Kona, Hawaii, 2013

By Christine McKnight (Email)

About 18 years ago, a respected local swim coach advised me that I would never cross the finish line at an Ironman-distance triathlon because I was not a good enough swimmer. Hah! That was just the incentive I needed to go for it.

Since then, I have completed three Ironman distance races, all in my 60s, including qualifying for and competing in a world-class field at the Ironman World Champ Championships in Kailua-Kona, Hawaii, in 2013. My most recent Ironman finish was last July at Ironman Lake Placid, where I was the oldest female in the field, at age 69 years and eight months.

My journey from middle-aged couch potato to Ironman-caliber triathlete has been strewn with challenges and stumbles, but also filled with sweet rewards and validation. It's taken me a quarter of a century. But that's what it's all about: persistence, never quitting and always believing in yourself.

When it comes to fitness, and triathlons, you could say I am a late bloomer. As an editor and reporter with The Associated Press from 1969 to 1979, with postings in Dallas, Kansas City, Detroit and Albany, I devoted all of my energies to the job, and loved every day of it. I was lucky enough to work with some of the legends of the AP's Capitol Bureau, including the late Howard Clark, the late David Shaffer, Mary Fiess Shaffer, the first female AP Capitol bureau chief in Albany and later my job-sharing partner at the University at Albany; Peter Slocum, Marc Humbert, Charlie Hanley and Denis Gray. Our bureau chief was Ed Staats. The job was all-consuming, and I can't say I paid much attention to fitness.

What changed? I looked in the mirror one day in my mid-30s and didn't like what I saw: an out-of-shape woman with bags under her eyes. This would not do! By this time, I had left The AP for a public relations job in a state agency with more regular hours that was more conducive to married life with two small children. (I had married AP photographer Jim McKnight in 1971, and we became the parents of Jim III, born in 1978, and Katherine, born in 1981.)

That shocking look in the mirror was an epiphany. I started walking. The walking led to running, the running led to marathoning, and I transformed myself into a very fit 40-something woman. At the age of 50, I embraced a new challenge: triathlon. For the next 12 years, I devoted myself to shorter sprint and Olympic-distance





triathlons. I wasn't very fast, but I was persistent. I was gaining a ton of experience, building endurance, and having a blast -all at the back of the pack.

At the age of 62, I decided I was ready for the ultimate challenge: completing an Ironman race, which consists of a 2.4-mile swim, 112-mile bike ride and a marathon (26.2 miles) - all in a period of 17 hours or less. I connected with a coach who believed in me, started training in a more structured way, consulted with a nutritionist, stepped up my strength training regimen, and spent hours at the pool refining my swim stroke. My first Ironman race was Lake Placid in 2012, in a time of 15:47. Sweet!

Do you have to give up the rest of your life to be a triathlete? No. You just have to incorporate triathlon into your life and keep things balanced. Jim and I have been retired now for about 10 years, and we play golf and do many other things together. Typically, I train 5 to 6 days a week, for a total of about 8 to 10 hours a week. As an older triathlete, I take more rest days, and train with a bit less intensity than younger athletes. For an Ironman, I train for up to 12 hours a week, usually because you need to put in bike rides of 70 or 80 miles once a week.)

Christine McKnight is a 70-year-old former AP employee who lives in [Gansevoort, N.Y.](#), 30 miles north of Albany, N.Y. She has completed more than 120 triathlons since the age of 50.



AP a finalist in Pulitzer's International Reporting category

The 2018 Pulitzer Prizes were announced Monday - and The Associated Press was a finalist in the International Reporting competition for coverage of Mosul, Iraq, in the aftermath of its occupation by the Islamic State.



Dana Canedy, the new administrator of The Pulitzer Prizes, announces the 2018 winners, Monday April 16, 2018, at Columbia University in New York. (AP Photo/Bebeto Matthews)

The winner in the category was Reuters and its staffers Clare Baldwin, Andrew R.C. Marshall and Manuel Mogato "For relentless reporting that exposed the brutal killing campaign behind Philippines President Rodrigo Duterte's war on drugs." The AP and BuzzFeed News were selected as finalists

[Click here](#) for the AP story on the Pulitzer results, with the lead:

NEW YORK (AP) - The New York Times and The New Yorker won the Pulitzer Prize for public service Monday for breaking the Harvey Weinstein scandal with reporting that galvanized the #MeToo movement and set off a worldwide reckoning over sexual misconduct in the workplace.

[Click here](#) for a complete list of winners and finalists.

In a note to the AP staff, Executive Editor

Sally Buzbee wrote:

Please join me in congratulating the team of AP journalists who today were named finalists in the international reporting category of the Pulitzer Prizes.

Their fine, courageous coverage of Mosul, Iraq, in the aftermath of its occupation by the Islamic State was singled out as one of three finalists among roughly 60 entries in the international reporting category. This was true all-formats work in the best sense, with deep reporting that captured the suffering and resilience of Mosul's people, and with storytelling that was smart, beautiful and cutting-edge.

We honor these journalists' commitment to telling this important story, when much of the world's attention was focused elsewhere.

Please join me in congratulating Qassim Abdul-Zahra, Maya Alleruzzo, Felipe Dana and Susannah George in Iraq, Bram Janssen in Turkey, Lori Hinnant in Paris, Lee Keath and Maggie Michael in Cairo, and Pete Hamlin, Francois Duckett and Luke Sheridan in New York.

Investigative editor Trish Wilson, based in Washington, was the driving force behind this project and the editor of the text stories. Chris Hulme in New York was instrumental throughout, and Jaime Holguin in New York was a guiding force behind the Ferah's World video. Thanks also to acting Mideast regional editor Dan Perry for his support.

AP

Felipe Dana - AP
Aerial view of destroyed building and shops in the Old City of Mosul, Iraq. The scope of destruction in the neighborhood is comparable to some of the worst urban battles of World War II.

COLLAPSE OF THE CALIPHATE

TRIUMPH AND TRAGEDY IN MOSUL

Associated Press Staff

Click on image above or [here](#) for .PDF of AP Pulitzer Prize finalist entry.

Connecting mailbox

Following Charles Tasnadi's footsteps in Havana

Robert Meyers ([Email](#)) - After finishing a one-year contract photo editing job at AARP, my wife, Mary Jane and I took a trip to Havana over the Easter holiday. To research the place ahead of time, I looked at Charles Tasnadi's work in the AP

Archive. After studying this view, we went up to the Christ Statue and looked down wondering where he stood when he made the attached image. I didn't see him there, but glad to know we'd been following his footsteps around the dusty harbor. He's a shot of me getting a haircut at a barber on the street where we stayed in Old Havana. The cult of Ché is alive and well but so is the older faiths of the Catholic Church and the Yankee dollar.

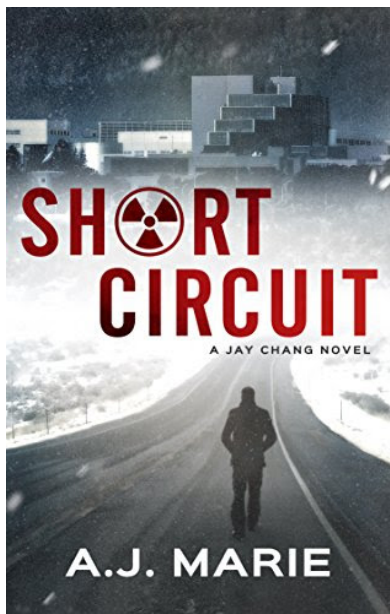


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AP work helped me focus quickly on new and different projects

Bill Wertz ([Email](#)) - Responding to your question about switching gears:

I think working for the AP helped develop whatever innate ability I might have had to focus quickly on a new and different topics. Even though politics was my usual "beat" for most of my career, it was common to be pulled into coverage of something completely unexpected -- murder trials and floods come to mind. In 1973 I dashed away from a political conference of some kind to interview a grandmother who stabbed to death a mountain lion that jumped into her family's camper at a drive-through wildlife park.



I get fewer big surprise stories these days. I'm writing nonfiction magazine articles about interesting people, good places to visit and local economic issues, then jumping into fictional worlds I've created for two new mystery/thriller novels in progress (for anyone interested, Book #1. [Short Circuit](#), under my pen name of A.J. Marie, is available on Amazon and Barnes & Noble.) It can be a challenge to keep track of characters and events in different times and places.

But the bigger challenge for me is switching from the familiar world of telling stories into the totally new world of marketing and social media. Wish I were better at that!

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Connecting sky shot - Lake Champlain



Terry Petty (Email) - Lake Champlain, from the Burlington waterfront.

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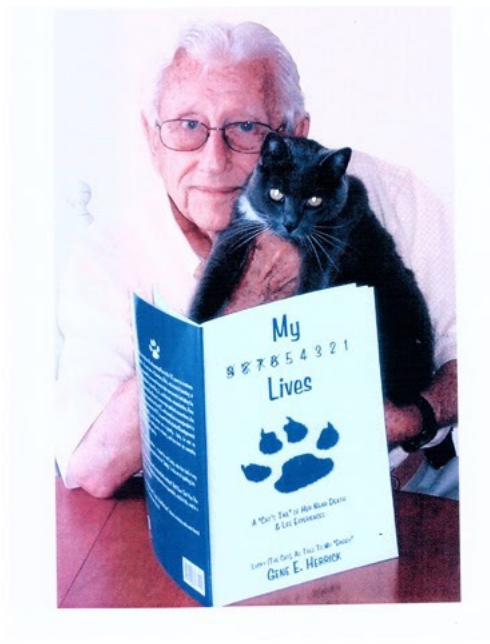
Lucky's Luck Ran Out

Gene Herrick (Email) - Lucky was a precious creature of God, but she really only loved one person. All others were the object of disdain and hisses.

For an old hard-nosed journalist like me, where death and disaster are constant parts of life, it is difficult to understand how the spirit of a little kitten, and now an elderly lady in the cat world, could get so attached, and shed so many tears at her passing into cat heaven.

It was pure hell to go through, watching her die. About three weeks ago, she was diagnosed with kidney failure, Lots of medical care, and lots of tender loving care from her "Father," (me) could not bring her around. Lucky died quietly on Monday.

Lucky was born out in a farm field in rural Franklin County, Virginia, near Rocky Mount. Lucky's mother, a cat of strange mixture, was giving birth to her three babies when a tractor and threshing machine happened upon them. The mother ran just as the equipment came along, killing one of the babies. My lady friend of some years came out just in time to see her "Helpful dog" grab another, but her force ended that kitten's life. There was one left, my baby Lucky. I shall never forget the date, September 1, 2001 (9-11). She had reached the great age of 16 and seven months.



Lucky was no ordinary cat. While living in a cabin, in the woods, and next to Smith Mountain Lake, here first home, she spent 400 hours up trees without climbing down. She would climb some 30 feet up a tree, sit there for days, and finally, because of hunger and thirst, just fall down. Never got hurt. However, she soon became a house cat.

Lucky was also an author, and published a book entitled "My 9, 8, 7, 6, 5, 4, 3, 2, 1 Lives. A "Cat's Tail" of Her Near Death & Life Experiences. Lucky (The Cat), as Told To My "Daddy" Gene E. Herrick. It was published in 2009.

I shall cry like an idiot, but I shall never forget my little buddy.

The AP Solution: Reading Only Associated Press News Could Heal U.S.

BY DAN RATTINER

Dan's Hamptons Media

To end stubbornness and anxiety, take one AP notification every hour.

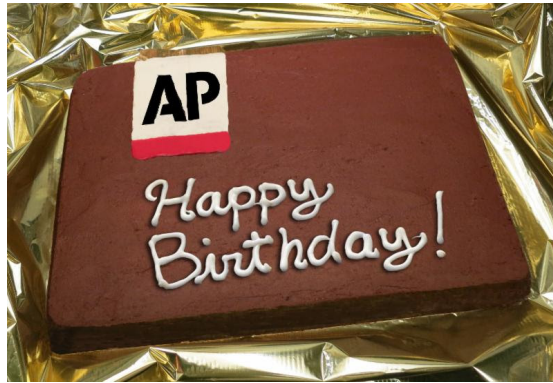
The Associated Press (AP) has more reporters in more cities and towns than any other news organization in America. They provide fair news articles to the media. Yet you don't hear much about them. You will only know they're there when you see the letters "AP" at the start of an article. In The New York Times, this might be one story in 10. In a small daily in Ohio, it might be nearly all the national news articles.

I think using the AP in a certain way can put an end to the hysteria on both sides of the American political spectrum that is tearing this country apart. To calm it all down, get the AP app on your smartphone and only allow "notifications" about news stories from the AP.

Yes, keep your other news apps, the ones that tell you what you want to hear. Tap them. You can still get news on them. Just turn off their "notifications." You're a big boy (or girl). You can make decisions for yourself. And you can protest and vote. But as you stop getting your opinion reaffirmed on your screen every 10 minutes, and instead read the AP, everyone will begin talking to one another again. Provided everyone does this.

Read more [here](#). Shared by Bobbie Seril, who notes: "I'm attaching a piece from this week's Dan's Papers. Both the paper (free) and its publisher, Dan Rattiner, are longstanding Hamptons institutions. His weekly observations are often thoughtful, topical and funny and sometimes poignant."

Connecting wishes Happy Birthday



to

Joyce Rosenberg - psyjourn313@gmail.com

Welcome to Connecting



Diane Duston - dduston429@aol.com

Robert Tanner - roberttanner19@yahoo.com

Stories of interest

As a secretive hedge fund guts its newspapers, journalists are fighting back

(Washington Post)

By PAUL FARHI

Demoralized by rounds of job cuts, journalists at San Jose's Mercury News and East Bay Times in Oakland, Calif., took their case to the public last month. At a rally in Oakland, they handed out a fact sheet detailing the "pillaging" of their papers, accompanied by a cartoon of a business executive trying to milk an emaciated cow.

"Dude! I'd produce more milk if you fed me!" read the caption.

The drawing was a barely veiled swipe at the newspapers' majority owner, a little-known hedge fund called Alden Global Capital.

Headquartered in New York with investment funds domiciled in the tax-lenient Cayman Islands and a clientele that is mostly foreign, Alden has been investing in American newspapers since 2009. Through its majority control of a management company called Digital First Media, Alden owns nearly 100 daily and weekly papers, including such big-city dailies as the Mercury News, the Denver Post and the St. Paul Pioneer Press. The company's holdings are notably concentrated in California, where it effectively owns every major newspaper around Los Angeles and the San Francisco Bay area with the exception of the Los Angeles Times and the San Francisco Chronicle.

Read more [here](#). Shared by Richard Chady.

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Five years ago, I caught the Boston Marathon explosions on camera. Here's what I've learned. (Washington Post)

By STEVE SILVA

I was already feeling anxious at 4:45 a.m. on April 15, 2013. I needed to get to the starting line in Hopkinton, Mass., where at 6 a.m. I would appear live on camera for Boston.com to preview the 117th Boston Marathon.

I planned to host three pre-race live interviews before heading to Copley Square to film the finish line for the next six hours, just as I had for the three previous Patriot's Day races.

For my first "Finish Line Scenes" on April 19, 2010, the idea was to produce a three-minute video that shows the diversity of the runners crossing the finish line - especially the first-time finishers and charity runners - while capturing the raw human emotion at the end of a 26.2 mile run. I shot about five hours of footage for that three-minute online package.

Read more [here](#). Shared by Mark Mittlestadt.

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Veteran journalist acquires San Francisco regional wire service (MarketWatch)

By MAX A. CHERNEY



The Bay City News Inc. regional wire service has been acquired for an undisclosed sum by veteran San Francisco Bay Area journalist Katherine A. Rowlands, MarketWatch has learned.

BCN, which was founded in 1979, provides news feeds to about 100 radio stations, TV newsrooms and newspapers around the Bay Area, and is the only business that provides such a service in the region. Rowlands confirmed the purchase Thursday and said she plans to continue the company's tradition of just-the-facts journalism, as well as establish a nonprofit arm to attract philanthropic support for the company's public service mission.

"[That mission is to fill the growing gaps in news coverage around the region by covering topics and communities that deserve more attention," Rowlands said by telephone Thursday afternoon. "I believe that residents in this area and beyond are distressed by what they see as a growing gap in coverage and want to be able to do something about it. What I'm proposing is a way to make progress."

Read more [here](#).

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Newsonomics: The news world will miss Michael Ferro (Nieman)

By **KEN DOCTOR**

On Friday afternoon, Tronc announced that its lead shareholder Merrick Media, led by just-resigned board chairman Michael Ferro, was selling its entire stake in the company. McCormick Media - managed by Sargent McCormick, a distant relative of the McCormick family that controlled the Chicago Tribune for most of its long history - is the buyer of Ferro's 9 million shares. As we sort out the impact of the sale on the Chicago Tribune and the rest of Tronc's remaining newspapers, we offer this publishing obit for the would-be impresario who grabbed so many headlines of his own in the last two years.

Michael Ferro loved nothing better than entertaining a room of people with his wit and wisdom. Many of those entertained tell stories about how no one else had to even worry about coming up with their own tales; they only had to sit back and take it in.

Late Friday, ironically just after his beloved stock market close, Mr. Ferro's many associates and former associates found themselves shocked by his passing from the news publishing world. As word spread rapidly across Mr. Ferro's most prized means of transformation, the Internet, many tweeted and shared their wonder of a world shaken by the early departure of Mr. Ferro from his earthly publishing delights.

Read more [here](#).

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L.A. Times's New Owner Plans Big Moves. First Up, Relocating to the Suburbs. (New York Times)

By **TIM ARANGO** and **SYDNEY EMBER**

LOS ANGELES - As a son of Chinese immigrants growing up in apartheid South Africa, Patrick Soon-Shiong spent his afternoons racing through the streets of Port Elizabeth selling the evening newspaper. The job, he likes to say, shaped his views on the power of the press and the plight of the underdog.

"The newspaper is really important to bind the community," he said in a recent interview at his biotechnology company's sprawling headquarters in Culver City, Calif. "It bound us in my world of South Africa, and it's really a voice for the people."



It is a conviction that Dr. Soon-Shiong, a biotech billionaire who is considered the richest man in Los Angeles, has relayed often in the days since he agreed to buy The Los Angeles Times from the media company Tronc for \$500 million. But if his purchase was motivated by a nostalgia for his paperboy days, those who know him say he also wants to secure his place among the city's power brokers, win credit for restoring the paper to its former glory and establish his legacy.

Addressing reports that the sale had stalled, Dr. Soon-Shiong spoke to the paper's employees for the first time on Friday and dropped a bombshell that is sure to prove controversial in the newsroom: He is moving the newspaper from its historic Art Deco building in downtown to the suburban city of El Segundo.

Read more [here](#). Shared by Michael Rubin, who noted: "Once upon a time home of the AP 'night' bureau in Los Angeles. And the place where I decided to switch my college major to journalism after being hired as a news clerk for the Times. It means the loss of a downtown landmark."

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The lasting effect of the Air Force's closed-lip policy (Defense News)

By Jill Aitoro

WASHINGTON - A couple weeks ago, a military brand I have never heard of published a story with the following headline: "Air Force public affairs exposes Spec. Ops aircraft to public despite OPSEC crackdown."

By public, the article meant Defense News - specifically, air warfare reporter Valerie Insinna and Defense News Weekly host Jeff Martin, who spent time in Japan visiting Kadena Air Base, and indeed got an up-close look at the MC-130 operated by the 353rd Special Operations Group. By OPSEC crackdown, the writer is referring to the Air Force decision to slash access to media embeds, base visits and interview until it can put the entire public affairs apparatus through retraining.

To be clear, this wasn't any violation of policy. It was indeed rare access, and I for one am not above basking in the glory of that fact. But what the writer of that article failed to check was the date of the coverage. It happened before the Air Force public affairs crackdown. If our people were to ask for such access today, odds are pretty high we'd be turned down.

Read more [here](#). Shared by John Terino.

Today in History - April 17, 2018



By The Associated Press

Today is Tuesday, April 17, the 107th day of 2018. There are 258 days left in the year.

Today's Highlight in History:

On April 17, 1961, some 1,500 CIA-trained Cuban exiles launched the disastrous Bay of Pigs invasion of Cuba in an attempt to topple Fidel Castro, whose forces crushed the incursion by the third day.

On this date:

In 1492, a contract was signed by Christopher Columbus and a representative of Spain's King Ferdinand and Queen Isabella, giving Columbus a commission to seek a westward ocean passage to Asia.

In 1521, Martin Luther went before the Diet of Worms (vohrms) to face charges stemming from his religious writings. (Luther was later declared an outlaw by Holy Roman Emperor Charles V.)

In 1861, the Virginia State Convention voted to secede from the Union.

In 1895, the Treaty of Shimonoseki ended the first Sino-Japanese War.

In 1924, the motion picture studio Metro-Goldwyn-Mayer was founded, the result of a merger of Metro Pictures, Goldwyn Pictures and the Louis B. Mayer Co.

In 1937, cartoon character Daffy Duck made his debut in the Warner Bros. animated short "Porky's Duck Hunt," directed by Tex Avery.

In 1941, Yugoslavia surrendered to Germany during World War II.

In 1964, Geraldine "Jerrie" Mock became the first woman to complete a solo airplane trip around the world as she returned to Columbus, Ohio, after 29 1/2 days in her Cessna 180. Ford Motor Co. unveiled the Mustang at the New York World's Fair. The first game was played at New York's Shea Stadium; the Pittsburgh Pirates defeated the Mets, 4-3.

In 1970, Apollo 13 astronauts James A. Lovell, Fred W. Haise and Jack Swigert splashed down safely in the Pacific, four days after a ruptured oxygen tank crippled their spacecraft while en route to the moon.

In 1972, the Boston Marathon allowed women to compete for the first time; Nina Kuscsik was the first officially recognized women's champion, with a time of 3:10:26.

In 1986, at London's Heathrow Airport, a bomb was discovered in the bag of Anne-Marie Murphy, a pregnant Irishwoman about to board an El Al jetliner to Israel; she'd been tricked into carrying the bomb by her Jordanian fiance, Nezar Hindawi. The bodies of kidnapped American Peter Kilburn and Britons Philip Padfield and Leigh Douglas were found near Beirut; they had been slain in apparent retaliation for the U.S. raid on Libya.

In 1993, a federal jury in Los Angeles convicted two former police officers of violating the civil rights of beaten motorist Rodney King; two other officers were acquitted. Turkish President Turgut Ozal died at age 66.

Ten years ago: Pope Benedict XVI, during his visit to Washington, talked and prayed privately with survivors of the clergy sex abuse scandal in what's believed to be a first-ever meeting between a pontiff and abuse victims. British Prime Minister Gordon Brown met at Camp David with President George W. Bush; the two leaders sought to dispel doubts about their relationship, showing common ground on a range of issues. Danny Federici, the keyboard player for Bruce Springsteen, died in New York City at age 58.

Five years ago: Fifteen people were killed when a fertilizer plant exploded in West, Texas. Sports returned to Boston two days after the deadly Marathon bombing as the Buffalo Sabres defeated the Bruins in a 3-2 shootout (players on both teams wore "Boston Strong" decals on their helmets). Senate Republicans backed by a small band of rural-state Democrats scuttled the most far-reaching gun control legislation in two decades, rejecting tighter background checks for buyers and a ban on assault weapons.

One year ago: Opening his first White House Easter Egg Roll, President Donald Trump extolled the strength of America as thousands of kids, and some adults, reveled in the time-honored tradition of rolling hard-boiled eggs across the manicured lawn in his back yard. Kenyans ruled the Boston Marathon, with Geoffrey Kirui and Edna Kiplagat winning the race in their debut.

Today's Birthdays: Actor David Bradley is 76. Composer-musician Jan Hammer (yahn HAH'-mur) is 70. Actress Olivia Hussey is 67. Actor Clarke Peters is 66. Rock

singer-musician Pete Shelley (Buzzcocks) is 63. Rapper Afrika Bambaataa is 61. Actor Sean Bean is 59. Former NFL quarterback Boomer Esiason is 57. Actor Joel Murray is 56. Rock singer Maynard James Keenan is 54. Actress Lela Rochon (LEE'-lah rohn-SHAHN') is 54. Actor William Mapother is 53. Actress Leslie Bega is 51. Actor Henry Ian Cusick is 51. Actress Kimberly Elise is 51. Singer Liz Phair is 51. Rapper-actor Redman is 48. Actress Jennifer Garner is 46. Country musician Craig Anderson is 45. Singer Victoria Adams Beckham is 44. Actress-singer Lindsay Korman is 40. Actor Tate Ellington is 39. Actor Nicholas D'Agosto is 38. Actor Charlie Hofheimer is 37. Actress Rooney Mara is 33. Actress Jacqueline MacInnes Wood is 31. Actor Paulie Litt is 23. Actress Dee Dee Davis is 22.

Thought for Today: "Beware of little expenses. A small leak will sink a great ship." - Benjamin Franklin (born 1706, died this date in 1790).

Got a story or photos to share?

Got a story to share? A favorite memory of your AP days? Don't keep them to yourself. Share with your colleagues by sending to Ye Olde Connecting Editor. And don't forget to include photos!

Here are some suggestions:

- **Second chapters** - You finished a great career. Now tell us about your second (and third and fourth?) chapters of life.

- **Spousal support** - How your spouse helped in supporting your work during your AP career.

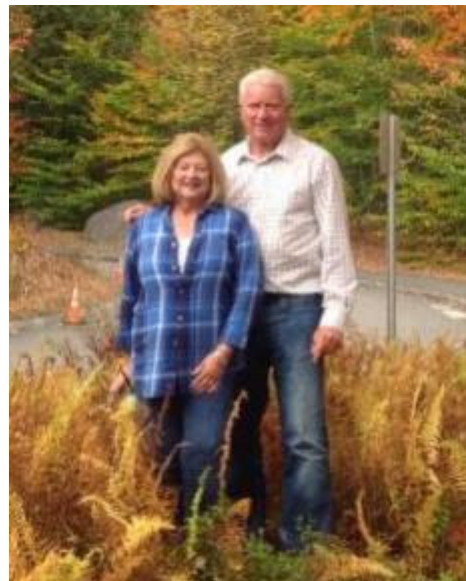
- **My most unusual story** - tell us about an unusual, off the wall story that you covered.

- **"A silly mistake that you make"** - a chance to 'fess up with a memorable mistake in your journalistic career.

- **Multigenerational AP families** - profiles of families whose service spanned two or more generations.

- **Volunteering** - benefit your colleagues by sharing volunteer stories - with ideas on such work they can do themselves.

- **First job** - How did you get your first job in journalism?



- **Connecting "selfies"** - a word and photo self-profile of you and your career, and what you are doing today. Both for new members and those who have been with us a while.

- **Most unusual** place a story assignment took you.

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