

What's Happening

- Each year on June 27th, National PTSD Awareness Day recognizes the effects post-traumatic stress has on the lives of those impacted by it. Post-Traumatic Stress Disorder (PTSD) has a profound effect on the lives of those who suffer from it. According to PTSD United, 20% of adults in the United States who have experienced a traumatic event suffer from PTSD.

Let's Recognize

- Juneteenth is celebrated annually on June 19th throughout the United States. Juneteenth celebrates the emancipation of enslaved African Americans in the United States on June 19, 1865, following the announcement of General Order No. 3, proclaiming freedom from slavery in Texas.
- Caribbean-American Heritage Month was adopted by the U.S. House of Representatives in 2005 to recognize and honor the achievements and contributions of Caribbean people and their descendants in the history and culture of the United States.
- June marks the 52nd celebration of Pride Month, when millions of people come together in support of the LGBTQIA+ community. The nation's first Gay Pride marches were held a year after the Stonewall Riots; the catalyst for the gay liberation movement.
- June is African American Music Appreciation Month. It honors the contributions Black musical artists have made—and continue to make—in American lives and culture. The music created and expressed by Black artists has paved the way for generations of musicians across all races.

Spirit Day Reminder

A reminder that every Katz Media employee has one Spirit Day—an 8-hour day that can be used for volunteer work at a charity or non-profit organization. Visit greatnonprofits.org for ways you can use your Spirit Day this June for Pride and Caribbean-American Heritage Month.

Staff Spotlight: PJ Stack



PJ Stack has worked at Katz since 2010, when he started at Eagle Television assisting with political. In 2012, he was promoted to Account Executive, and over the course of his career has worked with Nexstar, Sinclair and Hearst broadcasting companies. In 2020, PJ moved over to Katz Digital Video, pursuing new business for our Katz OTT and Katz Live platforms. Over the last 12 years at Katz, PJ has had the pleasure of working with some of the best people in the business. He lives in Long Island with his wife, Mary, and son, Nolan.

Content Club

- ▶ [What is Juneteenth?](#)
- 📖 [Pride Month: The Origin](#)
- 🔊 [Carry On Friends, The Caribbean American Podcast](#)

DEI Toolkit

The diversity, equity and inclusion toolkit will serve as a resource corner for terms, definitions, training, and information.

Gender non-conforming
An umbrella term referring to people who do not identify in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category.

[Anxiety & Depression Association of America PTSD Resource Directory](#)