

# The Bernard Journal

‘TIS  
*the*  
SEASON  
*of*  
GIVING

# Giving Tree Traditions Mean Giving with Graciousness

By Kayla Hess '20

The Christmas season heralds in a spirit of generosity and selfless love which is unmatched throughout the rest of the year. It brings out the best in people, and gets to the core of what it means to be human. According to Matthew 5:14-16, "You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in Heaven." There is no better example of this message in action than the annual tradition of the Giving Tree program at many churches.

The Giving Tree program is an event in which people in the community can buy gifts and toys for children in need. For example, at St. Dominic on the last Sunday in November, three Christmas trees are displayed in the gathering space. On them there are tags with a person's name

and what they request for Christmas. The names are those of children from St. William, St. Leo, and St. Dominic parishes. People are encouraged to take as many tags as they can and go out and shop for the child or children. Then, during the third Sunday of Advent, the gifts are returned to the gathering space from which they are delivered to St. Leo's Church for further distribution.

Most people wake up eagerly on Christmas morning and see, with delight shiny and metallic wrapped presents under the tree. However, some people are not so fortunate to have this luxury. It is unfortunate that some children have nothing to look forward to on the most magical day of the year.

The Giving Tree program is a blessing to these families. It provides them with the means to have the Christmas they deserve which they would not have been possible otherwise. Parents probably really appreciate that their kids are waking up to a happy Christmas.

It has been said many

times and in many ways, but, Christmas is never truly about the presents. The Giving Tree program does not just give children physical items. It bestows upon them joy and hope for a better future. These things that they receive let them know that they are wanted, they are seen, and that they are loved. No person ever wants to be left behind, and with this program, they don't have to be.



**The Bernard Journal** strives to entertain, inform, spark conversation, and provide a snapshot of student and community life. The content of The Bernard Journal is determined by Seton High School's Journalism Class and aims to reflect Seton values. Opinions expressed are not necessarily those of the faculty adviser or of the administration of Seton High School.

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Each tag that comes from one of the Giving Trees has the recipient's name listed, their gender, and their age. Also included is another tag which has a list of things they want for Christmas. There are fun items such as toys, books, and games to satisfy their desires, as well as necessities such as hats, gloves, and coats to keep them warm during the cold winter days and nights.

Photo Credit: Kayla Hess

# Explore the Not-so Boring ‘Nati

By Alayna Steffen '20

With Christmas break coming up, there are more things to do in Cincinnati than you might think. Here's just a few things to keep in mind over your two weeks off.

If you like modern art, Blink, or widening your horizons, then consider the Contemporary Arts Center for a fun afternoon. The Contemporary Arts Center, also known as the CAC, is a free museum for modern art.

New exhibitions last for a few months and there is always something to do while there. The space is currently filled with Robert Colescott's bright, big, and beautiful paintings. There are 85 pieces in this exhibition and his artwork embraces diversity and challenges social norms. This exhibition will be replaced after January 12th, 2020.

The CAC has had exhibitions that are beautiful, large, or even uncomfortable. In recent years there has even been a clown exhibit where the whole third floor was painted bright colors and surrounded by status of clowns.

If the exhibitions in the CAC do not interest you yet, then the UnMuseum on the top floor might fit your fancy. The UnMuseum is an

interactive art floor where there are insta-worthy shot points. It has interactive art such as craft days for kids, the 12+12 music-art

Panera and more.

Also downtown, The UCHealth Ice Rink is currently set up in fountain square. The Rink is open until February, so even if you don't make it out there before Christmas, it is still a fun winter activity. There is even a warming tent offered for events and skate rental at the rink. Admission to the rink is only \$6, but bring enough money for hot chocolate and other treats too!



*Glimpse of the Robert Colescott's massive paintings inside the CAC. Photo credit: CAC*

exhibit of deep space mirrors.

The 12+12 exhibit is an interactive art piece where patrons push buttons and light up boxes of different colors. The deep space mirrors is a collection of mirrors on each wall surrounded by colorful lights that provide an "out of this world" sensation. Every couple of months the CAC switches out the interactive exhibits in the center so the next time you visit it might be worth some good Instagram shots.

Since the CAC is located downtown, there are unlimited options for places to eat after you visit. Nada, a Mexican restaurant is located right across the street. East 6th street alone offers Sotto, Boca, Mr. Su-shi, Bru Burger,

However, if ice skating is not your thing, maybe take into consideration the next festive activity.

A fan favorite. Festival of lights is worth the hype for the perfect family excursion, date, or girls night out. It opened November 16th and will remain open until January 4th. To see more of what this event has to offer see Emily's article on page 3.

Don't feel like going out? Then use your free trial of Disney+! It's not just Disney movies: It includes Pixar, Marvel, Star Wars, and National Geographic. Cuddle up with your best friend, teammate, or mom this winter and relive your childhood with *Hannah Montana*, *Wizards of Waverly Place*, and *The Suite Life of Zack and Cody*.



# Enjoy a Night of Lights!



*The tunnel of lights as soon as you walk in!*

Photo Credit: Mark Dumont

By Emily Haufler '20

Most people around the Cincinnati area brave the cold every year to visit the PNC Festival of Lights Show at the Cincinnati Zoo. This is a tradition for some families that has been around for almost 40 years. The Festival of Lights runs from Saturday, November 16, 2019 - Saturday, January 4, 2020.

***"5,000 hours  
to install 3  
million light  
bulbs."***

The Festival of Lights show was voted #1 for zoo lights in the country by *USA Today* in 2018. The zoo offers discounted tickets at Kroger and you can buy tickets for regular price online. Buying tickets early saves time so you do not have to wait in the cold to buy them. The zoo is also adding another entrance on Erkenbrecher Ave, making it much easier to get in.

Angela Hatke the Digital Engagement and Publicity Manager for the Cincinnati Zoo says, if you are planning on going to the Festival of Lights, there are certain days when it is not too crowded. The best days to visit are Sunday through Thurs-

day. Hatke said the busiest days are Fridays and Saturdays. The weekend after Thanksgiving and Christmas are the busiest. However, the busiest week of the season is between Christmas and New Year's Day. It is better to go during the week to avoid big crowds.

Hatke said there are many steps that go into putting on the light show. She said, "It takes 25 workers, 100 volunteers and over 5,000 hours to install 3 million light bulbs in 10 different colors on 120,000 strings of lights. This equals 284 miles of lights; that would stretch from Cincinnati to Chattanooga." They begin this process in August so they can finish by November. Employees made the switch to LED lights in order to save \$50,000 a year on their electric bill.

Another interesting fact about the lights is they use new lights and reuse the lights from previous years. Hatke said, sometimes new LED lights have to be purchased. For example, for the first time ever they have turned Hippo cave into Fiona's Fairyland."

The average attendance is around 350,000 people. Hatke said that the proceeds go to supporting and feeding our favorite animals at the Cincinnati Zoo.

Hatke also said there are many activities and things for kids to do. They have a scavenger hunt if you are looking to test your knowledge. There are many holiday treats that are available throughout the park. Another fun thing they have is a new Northern Lights, light show. On December 31st from 5pm -9pm, they have a Happy Zoo Year celebration, where you can ring in the New Year early, and still have time to go to your New Year's party. During the celebration they have an early countdown with fireworks.



*The Happy Zoo Year celebration*

Photo Credit: Mark Dumont

# Christmas in France with Madame

By Morgan Mevers '20

Imagine it is the morning of December 25<sup>th</sup>. The weather outside is cold and snowy and there is no school because everyone is off for break. You were too excited to sleep and wake everyone up as soon as possible to gather around your colorfully decorated evergreen tree with amassed presents beneath. This is the holiday of love, joy, and lights! Xmas, Yuletide, Noel, Nativity, whatever name you call it, Christmas is a beloved celebration almost everywhere you go. Just ask Ms. Madelaine who lived on the west coast in France for most of her life.

Approximately 4,208 miles away in another country millions of people, just like you and me, are enjoying their holiday season in much the same way but also with their own unique traditions. Ms. Madelaine explained to me that Thanksgiving is not a celebration in France and so Christmas is the big holiday where family gets together and special foods are prepared. In fact, Ms. Madelaine tells me that, "the most important thing is food." Let me tell you she was not kidding either. It made me hungry just listening to her describe the tremendous feast the families set up in France. It is not a simple lunch where you

might stay an hour, say your hellos, grab your food, and go. This is a special time of year where everyone gets to enjoy foods that would normally not be available and actually lasts from somewhere around one in the evening to five, when you would almost be ready for dinner. It starts out with a serving of two or three appetizers before the main dish, usually something like a turkey appears, and then best of all comes the desert. A special treat at the end of the meal may be a traditional log cake made with cream, cocoa powder, vanilla extract, and other delicious ingredients in the shape which it is named after, a log. I don't know about any of you but I would've been stuffed before the main course could arrive!



"Yule Log Cake"

Photo credit: allrecipes.com

Another beautiful tradition in France that we have in common is the hanging of lights. While as we decorate the outsides of houses or the zoo and maybe some strung along the streets, in France the lights are everywhere and cover everything! Ms. Madelaine explained that while there aren't really special events sometimes just walking outside could take your breath away in the same way.

## Unique Christmas Traditions

- Streets in Caracas, Venezuela are closed down on Christmas to allow people to make their way to masses on roller skates
- In 1974 KFC launched a successful "Kentucky for Christmas!" campaign starting a tradition of a KFC Christmas Eve dinner in Japan
- In Germany, a pickle is hidden somewhere in the Christmas tree and the first to find it gets a special gift
- In Sweden, many families gather around their televisions to watch a special Donald Duck special broadcast at the same time every year
- In Australia, Santa swaps out his warm clothes for summer wear and his reindeer for kangaroos



# Are There Any ‘Toys R Us’ Kids Left?

By Emma Poli ‘20

What does Christmas mean to you? As teenagers and as we continue to grow up we realize the true reason for the season. However, as children, Christmas means Santa and Santa means presents.

Making a list of all the gifts you wanted that year was one of the most exciting things to do: comparing lists with your friends, always adding more at the last minute, and so on. A few seniors shared things they remember asking for when they were younger.

Kylee Fitzgerald remembers asking for a bike. Nowadays, most kids are driving small electric cars

**Apparently toys, games, and things to play with are not hot items anymore.**

or electric scooters; however, nothing could beat a classic Razor scooter or a new bike without training wheels.

Another senior, Laney Martini, wanted something much smaller: squinkies—the petite, one-inch pencil top-

pers that were all the rave throughout elementary school. It seemed as if trading these small items meant you just made a new friend.

Maria Buerkle, like most young girls, hoped to collect every Webkinz that could possibly fit on her bed. Like most of us, she loved unlocking that code, decorating the house, and hearing the familiar greeting, “Welcome to the Curio Shop, I hope you find what you’re lookin’ for.” It was such fun to customize your animal while sitting at the family computer taking up many hours after school.

It is important to be able to look back at these times because most kids who used to ask for these things are at an age now where money and clothes seem to be the only items on their infamous Christmas list.

Asking younger children what they want for Christmas brought answers that varied quite a bit. A lot repeated wishes for electronics such as a phone, airpods, computer, etc.

Apparently toys, games, and things to play with are not hot items anymore. It seems that kids nowadays are so eager to grow up. What’s the rush? There is plenty of time in



A young Maria Buerkle hoping Santa will bring more Webkinz for Christmas. Photo Credits: Maria Buerkle

your life to use a phone or sit on a computer. Your body and mind are only young once.

What’s wrong with a good ol’ Nintendo DS anyway? That used to be the extent of the electronics being asked for. Cooking Mama, Super Mario Bros, and Nintendogs are all just waiting to be played again.

However, 6-year-old, Louie Moorman has his heart set on a Hot Wheels set, which restores hope that toys have not gone completely out of style.



Laney Martini enjoying Christmas as a young girl! Photo Credits: Laney Martini



Louie Moorman poses during a family photo shoot. Photo Credit: Stella Moorman

# Bask in Nostalgic Feelings this Christmas

By Cass James '20

As the holiday season rolls in, the flood of memories seems inevitable. Many who are reading this are teens. We're leaving our childhood and in a couple years – or for some – a couple months, we will be adults. It's scary to think about. Some are ready to enter the "real world" and all the new experiences and responsibility that comes with it. Others, know that it's comforting to stay in a time that we know so well. That's why nostalgia is popular.

Merriam-Webster defines nostalgia as "a wistful or excessively sentimental yearning for return to some past period or irrecoverable condition." While thinking about nostalgia is fun, there's also a psychological reason why we go back to it so often.

Do you ever find yourself, the night before a big test, ignoring studying and getting distracted by watching an old T.V. show or looking through your old stuff? Maybe you flip through your favorite childhood book instead of flipping through your chemistry book. This is actually a defense mechanism which is something you do unconsciously in response to feelings of anxiousness or nervousness. Called "regression," it is when you revert or regress back to a time of comfort. That's why nostalgia may be so popular. Thinking about our favorite

toys, shows, or games from when we were younger takes us back those feelings of safety and contentment we felt.

But reflecting on good times needs no motive. Sometimes it's nice to just look back and think about our past so I interviewed people asking about their favorite childhood memories.



*The Christmas spirit can take us back to 'the good ol' days' and help calm stresses. Photo Credit: Huffington Post*

I started with fellow journalist Ella Hartung. She said that she "...loved making Christmas cookies with her mom." A pleasant and common experience among many of us, but I think I enjoyed listening to her off topic stories about her bike riding mishaps more.

I guess they are right when they say that the way to a person's heart is through their stomach because my boss's favorite childhood memory was very similar. My boss, 76 year

old Alex Vassiliou, owns the Greek restaurant Sebastian's and grew up in Greece. Although he is much older than Ella and grew up in a different country, "come Christmas time, the family would all come together." And together they would "Bake cookies together, give presents, and just be together." That idea of bonding during the holidays

seems to be universal.

So maybe that's why everyone is always so excited for the holiday season. Although it's always stressful, the fact that we all get to regress back to a time when we all felt so much joy makes the troubles worth it.

***"We would bake cookies together, give presents, and just be together."***

***- Alex Vassiliou***

# Black Friday Was So Last Month

By Sophie Kwiatkowski '20

A good deal is something I take a lot of pride in. I enjoy the feeling of searching for a discounted price tag that makes me smile. Don't we all?

A couple of weeks ago, America's largest shopping day happened: Black Friday weekend. In case any of you didn't feel like waking up at 3 a.m., or even better, getting up off the couch after a platter of Thanksgiving dinner, I'd love to share some insight on how I find the best deals all year round.

I ask myself a lot, "Is that really a good deal?" It is hard to walk away from something I set my eyes on, especially when it comes to clothes. However, creating a budget and sticking to it helps not only myself, but my

mom, Cathy Kwiatkowski. She's been a bargain shopper her whole life. She finds joy in finding a good deal, and thankfully has passed the technique on to me.

Sticking to a budget, especially when shopping, encourages me to find pieces that I am going to get the most out of. Retail stores have become my best friend, literally. Patience is key when shopping for the deals. On average, at a store like Gabe's, I usually spend close to three hours sifting through every piece of clothing.

I also take advantage of coupons and promotions. I'm a sucker for a good coupon or even money off my purchase.

Try not to fall for the "buy more, spend less" strat-

egy most companies implement to catch the customer's eye. Reality check, you're usually still paying full price!

Shopping means more to me than buying something. In fact, it gives me pride to look at something in my closet and say, "Wow, I got that for a good deal."

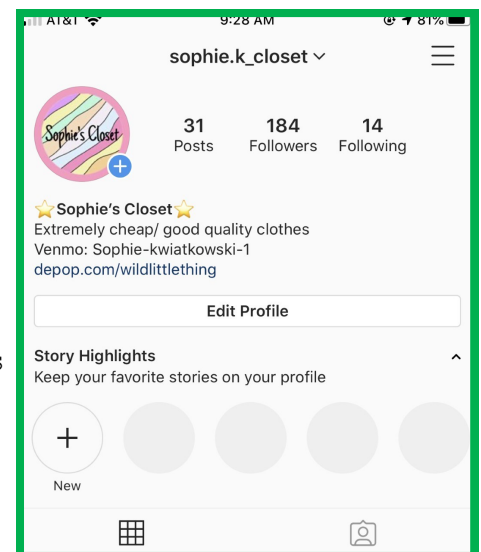
I encourage all of you to find the clearance rack, and stay away from full price items. Being a senior and getting ready for college I never thought money would feel so tight. Most teenage girls love shopping, and budgeting a "shopping spree" will help you to save a lot more in your future, and make you feel good about your purchases.

## Sophie's Closet Corner

Starting in the later months of last summer, I created a clothing account in hopes that I could share my style while still rolling on a budget. I had a crazy amount of luck finding really cool deals, along with some pretty interesting finds. I am proud of myself! Follow my account for more:

- Brand names still with the tags on like Free People, Lululemon, Forever 21, and MORE!!
- A variety of sizes
- Upholds most styles ranging in different ages

Follow my account on Instagram:  
[@sophie.k\\_closet](https://www.instagram.com/sophie.k_closet)





# Serving Up the Truth on Restaurant Jobs

By Mary Fieler

For many teens being paid minimum wage to do far more than the minimum is a struggle. Most teens turn to restaurants as an easy source of income to be able to pay for gas, food, future college debt, but to their dismay they find it's anything but easy.

Working in a restaurant has its perks, especially if it's your first job. It teaches you how to handle stress, get along with people you may not know, and provides an abundance of free food! Casey Bruce, employee at THE F&N Goode Chicken says, "My favorite

part is getting to eat as much food as I want and not having to pay for any of it."

But along with the good parts there always lies a cloud of upsetting qualities. Riley Klumb, a hardworking waitress at Zorba's explains, "I know I'm a good server, but it happens to me a lot where I guess people forget what tipping 20 percent is. It just feels bad to work so hard, and barely get tipped."

It just doesn't seem fair when working a



*Joseph Catania showing us his typical work face! Thanks Joseph!*

Photo credits:  
Joseph Catania

grueling 9-hour shift, and waiting on numerous amounts of people to only see a dollar or two left waiting for you on a table. Do people not realize

teens are trying to be independent and provide for themselves? How are we supposed to try to sustain ourselves when making less than minimum

wage, and getting tipped less than 20 percent?

A common theme throughout the interviews was the wage employees make. It's understandable that working in a restaurant doesn't exactly equal rocket science pay, but it does account for more than just minimum wage. Also it must be taken into account that restaurants most teens work at are not huge million dollar corporate businesses. Casey Bruce explains this perfectly, "I don't really feel I'm getting paid enough, but it is a small business, so I understand."

Another thing that goes along with these jobs is the stress. Riley described her stress level when on the job, and she did not disappoint,

**"I know I'm a good server, but it happens to me a lot where I guess people forget what tipping 20 percent is. It just feels bad to work so hard, and barely get tipped."**

"We only have one cook and two servers, and we have to do all of the many jobs that are required in the front

as well as some in the back. Then people come in and expect to be waited on right away, and I can't describe that kind of blatant stress."

# The Power of Kindness: Key to HOPpiness

By Molly Guenther '20



No one can resist being happy when they see this adorable bunny! Photo Credit: Pinterest

## -WAYS TO SPREAD HOPPINESS THIS HOLIDAY SEASON-

1. Attend a Seton Helping Saints service meeting.
2. Call your grandparents.
3. Bake cookies for someone who's having a bad day.
4. Text a friend a reminder of how much they are loved.
5. SMILE!

Maya Angelou once said, "People will forget what you said, people will forget what you did, but people will never forget how you made them feel." In our ever-changing modern world, it is rare to see someone go out of their way to spread kindness and love. Yet in a new study, there is scientific proof of the power of kindness and its life changing results.

In a study recently publicized by the *Today Show*, shocking outcomes were presented. Even though this experiment took place in the 1970s, it is just now gaining attention.

In the study, rabbits were fed a diet that was harmful and not healthy, very high in fat. Researchers expected that they would not live as long as the other rabbits. However, this was not the case. Because these rabbits had an owner that was kind, nurturing, and devoted, they thrived. "It made the difference between a heart attack and a healthy heart," said Dr. Kelli Harding, who researched the topic.

These amazing and groundbreaking findings can be

used in our everyday life. A. Pawlowski, of the *Today Show*, said that "stress is bad for the immune system, but kindness buffers the stress."

From high schoolers to high level business executives, everyone is stressed and has a busy work load. Yet the difference in someone's health REALLY could be how they are treated by those in their surroundings. This makes sense when put into practice. Are you happier when you are doing something you love with the people you love, or something boring with people who aren't nice?

So during this holiday season, go out of your way to remind the people around you that you care and appreciate them. Not only will this put a grin on their face, but will create a domino effect.

As Gandhi said, "be the change you wish to see in the world."

Everyone is capable of amazing things, and sometimes the catalyst is someone else's kind gestures.



Mr. Rogers is a prime example of a person that exhibited kindness in his daily life. November 13th was World Kindness Day and people were encouraged to wear cardigans in memory of Mr. Rogers. Graphic Credit: IMDB.com

# Good Planning Makes Life Good

By Alaina Olding '21

December, a time of stress. A huge amount of stress. Stress ranging from school work, family, friends, and much more.

Monique Wilson and Kaylee Pedulla, doctors who are part of Children's Psychiatry Unit, gave the following tips for managing stress.

First, know your needs. Every student is different with their study techniques and how much time they need to spend studying for their different subjects, so learn how to use your time wisely.

The best way to practice time management is creating a weekly to-do list. At the start of every week, make a new list with everyday of the week on it. When making this list, leave space between each day so you have space to put your assign-

ments.

After doing this, create another list with assignments and the subjects that you need to study. On this list, add deadlines for assignments and an estimated time for how long it will take to finish the assignment.

After completing list two, go back to list one and add your assignments under each day. While doing this, don't overload one day with assignments. Space them out.

Make the finished list, the first list that was created, something that you follow. This will help limit stress and allow you to know what needs to get done each day. You also know what is ahead of you and when each assignment will be done.

A more simple way of doing this is dividing a piece of paper into two parts. On the left side list your days with room in-between each other. On the right side, write down all the assignments and studying that needs to get done.

Another huge stressor of the holiday season are internal pressure to care and tend to one's friends and families. Everyone's life is like a candy jar, and every candy jar is filled with a person's worries and stressors. One person can only fit so much into their own candy jar. It

can only get so full until the lid needs to go on.

Since no one can stress about every little detail in life and other's lives, you need to control and understand what is worth stressing about. This tech-

What's the problem?	Is it my problem?	What can I do about it?

nique also involves making a list but in a different way.

Divide a piece of paper into three sections. On the first section, label it "What is the Problem?" On the second section label it "Is it my Problem?" And on the third section label it "What can I do?"

The first section is self explanatory, list out what problems are occurring in your life. After listing out what the problems are, decide if it is your problem or not, and be honest with yourself. If not, then the third column should have "nothing" because no one should stress over something they can't control. If it is your problem, then figure out a plan to deal with or solve the problem.

Overall, stress is a normal thing and people are allowed to be stressed. But when it becomes overwhelming, try using these ways to figure it out.

Weekly Assignment Plan			
Day By Day	Assignment List	Assignment Deadlines	Estimated time for Assignment
Space out assignments, don't overwhelm one day			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



# Let's Talk about Your Mental Health

By Ella Hartung '20

According to the National Alliance on Mental Illness, "One in 5 U.S. adults experience mental illness each year." The Ohio Department of Health says, "In a little over a decade, the suicide rate among adolescents, teens and young adults has spiked 56 percent."

Cassie James is a senior at Seton. Since 2017, she has been a part of 1n5's Youth Mental Health Awareness Innovation Challenge and was recently invited to Seton's Hope Squad.

Cassie explains why she got involved in the Mental Health Awareness Innovation Challenge: "I never saw any programs or clubs to do with mental health awareness before, so when I got the email I thought it'd be interesting to check it out."

Cassie further explains, "I joined it and I had a great experience. I heard about other schools and their different mental health awareness programs. We also got to create our own mental health awareness program which was really neat."

Mental health is important to Cassie because it impacts everyone. Everyone has mental health. Cassie says, "Mental illness is extremely common and no matter if you have it, you're bound to know someone else who has it. It's a topic that people usually don't talk about because of the stigma around it and unfortunately people often suffer in silence."

Cassie wants to help break that silence because

it's not something you should be ashamed of and it impacts everyone.

Cassie believes "that students everywhere should have access to mental health support and resources because students are struggling."

Cassie believes that students often don't know where to turn for support or resources and it's important to offer them assistance. "If you're feeling down it can be hard to get out of that rut unless there's someone else to help pick you up. We really don't know how to help ourselves, especially when we are in that negative mindset."

Cassie mentions, "Mental health has a huge stigma and taboo around it. People think that if you start talking about depression everyone's going to instantly get depressed. But that's not how it works at all." And Cassie is right. According to National Alliance on Mental Illness, "A mental health condition isn't the result of one event. Research suggests

multiple overlapping causes."

Cassie continues, "By talking about mental health and mental illness, it allows people to feel more comfortable about opening up about it and getting the help they need."

It's crucial to discuss mental health because "it allows people to get help and not have to suffer in silence and feel like they are alone or isolated."



Cassie, far left, pictured at 1n5's Youth Mental Health Awareness Innovation Challenge

Photo Credit: Cassie James



Cassie with some Seton friends at 1n5's annual Warrior Run

Photo Credit: Cassie James

# Alanna Martella: Seton Grad, WLWT Reporter, and Morning Traffic Anchor

By Audrey McQuillan '20

"When you love what you do, you never work a day in your life!" says Alanna Martella, reporter and morning traffic anchor at WLWT Cincinnati.

At an early age, Alanna Martella knew that journalism was her passion. Growing up, Martella would ask her parents to film home-videos of her pretending to be a news anchor behind the desk. Little did young Alana Martella know that her childhood dreams of becoming a news anchor would come true.

Alanna Martella is a proud Seton High School alumna. Martella says that Seton helped her "grow in confidence and relationships with others." In, addition, Martella mentioned the wonderful guidance of the staff and older students that contributed to the successes in her journalism career.

After graduating high school in 2009, Martella continued her academic career at Ohio University's E.W. Scripps Howard School of Journalism and Communications. Martella graduated from Ohio University in 2014 with a major in broadcast journalism and specializations in political science and theater.

Soon after graduation, Martella received a job offer as a reporter at KTTC in



*Alanna Martella Headshot. Photo Credit: WLWT Cincinnati*

Rochester, Minnesota. Martella was a multi-media journalist at KTTC. She shot her own videos, wrote her own stories, and edited her own videos for the air.

Martella elaborates on one specific story she covered when working for KTTC, "I was sent to cover a fire around 10 p.m. It was super cold in the winter and in the middle of absolutely nowhere. I accidentally turned down a driveway and got stuck in the yard. By this time, it's probably 10:45 p.m. since it was so far out in the country, I had to knock on a farmer's door and ask for help, because there was no cellphone service. An old man who was probably in his 70s answered the door in his pajamas, as I'm crying on the steps about the situation. He got dressed and helped me get the car out. Then I went and continued to cover the story, which turned out to be a raging, devastating fire." Martella recalls this as one of the craziest moments in her

journalism career. Martella now works as a reporter and morning traffic anchor at WLWT in Cincinnati. Her day starts bright and early at 3:30 am at WLWT, and ends anytime between 11:30-3:00 pm depending on the news of the day. While Martella loves

her career as a journalist, she stressed the difficulty of dismissing the negative comments she receives on a daily basis. Martella says, "Though we do get a lot of wonderful messages from viewers, there are also a select few who will email you to point out your flaws or make degrading comments. I've definitely learned to not listen to the mean things people can say."

Martella's early love for journalism as a child has continued into her adulthood. Martella says, "There are the days that you meet someone who says you have inspired them to change their life, or you get a kind email from a viewer saying they love to watch the show in the morning and how they appreciate the information you share—those are the days you realize, man, I love my job. I can't explain how good a feeling it is to know you impact the lives of people on a daily basis. It makes every hour of overtime worth it."