- A freshman year roommate was like, I'm gonna be a bio major 'cause I think I want to go to med school. And like, if you wanna go to med school, you need to just, be a bio major. And I was like, maybe I wanna go to med school. So like, that's how I ended up a bio major. I wasn't really like super passionate about it. I just was like, I think I might wanna be a doctor. But I was good at it,

- Maybe its, Right, okay.

- I was really good at it. So, it worked out, kind of. But I didn't like really, I don't know, I just didn't feel super passionate. And I ended up visiting a med school and I didn't like, I... It was actually crazy. We had the dean of admissions was like giving us a tour. It was in Memphis. And he was basically like, if you wanna be a doctor, you should like, feel it in your heart. You should know, like, this is what you wanna do. And that was like my come to Jesus. I was like, I do not feel that way.

- [Announcer] This is the "ORISE Featurecast". Join host Michael Holtz for conversations with ORISE experts on STEM workforce development, scientific and technical reviews, and the evaluation of radiation exposure and environmental contamination. You'll also hear from ORISE research program participants, and their mentors, as they talk about their experiences and how they are helping shape the future of science. Welcome to the "ORISE Featurecast".

- Welcome to the "ORISE Featurecast". As ever, it's me, your host, Michael Holtz in the communications and marketing department at the Oak Ridge Institute for Science and Education. And today, we're taking a little bit of a new approach to talking to research participants. We're actually talking to a former ORISE intern who worked in the workforce development department. And Matthew, I'm kind of excited about this. It's a little bit of a new direction.

- Yeah, I am too, you know, it's interesting. We talked to so many, you know, participants and like, the current resources they're doing as participants. And so, this is gonna be kind of cool to see, you know, someone that's further along in their career, how they got to be where they are. So, I'm excited for the conversation.

- It's all about where are they now, so.

- That's right.

- So Victoria, welcome to Further Together. We are so glad to have you here, and so glad to learn more about you. Victoria Knight is a, as I mentioned, a former ORISE intern. And she is now at one of my favorite news outlets in the world, Axios. And Victoria, welcome to the "ORISE Featurecast".

- Thank you so much for having me. I really appreciate it. It's gonna be fun to kind of look back on my experience, which now was, gosh, maybe 10 years ago, so.

- Has it been that long? Okay, cool.

- Yeah.

- All right. So, let's start with, Victoria, where are you now?

- Sure. So, I am a healthcare policy reporter at Axios. And so, what that means is I cover healthcare in Congress. And that, it's so much fun. Basically, that translates to me standing in the hallways and running after members of Congress and asking them questions about healthcare, that they sometimes do or don't want to answer.

- Right.

- And also, going to congressional hearings, and covering those, and markups of legislation and when they put bills on the floor. So kind of just following bills through the whole legislative process as well.

- Awesome. And Axios is a pretty new, in the sort of broader landscape of media. Axios is a pretty new media outlet. So, what's it like to be sort of, on the innovative sort of cutting edge of online news?

- Yeah, I mean, Axios, even now they've been around, I think it's about seven years, we still call ourselves a startup. They very much want the culture to be of a new startup. And so, what that means is they allow you a lot of flexibility to kind of explore different things you might wanna do. Like, they're very open to like new ideas. And like for me, like I write a daily healthcare newsletter. So, they're open to like exploring new features for that. And that's kinda what that translates to for me. But yeah, it's fun, and I think that, I honestly think our founders were pretty, like, forward thinking when they founded Axios because as I'm sure you're familiar with, our formatting is bullet points and trying to make our stories really short. But like, getting you the information you need in like a quick amount of time. And so, they started in 2017 and now you see like people's attention spans with TikTok and things like that. They don't have a lot of time for news. And so, I think we make it really easy to digest, but we make sure you have the right information you need. So that, I just love working for a place that has that kind of mission. And even now, I'll talk to people and they're like, I can't read anything that's not like bullet pointed, which seems a little sad sometimes, but like, I get it.

- No, it's "Smart Brevity", actually, it's one of my favorite books ever 'cause you know, it basically tells this whole story of how Axios tells the, you know, the story of the news. And it's something I keep in mind when I write even for our corporate stuff just to like, you know, even though it's not bullet pointed, it's like, get to the point, say it quick. What do I need to know? So I can move on to the next thing.

- Mike Allen would be so happy to hear that.

- Mike Allen, I have to say, Mike Allen and Jim VandeHei are two of my heroes in the media business. So, I love when I get to see them on-air frequently on MSNBC. But you know, when I see them on-air I love listening to them, so.

- Yeah, I can vouch, they're really nice guys. And Mike, the funny thing about Mike, he loves to order way too many appetizers. That's what he is known for. At work again, he'll like just put his cart down and we're like, Mike, we've had enough. And he's like, no, more.

- More. More pretzel bites for everybody.

- Literally, for the table.

- Awesome. So Victoria, you know, you mentioned the company starting at 2017. How long have you been with Axios now?

- I've been with Axios for a year, about a year and a half.

- Okay.

- So yeah, I'm still relatively new, but like, at least I've made my way for a little bit though. Yeah.

- What's your trajectory to how you got to Axios between life at ORISE, and now being at Axios?

- Yeah, so I actually, while I was at ORISE, I decided I was doing comms, and basically I was writing the stories about the program participants for ORISE to use in like, their marketing materials and stuff like that. And I realized like I didn't really like comms to be honest.

- No offense. No offense.

- Yeah. No offense. It has a very important place in the world. But, I wanted to be a journalist. Like, I really wanted to do that. And so, actually while I was working, I started applying for journalism master's programs 'cause I had just graduated undergrad when I started the job at ORISE. And so, yeah, I applied to a bunch of journalism masters. I decided to go to the one that would pay my way because I was like, journalism doesn't make a ton of money.

- Right.

- So, I ended up at the University of Georgia because they offered me a full ride, basically, which was amazing.

- Nice.

- And UGA also happens to have a health journalism like, concentration. So, and I was a microbiology major in undergrad. And I kind of decided my last year that I thought I wanted to be a journalist. But, it's so hard to get journalism connections. So, that's how I ended up at ORISE. 'cause I was like, okay, well I can do comms. And so, yeah, basically, but going back to it, yeah, I did grad school for two years. I did journalism internships while I was there. I worked at the Athens NPR Station. So, I did radio for a little bit.

- Nice.

- And I interned at CNN, that was great. And then, when I graduated I got an internship in DC and that was for investigative reporting center. And they connected like all the students, they connected them with different news outlets that were related to what they were working. Like, I've always covered healthcare basically,

- Okay.

- 'cause I was a bio major and that was kind of just the path that made sense. So, they connected me with Kaiser Health News. I don't know if you're familiar with them, but, they're a nonprofit news outlet that just does

- Okay.

- health reporting. So, I was helping them with a project while I was at the investigative reporting center. And then, Kaiser Health News was like, we actually need an intern once my internship ended. So, I interned with them, and then I was like freaking out. I was like, I need a full-time job. Like, you know, student loans are coming. And so, I was like applying everywhere. I actually got an offer from the Wall Street Journal to intern with them.

- Wow.

- When I told Kaiser Health News, they were like, oh wait, we don't want you to leave. And so, they offered me my first full-time journalism job. That was in 2019.

- Okay.

- So, I have now been like, a full-time journalist for five years, which is great. So, I worked at KHN for about four years, and then I got the job at Axios like a year and a half ago. So.

- Nice.

- Yeah. That's kind of, well yeah. A weird path, but that's where I ended up. So, but grad school definitely was like the way for me to break into journalism.

- So, how did you decide to make that first step, you know, being a microbiology major? How was that first transition into journalism? You said, you know, you felt you wanted to be in journalism. How was that kind of first transition to make that jump?

- Yeah, that's a great question. And this is like, also, I think how I got into grad school 'cause I like had a really good essay about this. But basically, yeah, I became a bio major. I went to UT. So, you know, I'm from Knoxville actually.

- Okay.

- And so, I was at UT and honestly, my freshman year roommate was like, I'm gonna be a bio major 'cause I think I want to go to med school. And like, if you want to go to med school, you need to just be a bio major. And I was like, maybe I want to go to med school. So like, that's how I ended up a bio major. I wasn't really like super passionate about it. I just was like, I think I might wanna be a doctor. But I was good at it.

- Maybe its, Right, okay.

- I was really good at it. So, it worked out, kind of. But, I didn't like really, I don't know, I just didn't feel super passionate. And I ended up visiting a med school and I didn't like, I... It was actually crazy. We had the dean of admissions was like giving us a tour. It was in Memphis. And he was basically like, if you wanna be a doctor, you should like feel it in your heart. You should know like this is what you wanna do. And that was like my come to Jesus. I was like, I do not feel that way. And I was like, he's right. Like, that's a lot of time and money, you know. So, then I was at that time, gosh, I was like, I guess I think it was the, like, the fall of my senior year. And so I was like, I don't know what I wanna do, but I'm about to graduate. And I have a really great professor friend at UT and he was like, I was talking to him about it. And he was just like, I was getting an, I also got an English minor. So, I really wanted to be an English major, but my mom was like, it's not practical. So, he was like, you love writing, you're getting this English minor, like you're good at bio but you don't love it. He was like, what if you looked into science journalism? He was the one that was like, this is actually a career path that exists and I didn't even know that. And so, UT 'cause it's UT, actually had a science journalism class, weirdly enough. And so, I took it my final semester at UT and that's kind of how I fell in love with journalism. But like I said, I was graduating and had no journalism experience. Journalism is super hard to break into. And so, my professor at UT, he was like, Hey, I know of some like comms things I can connect you with. Like, I know you're like got to graduate and have no money. And so,

- Right.

- No job, basically. And so, he was the one that like connected me with ORISE and was like, you should apply for this. And that's how I ended up there. But yeah, I kind of always thought it was journalism, but I needed a job, you know? So.

- Gotcha.

- But yeah, that was the genesis of it. That was a really amazing professor that was like, Hey, these are two things that you like. And then I took the class and fell in love with it.

- So, did Mark Lipman teach that science journalism class?

- Yes. Yes.

- I love,

- Do you know him? Okay.

- I love, yeah. I took that class when I was in grad school back in the,

- Oh my God.

- Back in the early, well, yeah, early to mid nineties. So, yeah.

- He, yeah, truly an angel of a man.

- Absolutely. Life changing.

- And he was so encouraging of me too, which was like something I needed at that time. Yeah.

- Absolutely. That's awesome. That's great.

- That is a great story. You know, so it sounds like, you know, you point to him as one of the many mentors that you've had. You know, talk about mentorship throughout your journey and how that's impacted where you are today.

- Yeah, I mean, that's been a huge part. I definitely would not be where I am. Yeah. Someone kind of at every step. So it was, yeah, Mark. Also my professor, my other professor, he was a sustainability professor. I don't remember his name at this point, but. And yeah, so he was the one that was kind of like, you know, these two things. And then also at ORISE, I will say they were all very supportive. Like I told them like, Hey, I wanna go to grad school. I wanna go do journalism. And I don't know if Craig is still there, Craig Layman.

- Yep. Absolutely.

- Yeah. So, he was my boss for a bit. And also, Bob. I don't remember Bob's last name. But both of them were really nice bosses and I was like, Bob was like, you need a dream big. I was like, oh, maybe I could work for the Knoxville News Sentinel. And he was like, you can do bigger than that. I mean, here I am now. So, yeah. So they were like, I just appreciate that they were like, we know you have another dream and like we're supportive of you working here while you're working towards that. And then, yeah, in grad school, I worked at the NPR Station, I mentioned. And so, I worked alongside this reporter, Alexia. And she also was like, just so amazing in helping me like, just figure out how to become a journalist, you know? It also like, is something you have to learn how to do.

- Sure.

- And so, yeah, she was really amazing. And yeah, when I interned at CNN, all those people, and the crazy thing is like, journalism, I feel like other industries, they're kind of small. Like, everyone kind of knows everyone at a certain point. And so, those connections you make are like really important down the line. Like, CNN called me a few years ago and was like, Hey, we, you know, we remember you from this internship. Do you wanna interview for a job? Which I didn't end up getting, but. Yeah. And so, all those things. But yeah, and now, you know, even my editor, probably now is like my biggest mentor 'cause he's covered healthcare and Congress for a million years.

- Gotcha.

- And so, he helps me all the time. So, yeah. But, it's truly, yeah, I think people need to lean on those people and ask them for help because often, like, they're willing to do it and it helps get you where you wanna go. So.

- Awesome. So, you're covering health policy, you're in the halls of congress, in the halls of government on the daily. Is there a typical day? I'm assuming no. I mean, I know back in my journalism day, it's like there's no such thing as a like, typical anything. And then you add,

- Yeah.

- you add, journalism and politics. So, So, what's a day,

- Yeah, yeah.

- in the life of Victoria Knight like?

- Yeah. Well, so, if congress is in session, which they, I don't know if people are familiar with the schedule, they will come and work for a few weeks and then leave and go work in their districts for a few weeks. So, they're about to be on recess, which is a nice break for me. But, if they're in session working, then usually I'll, you know, I'll go to the capitol. People don't know, but reporters actually have space within the capitol itself to work.

- Okay.

- Like, it's a common space. It's amazing. And so, we all kinda like sit together at these tables and you're working beside people from a bunch of different outlets. So I love, like, it's a very social job. You just sit beside your friends all day.

- Nice.

- And just write.

- Until you have to go chase a senator down.

- Yeah, exactly. So then, basically, how it works is they vote every day at different times. And so, you don't know till the night before what time they're voting,

- Okay.

- basically. 'Cause you know, Schumer or Steve Scalise will decide what time they vote. And so, when they go to vote, that's when you catch them. So basically, reporters will stand in the hallway, and wait for the senators to walk to the chamber to vote, or wait for the house members to walk to the chamber to vote. And then, you run after them and ask them a question based on whatever story you're working on, you know. And so, it's funny because policy reporters like, we're funny 'cause we're asking about random bills usually. And then politics reporters will be beside you and be like, hey, like what do you think about what Marjorie Taylor Greene said or whatever.

- Right.

- So it's like, it's an interesting dichotomy of the capital press corps of like, who is asking what kind of questions. But that's kinda how it works. And so, yeah, we're standing in the hall basically waiting for them to walk by, and you get to ask 'em a question. And then, like I mentioned, so I do more like house stuff. Like, people usually focus on senate do more house stuff 'cause I think the house is more fun. The senators are very buttoned up. The house, they're a little, a little,

- They're a little looser.

- Looser, exactly. Yeah. So, that means I cover the two health committees, which are energy and commerce in ways and means. So, there might be a hearing, or there might be a bill markup or something like that. Usually, there's something happening. So, I might go over to the committee room and listen, and write my story while I'm in there. And yeah. And then, that's basically it. Go back and work in the big press room and write my story and yeah. So,

- Nice.

- And I work with a coworker, but we write a newsletter together. So, we write a daily healthcare newsletter. So basically, yeah. Everyday, I am working on something for that, basically.

- Gotcha.

- And yeah, but we kind of take turns like, who does the story for the day. So, it's not like every day I have to write a whole story. But, I'm usually like, working on my story for the next day or maybe putting like a secondary smaller item, like if my coworker is writing the story for the day. So. But yeah, that's kinda how it works. But yeah, so it is cra-- Like, when crazy things are happening, it is crazy. But usually, I'm not having to cover the crazy things 'cause I'm covering the policy that's going on. Whereas the politics reporters will be like, oh, the house impeached Alejandro Mayorkas, like,

- Right.

- So, they gotta run around, and cover that crazy historic thing happening. And policy reporters are a little more chill. We're kind of like, oh yeah, we're covering this random bill that,

- May or may not get passed.

- Yeah. And that probably won't,

- Yeah.

- Anything happen to it. Yeah.

- Right, right.

- But I get to still be in the environment. And so, that's fun.

- Yeah.

- Yeah.

- That's cool. I love that. You talked about your mom and like, being an English major wasn't gonna be practical.

- Yeah.

- Is she on board with, where you are today? Or is she still like, what are you doing?

- Yeah. No, she, it's funny. She was a little skeptical when I was like, Hey, I wanna go to journalism school. She was a little skeptical about it. And that's partly why I was like, okay, I'm gonna make sure I get it paid for it because I know it is not a career that usually pays a ton compared to other careers. And so, yeah. And she was like, the market is intense. Like, it's very competitive. It's hard to get jobs. She definitely was skeptical, but I've always been able to make it work. I've always like found an internship, worked really hard. And, you know, like... I hope I didn't make it sound easy, but, it definitely wasn't. When I was at CNN, I was so happy I got that internship, like huge for me. I worked at like the health unit in CNN for a summer. But I had no money so I... Because I was still paying my rent at UGA, but it was in Atlanta.

- Oh God.

- And that's like, about a 90 minute drive.

- Yeah.

- And I was like, I can't do that every day. So, I live with my aunt in Atlanta, but she lived in the suburbs. So, I had to drive in the Atlanta traffic for two hours every morning, for that internship, and they paid me 7.50 an hour.

- Oh my gosh.

- I had like no money. Yeah. This is 2017. But, yeah.

- Right.

- And then, when I moved to DC, I did have an internship, but I had to get a second job because they only were paying me for like 20 hours a week. And I like, could not live in DC off of that. So yeah, it was a little bit of a struggle for a bit until I got my full-time job. And journalism is like that, you know. They don't pay a lot, they're interns. It's getting better. Like, they're trying to be more equitable nowadays. But anyways, yeah. So, she kind of stalled that. And was, she was like, once I told her this is what I wanna do, she's like, I'm supportive. But she was, I think, worried. But now, she's so proud of me and is like, she is so happy that I like kind of, this is my dream, you know? And she was really happy that I followed my dreams. And so now she's like, you're so cool. Your job is awesome. Like, she's a fan girl of my Twitter. Like.

- I love it.

- So, but it did like, I just had to be like, Hey mom, this is what I wanna do. And she had to be like, all right.

- Med school's not happening, I'm sorry.

- Yeah.

- So, you talk about Axios, you know, and kind of this new forward thinking mindset of, you know, making the news more readable and digestible for these people that don't have the time to sit down and read these news, longer news articles. Do you kind of see that as a place where all news is going? Now that you think that this is kind of forward thinking, do you see others kind of falling in the footsteps?

- Oh my God, absolutely. It's actually funny and like a running joke with me and my coworkers. One of our big competitors, Politico, as I'm sure you know. And Jim, you know, helped found Politico, so. But, they're one of our big competitors. And they literally, in their newsletters, I started noticing them using, so our big thing is why it matters. That's usually our second paragraph of our stories. And that's supposedly, you know, hits the heart of why should you be reading this story. And I've started noticing Politico will put why it matters in their newsletters. They will like do bullet points and try to like not make their things so blocky. I've seen the New York Times do bullet points. Like, I do think we did kind of start a trend. Even my mom, funny enough, my mom will send me stuff and be like, they're copying Axios. Like, she'll notice a news story now. Like yeah, she's known Axios fan girl. But, yeah. And so, I do think that like Jim and Mike were very visionary with that. And yeah, we've noticed like other people doing it, but I'm like, obviously, we do it the best. But, it is funny. But I do, yeah, and I think it's also just a function of, you know, people have shortened time span. Like I said, you know, TikTok has made everyone be like, I don't wanna watch more than a ten second video or whatever. So, and I also think, we also were, we built ours with the idea of being able to read it on your phone. So, ours newsletters are built so it like looks nice on your phone so you can read it while you're, you know, commuting or sitting after a meeting or whatever. And so, I think also, you've seen others like kind of try to pivot to that mobile thing, but that was always the vision for Axios, so. Yeah. But I mean, I mean it's kind of flattering like other outlets. But yeah, obviously news is in like a weird place right now. So, I think it'll be interesting to see how, you know, news forms continue to evolve over time.

- Awesome. You talked a little bit about some of the obstacles that you've faced in terms of, I mean, certainly economic challenges and, you know.

- Yeah.

- Are there other, any major obstacles you haven't talked about that sort of, I guess, helped you sort of like dig in and be like, I'm doing this, dang it.

- Yeah, I mean, I do think, honestly, similar to what that, you know, med school dean of admissions man said to my class. I do think journalism is like, you have to know in your heart like, I wanna do it.

- Mm

- And like, really, you sh you gotta want it because it is a really tough industry and it's becoming even tougher now. I don't know how much you guys have seen, but like, in the last month there have been unprecedented layoffs in like, across tons of major newsrooms. We're losing lots of local papers. It's just like right now we're at this weird moment where there's not money for advertisement in journalism, really, anymore. And that's where a lot of journalism money came from, was people advertising in the papers and they're like, organizations just don't wanna do that as much anymore. They don't wanna pay as much for it, 'cause of all online and all those things. So.

- Right.

- Yeah. So, I guess my little tangent, not quite answering your question. I do think it's something you need to know you wanna do. And I do think, yeah, definitely, like I said, that the economic things are probably the toughest for me 'cause I didn't grow, I'm not from a family with money. So, I kinda had to to, you know, support myself on my own. And so, figuring out how to do that, which was like getting a second job, living with my aunt, whatever. As far as like, and yeah. And journalism itself is, it's a tough job, sometimes. It can be really fun, but it also can be really tough. I think, just being surrounded by bad news all the time. Like, we're always having to pay attention. I think other people get bummed out by the news and they'll just stop paying attention. Give themselves a little rest. We don't have that luxury. And so, I do think a lot of us are kind of like, very big on how to take care of yourself and self-care because it can be a really dark job. You know, one of my friends works for the Kansas City paper. He is like the DC correspondent. So, he had to cover the Kansas City shooting.

- Sure.

- And so, it's just like those things take a toll on you. And so, I do think that's maybe also a struggle that, is not always highlighted as much, but, yeah. And it's a competitive job too. I think that's another obstacle is just, you have to compete with the other news outlets. You've gotta, like, you're always grinding. There's not really rest. Today's kind of a rest day for me. But, you know, during the week I'm like out there every day. You're on like every day. And so, it's definitely, it's a very unique kind of job. But, I think it's worth it 'cause I, you know, it's important to bring people information. And also, it can also be really fun too, so.

- Right.

- It's a job of like, very high and very low.

- Yeah, yeah. So, Victoria, what does self-care look like for you?

- Yeah, I actually, was trying to evaluate that at the beginning of this year. 'Cause also the job, like I said, it's very social. So it's like, I'm friends with all the other Hill reporters.

- Sure.

- We all sit together every day. And also like, part of Hill reporting is like, the relationships you make with the lawmakers and the staff. That's how you get stories often too. And so, and there's like, you know, lobbyists, there's this whole like, Washington industry complex around the capitol. And so, there's always happy hours. There's like, I was at a journalism general last night. There's always like, there's nonstop networking. That's another aspect.

- Right. Right. You're always on, right?

- You're always on all day and at night also. And so... but I threw myself into it once I started doing Hill reporting, 'cause I was like, that's how you're successful, is you gotta know everyone. You gotta like, get people to text you back, gotta be their friend. All those things. But, so now I've been doing a year and a half. So, I didn't do Hill reporting until I got to Axios. So, I've only been doing it for a year and a half. Before, I just covered healthcare more generally. So... But I've decided, I'm like, okay, you need to like give yourself some time at home during the week.

- Right.

- Like before I'd be like, I'm gonna be out every night, different happy hour, different work event, whatever. So, I'm trying to set some more boundaries now. 'Cause now I'm a little more established and I have relationships with people. So I'm trying to be like, okay, you need to go home after work like at least one to two days a week.

- Right.

- Like, go on a run, make yourself dinner. For me, those are kind of those like grounding activities, like, taking care of myself. And I love to cook. I just don't have a lot of time.

- Sure.

- So, it's like those kind of things. Like a hot yoga class, watching TV with my roommate, something like that is kind of like, just those very essential things, but it makes me feel like a normal person again. So, yeah

- Awesome. Awesome. Last question for you, Victoria. What brings you joy?

- Oh my gosh. What does bring me joy? I mean, I think, like, my friends and community here are probably the biggest thing. I've lived in DC five and a half years. So, when I moved here, I'm from Tennessee like I mentioned. I'm from Knoxville. I went to UT and then I went to UGA. I lived in the south my whole life before I moved up here. And it was kinda scary. I knew like, maybe one other person up here. My cousin lived here at the time. She's gone now. But yeah, I moved here and didn't really know anyone. And so, that was also, I guess, maybe a little struggle too, was at first like, making friends, getting to know people. But, yeah, I think making sure I find time for that community. I have a really great group of friends that I lived in a group house for a few years, which is a big thing up here. Like, there's these huge row houses. They have like five bedrooms. And when you don't have a lot of money, you live in them.

- Sure.

- And so, but it was really beautiful 'cause I moved into this house and I had like a set friend group attached to the house. Like they were, I had four women roommates and they were part of this big friend group in the neighborhood. And so, now that's my, one of my friend groups. And so, we were actually texting about like, you know, driving to Virginia and getting some like dim sum or something.

- Nice.

- So, I think it's like spending time with that community outside of the Hill, and again, yeah. And also, the activities I mentioned like running or cooking, like those things make me happy, reading a good book. Yeah.

- Nice. Awesome. I love all of those answers. So, thank you. Thank you so much. Victoria Knight, thank you so much for joining us to talk about life at Axios and life during and after your ORISE internship. I really appreciate the time.

- Yeah. Thank you so much for having me. This was a lovely conversation. I appreciate it.

- Awesome.

- Thank you so much.

- Thank you.

- [Announcer] Thank you for listening to the "ORISE Featurecast". To learn more about the Oak Ridge Institute for Science and Education, visit orise.orau.gov or find us on Facebook, Twitter, and Instagram @oriseconnect. If you like the "ORISE Featurecast", give us a review wherever you listen to podcasts. The Oak Ridge Institute for Science and Education is managed by ORAU for the US Department of Energy.