

2026 Hall of Honor Goal IV (Community) Award Recipient Lauren Melendez '10



Lauren Melendez is a proud Sacred Heart Academy alumna living out her dream as the morning anchor for CBS Orlando.

A four-time Emmy-nominated and Associated Press award-winning journalist, Lauren has spent the past eight years telling stories that inform, empower, and connect communities. She launched her career in the Midwest as an investigative reporter and weekend anchor/producer before becoming a breaking news anchor. She later joined a top-10 media market in Boston as a weekend morning anchor, where she held a political talkback alongside NBC's 'Meet the Press' moderator Kristen Welker.

Beyond the anchor desk, Lauren co-created and co-hosts a weekly political podcast focusing on breaking down the Florida legislature through bold and compelling analysis supported by insider context, contributes a daily consumer segment for CNN Money Matters, mentors aspiring journalists, trains for an upcoming fitness competition, and volunteers through her church.

Lauren credits much of her foundation and professional success to the values instilled during her time at Sacred Heart Academy. The school's Catholic tradition of faith, integrity, compassion, and service continues to shape how she strives to serve her community, and approaches her work each day. She remains committed to using journalism not only to inform, but to uplift others, amplify underrepresented voices, and call attention to the importance of diversity and representation across all forms of multimedia.