

WELCOME TO 2023 January



National mentoring month: the importance of a great mentor

Isa Riaño

Advertisement Manager

National Mentoring Month is in January, and some Saint Leo University students shared how their mentors have inspired them. Continue reading to learn how having a mentor enhances the college experience in a variety of ways.

Most students regard their fellow Lions a few grades above them as mentors because they assisted them in adjusting to college life.

"Emely Reyes took me under her wing," said Emily Luecke, a junior majoring in communications. "As a senior, she guided me through college events and introduced me to new people."

Other students shared that mentors do not always have to be their age, and that supportive faculty can also become people who inspire them to achieve their goals.

For example, Natalia Dixon, a sophomore majoring in clinical psychology, sees Dr. Michael Bailey, the Director of Accessibility and Career Services as her mentor.

"He has helped me organize my schedule and find resources to help me explore my full potential as a new student," said Dixon.

Being a mentor is just as rewarding as being a mentee, and Saint Leo students strive to help other lions in the best way they can. An example of this is LEAD Scholars, a campus organization that strives to build successful campus leaders.

"My LEAD Scholars mentee is Analisa Green, and mentoring her has helped me brainstorm some advice I can give to her so she excels in college," said Earnest Alexander,

a senior majoring in hospitality management.

In addition to personal satisfaction, mentorship is very beneficial for mental health.

"A mentorship is an additional level of support that focuses on growth in an educational or career development, which is invaluable in terms of mental health," said Anthony Avila, the Sunrise of Pasco County community

prevention coordinator.

Furthermore, some Saint Leo staff agree that mentors are very important for students with disabilities.

"It is imperative that the mentor is educated on the disability and utilizes the compassion that they have gained from their work in responding to their mentee," said Mia Perez, the Assistant Director of Career Services and Accessibility.

National Mentoring Month serves as a reminder to be grateful for our mentors and to those of us who have mentees, to do our best to make a difference in their lives. Let us begin 2023 by recognizing the importance of mentorship.



Different campus organizations, such as the Student Government Union, do not only work to build leaders, but also to mentor other students.

Newsroom

The Lions' Pride Media Group is the student-run publication of Saint Leo University, free from institutional interference from conception to print. We publish in print once monthly, and weekly online at our website and through our social media sites. It is the mission of The Lions' Pride Media Group to provide accurate news and diverse opinions that are important to the Saint Leo community, and our goal is to inform and entertain readers while providing thought-provoking journalism without fear of reprisal. We are located in the Student Activities Building in Office 106.

Letters to the Editor & Advertising:

Send letters to the editor to TheLionsPrideNewspaper@gmail.com. Guidelines: 500 word maximum. Do not use profane or slanderous language. Faculty must include name and rank. Students must include name, major, and graduation year. Include phone number to verify authorship. We reserve the right to edit for grammar, spelling, or libel.

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Raising tuition, raising concerns: Saint Leo's 2023 financial changes

Sophia Sullivan

Editorials Editor

It is no secret that tuition is one of the more important deciding factors in one's choice of college. In fact, according to a poll by USA Today, nearly half (45 percent) of individuals pursuing higher education degrees consider tuition prices as their "top factor" when applying to schools.

On Dec. 9, Saint Leo University students received an email from Student Financial Services, stating that the tuition for the 2023-2024 academic year would see a five percent increase, resulting in a price of \$26,240 per year, compared to last year's price of \$24,990 per year.

In addition to this change, the unlimited meal plan will be replaced with a 19-meal plan and the Student Health Fee will be raised.

Students foresee challenges due to these financial changes. Khamille Labbé, a senior majoring in English, expressed her concerns about enrollment rates dropping.

"The more Saint Leo raises tuition, the more students will transfer, drop out, or do whatever they can to pay the least amount of money possible," she said.

Labbé also pointed out that "college is a business and students are the customers." If students continue to leave, there will be few customers left.

"Supply and demand cannot work without consumers," said Labbé.

Obviously, Saint Leo does not want to lose their students. As Labbé points out, for her, "the costs were not equal to the reward."

Chloe Doherty, a freshman majoring in forensic science, is a student from out of state who must consider these costs in the upcoming years. Adjusting her habits so that she can afford housing here at Saint Leo is a priority for her.

"I will have to make changes to the way I eat and spend my free time. I will likely have to get a job in order to keep affording schooling," she said.

For many, college is a dream come true. Many students will do whatever it takes to stay in school.

Khristian Parrish, a senior majoring in political science, stated that he "had to work two jobs throughout the break" so that he could stay at Saint Leo.

Similarly, Labbé "was willing to sacrifice her savings and anything else to assure [she] got to go and stay in college."

This is something that

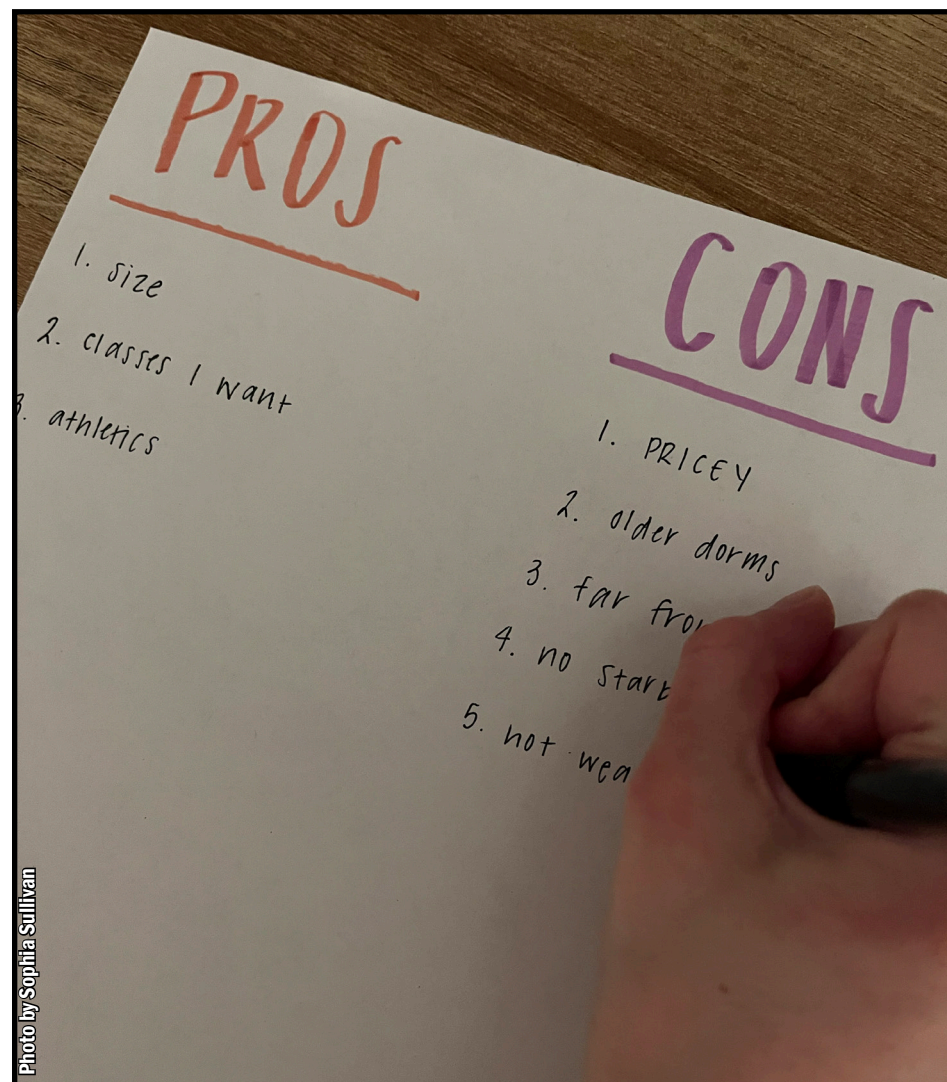


Photo by Sophia Sullivan

When it comes to tuition, students must weigh the costs and rewards of each college.

students must consider in times of inflation and tuition rate increases. Are they reaping enough benefits for the money and time they put into it?

Students like Labbé and Parrish would be content with paying additional tuition if they knew the extra money they were paying would go towards the renovation and improvement of current facilities.

"The dorms need to be remodeled and recarpeted, the dining hall needs upgrades or a contracted company, or there needs to be raises for the staff," said Parrish.

Private schools, such as Saint Leo, are known for their higher tuition rates. Most students would gladly pay more should they see improvements in areas that make their money worthwhile, and for the correct reasons.

"I'm for raising tuition if it's for the benefit of the students and people on campus," said Labbé. "But I'm not for raising costs just to make

Saint Leo a competitive market compared to other schools."

While it seems like Financial Aid could be the solution to the issue at hand, the scholarships they are offering may fall a bit short.

Tuition is increasing by \$1,250 dollars, but, according to Saint Leo's website, most scholarships are only increasing by \$1,000 dollars each.

That extra \$250 may not seem like a big deal, but it could mean the difference to some students who depend on those scholarships.

Above all, Labbé calls for "more communication" between the college and students, "for an effective transaction."

Evidently, these issues are incredibly important to students. Students are calling for a reform in the ways they see their money being used. They want to see Saint Leo thrive, but only if they are aware of where their additional money is going.



Money is a central factor in the lives of college students — what they spend it on must be considered wisely.

Students react to Saint Leo's meal plan change

Isa Riaño

Advertisement Manager

Saint Leo University sent a mass email to all students on Dec. 9, informing them the unlimited meal plan will be discontinued for the 2023-2024 academic year and that the university "will now offer weekly 19-, ten-, and five-meal plans for resident students." However, Lions living in dorms without a kitchen must purchase the 19-meal plan. Furthermore, the email stated that meal plans for students and commuters will cost an additional 6.67 percent on average.

Several students were shocked with this change, as 19 weekly meals are less than three meals per day.

"I do not understand why they made this change. Students need more than the bare minimum to eat," said Caroline Magill, a freshman majoring in environmental sciences.

Other students were concerned about the price increase, noting that the 19-meal plan will be more expensive than the unlimited meal plan, despite offering fewer swipes.

"I would expect my investment to have added value if I am paying more," said Jose Lopez, a freshman majoring in criminal justice. "I love Saint Leo, but the constant increase in room and board charges discourages me at times."

When approaching the issue from the perspective of dining services, staff mentioned that there is a reason behind the change they made.

"The unlimited meal plan will be discontinued based on data demonstrating that students use the dining hall no more than 19 times per week," said Justin Bush, the director of dining services. "The 19-meal plan means that the dining hall will serve the same number of meals as usual, but hot meals will be served with brief breaks in between."

Bush also stated that, with the change in meal plans, staff will work to improve the quality of food for students.

"Making this change will allow us to keep everything fresher and clean more effectively," said Bush.

Despite understanding that the dining hall staff has a reason behind making this change, several students would like for this to change at some point.

"Getting all these emails makes my life as a commuter more enjoyable," said Manuela Coca, a freshman majoring in business. "I hope things improve for those who live on campus."

However, Saint Leo is planning to make this change permanent.

"Dining Services has and will continue to offer 19 meals per week. This will not change," said Bush. The dining hall staff wants students to understand that, due to inflation,



Saint Leo students enjoy events hosted in the dining hall every year, such as Moonlight Breakfast.

they must also make a larger investment in food.

"Food prices are rising at an average of eight percent nationally; therefore, we must ensure that we have enough money to feed our students," Bush said.

In the 2022-2023 school year, the unlimited meal plan costed \$3,350 per semester, but now the 19-meal plan will cost \$3,520 per semester. In addition, the 10-meal plan cost changed from \$2,225 to \$2,335, and the 5-meal plan cost changed from \$1,115 to \$1,170.

Bush also aims to address students' concerns by bringing awareness to other food options that will be offered to students.

"We will continue to offer

the 'Penny Meal,' which is available in FUZ Eatery, as well as Bonus Bucks to students who choose the 19-Meal Plan," he said. "In terms of meal swipes, students should choose the option that best meets their dining needs based on their housing choices."

Furthermore, Bush draws attention to the fact that Saint Leo's meal plan options are similar to other universities.

"This type of meal plan is consistent with our peer institutions," he said.

Some Lions are frustrated despite knowing their options and understanding the reason behind the change, and they hope Saint Leo reconsiders this decision.

"Hopefully Saint Leo listens to us more," said Magill. "I have already heard a lot of complaints about this."

There have been several student concerns about the new meal plan change, which will go into effect in the 2023-2024 school year; however, dining services is hopeful that it can address them in the best way possible and provide students with better food quality moving forward.

Students interested in finding the exact new tuition and meal plan costs for the 2023-2024 school year can do so through the Saint Leo website or visiting the following link: <https://www.saintleo.edu/sites/default/files/2022-12/2023-2024-Tuition-and-Fees-Campus-Undergraduate-11-2022.pdf>



Some Lions have said that they go to the dining hall to enjoy good food and hang out with their friends.

Photo by Isa Riaño



Photo via Satyne Doner.

It's too easy for adolescents to become swept up in social media, and they often let it dictate their lives and body image.

Dear college students: Here's why 'New Year, New Me' is lying to you

Satyne Doner
Arts & Culture Editor

Dear college student,
It is January 1. You roll over in bed and stare into your phone screen for the first time today.

Immediately, you are confronted with video after video, photo after photo, with the following captions:

"Here's how to lose 10 pounds of stubborn holiday weight this month!" One reads.

"Download this app and get started on your New Year's Resolutions today, it can help you fix all of your bad habits," says another. "30-day guarantee."

Of course, these captions are fictional, but they are not far from the truth of what an average adolescent sees day in and day out. The pressure put on college students like you to 'be better' is immense. Every single aspect of a college student's body and mind

is commoditized and, in the eyes of most social media platforms, can be made better by a quick fix. That quick fix could be an app, a product, a diet, or a Build-A-Butt workout program.

In fact, according to the Mental Health Foundation, 40 percent of teenagers and adolescents worry about their body image and cite social media as the source.

So, dear college student, how does this relate to your New Year's resolutions?

Let me be clear. It is not that making a resolution for yourself is bad. Taking some time to reflect on the past year and set goals for the one ahead is not a bad thing at all. However, these goals can be severely skewed because of social media.

Immense pressure from the culture that we live in can lead to unrealistic goals and expectations for young, impressionable minds. No, college student, you do not need

to lose 10 pounds and clear up your skin by February 1. You do not need to work out twice a day and only make Bella Hadid's favorite salad to eat.

Here is what you need to do: be smart about your goals. Julia Ahaus, a graduate student in her second year of Saint Leo University's MBA sports management program, has ideas on how you can do just that. She also runs the personal training program at the Wellness Center. She noted that, usually, there is a large surge of students in the gym at the beginning of the year, but those numbers start dropping off drastically around March. She shared insights on how students can be more consistent, realistic, and kinder to themselves with their goals and New Year's resolutions.

"The major reason why people struggle to keep their resolutions is because they are unrealistic to achieve in the given time, counting in factors like schoolwork, life, and friends," said Ahaus. "When goals are unachievable, confidence and motivation often decrease, which leads to people not keeping their resolutions."

Ahaus also believes that social media can be detrimental to setting these goals.

"The media shows us unrealistic body images," said Ahaus.

"This can be harmful to both mental health and body image."

So, dear college student, what can you do this year to make sure your resolutions stick? There are certainly ways to not get swept up in the hype of social media. Right?

"Be honest with yourself," said Ahaus. "Is (your goal) something you can do with your other responsibilities? If the answer is no, make it a bit more achievable. The important aspect is to create new long-term habits that can be held up ideally for the entire year. Once a habit is created, we can build on those at our own speed."

At the Wellness Center, Saint Leo students like you can enjoy free group fitness classes every day besides Sunday. They have a little something for everyone- from Pilates to cycling and even gym introductions if you are just starting out. Just visit their website at wellness.saintleo.edu and click on the "group fitness" tab!

College student, I want to leave you with this: in 2023, be gentler with yourself. Be realistic, but not harsh. Do not overextend yourself to fit into an ideal that society sets up for you. Do what feels right, and you are already halfway there. Happy new year!

Outlook is overrun with spam messages

Ryn Williams
Layout Editor

As a new semester begins, Saint Leo University students return back to Outlook, only to find that their email has been completely spammed by fake employment opportunities.

The Department of Information Technology (DoIT) can't seem to combat these bots fast enough.

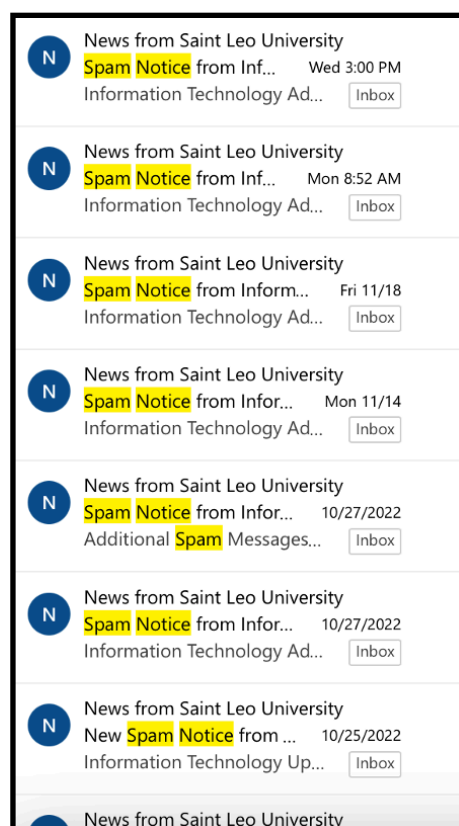
One email, written Dec. 7, 2022, reads, "A spam message has been detected on our network and is being sent to many individuals within the university by email...If you have received this email (even if it is from someone you know), please delete the message immediately."

They encourage students who inadvertently opened the link to open a Help Desk ticket by sending an email to helpdesk.saintleo.edu.

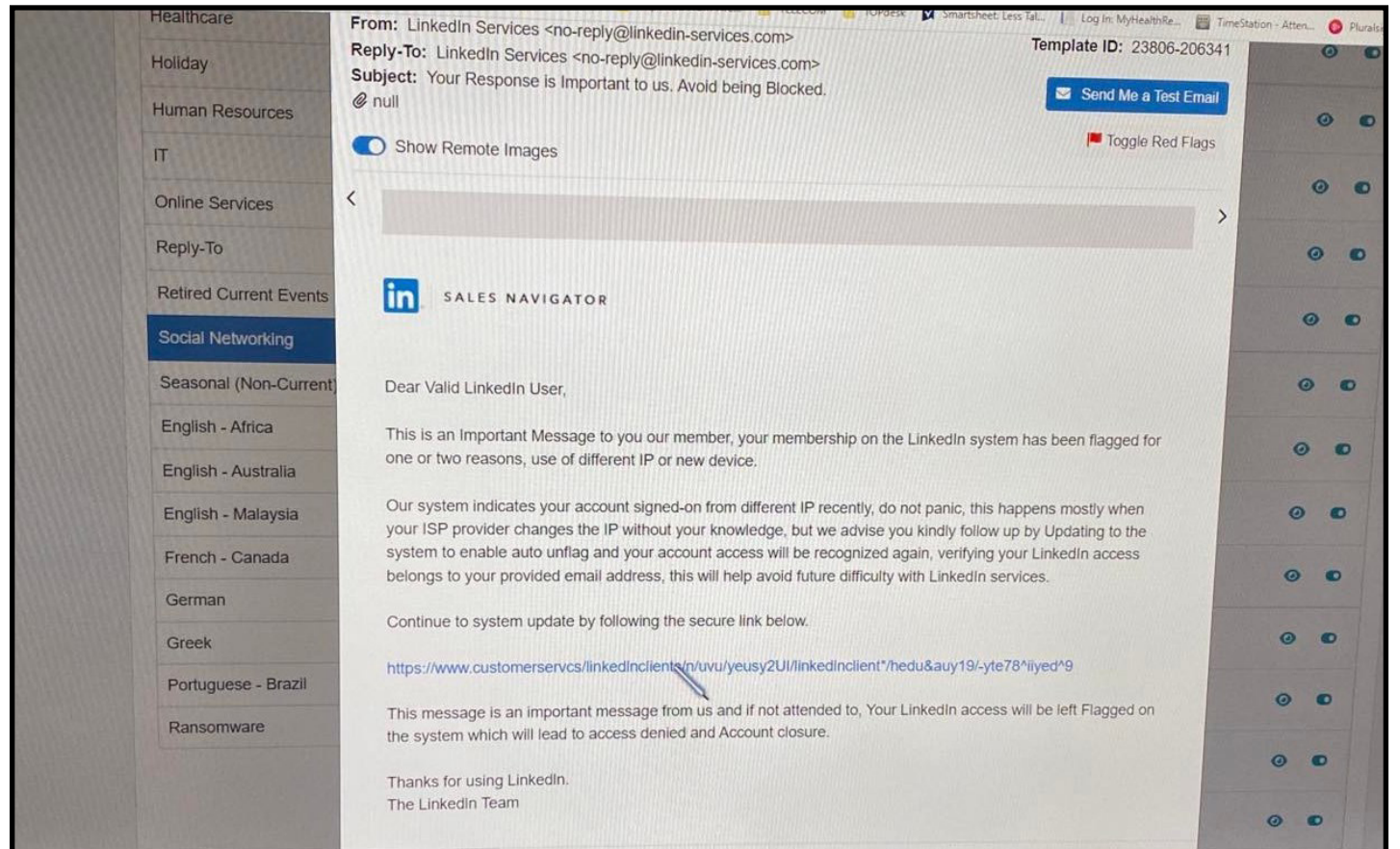
Many students are fed up with the spam.

Cole Washko, a junior majoring in English with a specialization in professional writing and a minor in marketing, always deletes the emails, but agrees that the frequency is irritating.

"It's concerning that my school email – which is meant to be for work – is being leaked to anonymous sources," said Washko.



Outlook users receive spam so frequently, they even get spammed by spam notices.



The helpdesk sometimes sends out emails designed to test faculty and staff's responses to real scam emails.

"The school needs to take more accountability because it's ridiculous."

Lizzie Zacharias, a senior majoring in medical humanities on the pre-med track, also finds them annoying.

"I never respond to them," said Zacharias.

Zacharias wants to know who is sending these emails. She's even received some from freshmen.

Not even alumni are safe. Ryn Christoff graduated with a degree in digital communications in the fall semester of 2021.

"I still use my Saint Leo email," said Christoff. "It's one I use for important emails I can retrieve easily."

However, the important emails are being buried under the spam.

"They are very annoying. It worries me that, because of the frequency and the fact that they come directly from Saint Leo emails, people may be vulnerable from falling for these spam emails," said Christoff. "It also makes me question the privacy and safety [of] the Saint Leo email system. I really think that something should be done about them."

It's possible that Saint Leo community members – whether they are students, faculty, or staff – can have their accounts compromised by these scam emails.

This is called "phishing."

Merriam-Webster defines phishing as "the practice of tricking Internet users (as through the use of deceptive email messages or websites) into revealing personal or confidential information which can then be used illicitly."

So far, it seems like these spam emails are being sent to hook more Outlook users into giving away their passwords which, in turn, continues the spread of scam messages.

Even faculty and staff are tired of the spam.

Dr. Lee Hobbs, an associate professor in the department of language studies and the arts, feels as though the emails are a "nuisance" and a waste of time.

"If I had to sort through less spam every morning, I could spend more time writing quality replies to my actual students' email messages, instead of these artificial non-students," said Hobbs.

It's likely that, if one were to click the links being sent out, their Outlook account would be put at risk.

"Since it's such a problem, I feel like [DoIT] needs one full-time officer that does nothing but root out the spam messages before they even hit our inboxes...It would be nice if a larger filtration system was handling and pre-sorting the bulk

of the junk before it all comes into our inboxes," said Hobbs. "All my students are complaining about it this term."

Interestingly, multiple links that were sent out to Outlook users were crafted in Frankfurt am Main, Germany. The source was found by using a URL scanning tool, which allows internet users to inspect suspicious links without having to click on them.

DoIT was reached out for comment.

Dennis Gonzalez, the assistant director of user support and helpdesk services for DoIT, wants to make students aware of possible scams.

"The only thing we can do is educate. You know, this is what it looks like, this is what you should be looking for," said Gonzalez. "And there's no problem reaching out to the helpdesk to question something."

Gonzalez stresses that students should not forward suspicious emails, and should instead include a screenshot of the email in their ticket to the helpdesk.

There are more types of scams other than job offers that seem too good to be true.

During Hurricane Ian, hundreds of emails went out to the Saint Leo community seeking

Outlook is overrun with spam messages, continued

hurricane relief with links promising to help those in need. However, the links led to “hactivist” groups. “Hactivism” is derived from “hack” and “activism,” which is defined as breaking into a computer system for social or political reasons.

Other forms of email scams include impersonation. For example, a scammer might gain access to a compromised account and ask victims to do favors, including purchasing gift cards with the promise of reimbursement.

Darius Lewis, information security officer for Saint Leo, is dedicated to defending community members.

“If I remember correctly, we're stopping about 800,000 pieces of spam a month,” said Lewis. “So when that one or two or maybe three get through, well, that's three versus 800,000 a month.”

Good Day,

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Many of these “phishy” emails are written poorly – for example, lacking commas or containing inappropriate punctuation.

There has been an initiation to include students and alumni in security awareness training. Currently, only faculty and staff undergo security awareness training.

“The only problem with that is everything comes with the costs...Alumni have email boxes, so we need to protect it. So the costs start to go up. But in the same token, what is the cost loss?” said Lewis. “If you're a student, you don't have elevated rights to the critical systems. So do I put the money into protecting the people that have access to the critical systems?”

In an environment riddled with scams, what is the best way to stay safe?

It's important to never click any links from an untrustworthy source. Even if it's a Saint Leo email address, look carefully at the email contents and question it.

Does it sound too good to be true? If so, it probably is.


Have you received the same email copy from multiple sources? That means there's a chance that multiple people have fallen victim to the scheme.

It's important to never

share your password with anyone claiming to be from the university. Additionally, do not share financial information with anyone other than a verified representative of the financial aid department.

Finally, when there is an email that looks “phishy,” let DoIT know. One way to do this would be by sending an email to helpdesk.saintleo.edu and opening a ticket, making sure to include a screenshot of the offending email. Then, after the ticket has been created, delete the suspicious email.

Photos by Ryn Williams

 SAINT LEO UNIVERSITY.

VIRTUAL PERSONAL ASSISTANCE

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Position: Part- Time Personal Assistant/Bookkeeper
 Type: Part-Time Job
 Pay:\$400 weekly
 Hours: Average of 5-7hrs weekly

[In Google anmelden](#), um den Fortschritt zu speichern. [Weitere Informationen](#)

*Erforderlich

Full Name *

Meine Antwort

Full Mailing Address *

Meine Antwort

Zip Code *

Meine Antwort

Cell Phone *

This is one of the forms the suspicious links intend to lead Outlook users to.

Sports Spring 2023 Sports Preview


Pia Perthen

Sports Editor

The beginning of a new year is a chance for new challenges and goals paired with motivation to be better than the year before. This mindset especially applies to the student-athletes at Saint Leo University, who accomplished great things last year and want to proceed to do that with their team this Spring semester. The athletic teams strive to be at the top throughout all NCAA Division II programs.

Baseball

The baseball team had a successful season last year and ended it with a 36-17 record overall. The Lions got eliminated in game five of the NCAA South Regional Tournament against Lee University (9-5) at home in the Thomas B. Southard Stadium. Junior outfielder Bobby Sparling had an impressive season and made the 2022 CCA NCAA Division II All-America Baseball Team for the first time in program history. Head Coach Rick O'Dette said that the schedule for 2023 will be similar to last year's and includes 50 games, including 30 home games.

 Must-Watch Games Home Events Spring 2023		
♀ & ♂ Tennis	Feb. 3	3 P.M. against Ave Maria Uni.
♂ Lacrosse	Feb. 11	12 P.M. against Limestone
♂ Basketball	Feb. 12	6 P.M. against NOVA
♂ Golf	Feb. 19-21	SLU Invitational
♀ Basketball	Feb. 22	5 P.M. against MOCS
Baseball	Mar. 3 & 4	6 P.M. against Purdue NW
♀ Golf	Apr. 16-18	Sunshine State Championship

The season for the Green and Gold men starts at home on Feb. 3 against the University of Alabama in Huntsville at Saint Leo. The team proceeds to play against the same University on the following day (Feb. 4).

The beginning of the NCAA South Regional is on May 18 at Thomas B. Southard Stadium and the start of the NCAA Super South Regional is on May 26 at the same location.

Softball

As for the softball team, they finished their regular 2022 season with a 28-18 record and a 16-14 mark in the Sunshine State Conference. The Lions ended their season with a win against Eckerd University (8-3) on May 7 in St. Petersburg, Florida.

Three successful women from the team have received a Sunshine State Conference (SSC)

All-Conference Award for the 2022 season. Sophomore Alexandra Hare, freshman Isabella Andujar, and sophomore Morgan Shannon all were named to the All-SSC Softball Second Team.

Head Coach Erin Kinberger released a 56-game schedule for the 2023 season, featuring 24 opponents and 30 home games at University Softball Stadium. Kinberger stated that the schedule is designed to be tough and that the team will be more motivated than ever to learn from the past and give their best for this Spring season.

The Saint Leo Lions open up their season in Gulf Shores, Alabama, with two games on Feb. 3 against Auburn University Montgomery and University of West Alabama. The Sunshine State Conference slate will start on Feb. 17 in West Palm Beach, Florida, against Palm Beach Atlantic University. Their first home event in the Saint Leo University Softball Stadium is on Feb. 24 against Barry University.

Men's Lacrosse

In 2022, the men's lacrosse team had a 6-8 overall record and a 1-6 in the Sunshine State Conference record. The team is led by Head Coach Brad Jorgensen, who completed his 17th year at the helm in 2022.

The schedule for Spring 2023 includes seven contests at Saint Leo at the University Turf Stadium. The Lions will have back-to-back home games twice this Spring season, eight night games, and one morning contest. Jorgensen is full of confidence that the team will attack every game with toughness and grit.

The Green and Gold start their season with a home event on Feb. 11 against Limestone University. The team has the Sunshine State Conference Semifinals on April 27 and Finals on April 30. The NCAA tournament starts on May 10, and the NCAA National Championship is on May 28 in Philadelphia.

Women's Lacrosse

The Green and Gold women's lacrosse team had a 7-11 overall record, finishing fourth in the conference in 2022. Freshman midfielder Maria Palomba was named the Sunshine State Conference (SSC) Freshman of the Year,

 Save the Date Div. II NCAA National Championships		
♀ & ♂ Swimming	May 8-11	Indiana
♀ & ♂ Tennis	May 11-16	Lake Nona, Florida
♀ Golf	May 16-20	Eureka, Missouri
♀ Lacrosse	May 19	Indianapolis, Indiana
♂ Golf	May 21-26	Warren, Ohio
♂ Lacrosse	May 28	Philadelphia, Pennsylvania

Spring 2023 Sports Preview, continued

and sophomore Fiona McLaughlin was on the All-SSC Second Team for her work as an attacker.

Under the lead of Head Coach Caitlin Hansen, the team will play 17 games, with nine home games at University Turf Stadium in 2023.

For their first event, the Lions are traveling to Wilson, N.C., on Feb. 9 to compete against Barton College. The Sunshine State Conference Championship has the same timeline as the men's team, and the NCAA tournament for the women's starts on May 10 as well. However, their NCAA National Championship is on May 19 in Indianapolis.

Men's and Women's Tennis

Both teams are supervised under Head Coach Chad Berryhill, and they have concluded their fall portion of the 2022-23 season. Both programs return this season after finishing in the top five in the nation last year. The 2023 spring schedule includes ten home matches for the men's team and nine home matches for the women's team at the Saint Leo Tennis Center.

Berryhill states that both teams are very excited to participate in the Intercollegiate Tennis Association (ITA) National Indoors this year, and he thinks that it will be one of the highlight weekends for them. The date for this tournament is Feb. 17-19 in Indianapolis for the men's team, and the woman will conquer this challenge in Kearney, Neb., on Feb. 24-26.

Both Green and Gold teams will start their season on Feb. 3 with a home event. The SSC Championship will be from April 20-22 in Bradenton, Fla., for both programs, and they have the NCAA Regions a week after, from April 28-29. The NCAA National Championship will be held May 11-16 in Lake Nona, Fla.

Men's and Women's Swimming

The men's team has concluded an overall record of 2-2, and the women's team has a 0-4 overall record for their fall portion of the 2022-23 season. During the Spartan Invite meet at the Riseman Aquatics Center in December, the men lost 133-53, and the women lost 145-

38 against the University of Tampa.

The female and male Lions will start the 2023 spring season under Head Coach Michael Southward's lead on Jan. 13 in Lakeland, Florida, against Florida Southern College. Their SSC Championship will be held in Clearwater, Florida, during Feb. 15-19. The Green and Gold teams have the 2023 NCAA Division II Swimming & Diving Championships from May 8-11 in Indiana.

Women's Golf

The women's golf team started well into their 2022-23 last September in Denton, Texas, at the Wild Horse Golf Club. The team placed tied third out of 16 strong teams with a total score of (+1). Head Coach Lyndsey Bevill is hoping for good scores and a lot of Eagles and Birdies on the golf course from the women for the spring portion of their season.

The Green and Gold will start on Feb. 6-7 in St. Augustine, Fla., on the Slammer and Squire Golf Course. A highlight of the spring will be the SSC Championship at their home course, Lake Jovita Golf and Country Club, from April 16-18. The NCAA Regional Championship will take place at the Chattahoochee Golf Club in Gainesville, Ga., and the NCAA National Championship on the Fox Run Golf Course in Eureka, Miss., from May 16-20.

Men's Golf

The Lions finished their fall season and are excited to start into the second half of their 2022-23 season. Under the lead of Head Coach Chris Greenwood, the men are looking forward to playing good golf during Spring 2023.

Their first tournament of the season will be from Feb. 5-7 at the Lone Palm Golf Club in Lakeland, Florida. The men's golf team will compete in the SSC Championship from April 23-25 at the Normandy Shores Golf Club in Miami Beach, Fla. The NCAA Regional Championships will be held May 10-13 at the Grande Oaks Golf Club in Fort Lauderdale, Fla. If the team qualifies for the



The Green and Gold are getting ready to play their heart out this Spring 2023 season.

NCAA National Championship, they will compete May 21-26 at the Avalon Lakes Country Club in Warren, Ohio.

Men's and Women's Basketball

After a week break for Christmas, both men's and women's basketball teams returned to the gym to begin preparations for their next tournaments. The women's team played against Flagler University on Dec. 30 at Saint Leo in the Marion Bowman Activities Center and defeated them (72-41). Both teams traveled to Miami Shores, Fla., for games against Barry University on Jan. 1, where the women's team lost (72-79), and the men's team lost (67-95).

As of Jan. 7, the women's

team has an overall record of 9-6 and conference 2-5; the men's team has an overall record of 12-5 and conference 4-3.

The female and male Green and Gold have their next tournament shortly before the winter break ends on Jan. 11 in Lakeland, Fla., against Florida Southern College. Classes on campus will begin on Jan. 17, and, the day after, on Jan.18, the Lions' basketball game against Rollins College will be held in the Marion Bowman Activities Center at Saint Leo.

Unfortunately, Men's and Women's Track, Acrobatics and Tumbling, and Beach Volleyball have not officially released their schedules for the 2023 Spring season yet.

Stats		Spring Season 2022			
	Overall	Conference	Home	Away	
♀ Lacrosse	7-11	4-3	6-6	1-5	
♂ Lacrosse	6-8	1-6	4-4	2-4	
Softball	28-18	16-14	16-7	6-9	
Baseball	36-17	20-10	23-8	13-9	

Stats		Season 2022 - 23			
	Overall	Conference	Home	Away	
♀ Basketball	9-6	2-5	6-3	2-2	
♂ Basketball	12-5	4-3	6-1	4-3	
♀ Swimming	0-4	0-4	0-1	0-3	
♂ Swimming	2-2	2-2	1-0	1-2	

* Neutral records not mentioned

Poet to fantasy novelist: Lester Williams Jr.

Ryn Williams
Layout Editor

In Spring 2022, Lester Williams Jr. left Saint Leo University with a degree in professional writing and a dream to continue being published. When he was a young teenager in New Providence, The Bahamas, Williams self-published a book of poetry. It was his first taste of the creative world.

“Despite my love of poetry, I eventually realized that I wanted to do more with the themes I like to explore...,” said Williams. “In my opinion, writing a novel was my ultimate challenge.”

His first novel, “Victoria the Fifth Knight” is just the beginning of a planned series of fifteen books, revolving around the trials of a young soldier becoming a knight and learning to master all seven cosmic energies.

The book opens in the center of a battlefield. Victoria and her team fight an army. The scene is dramatic, urgent, and action-packed.

“The most important aspect of the protagonist that I want my audience to know is that she is not a

rebel that is unhappy with the state of life,” said Williams about Victoria. “Instead, her character is supposed to teach the method of becoming more than what you originally thought of yourself.”

For his novels, Williams coined an original writing style called “hybrid-multi perspective writing.”

“I created the title ‘hybrid-multi perspective writing,’ which represents the fact my writing style combines both the traits of a traditional novel and a play together to create stories where multiple characters tell the story,” said Williams.

Before the action-packed scene of the first few pages, Williams provides the audience with a key to help them better understand the unique style.

“As of now, I plan on just keeping ‘Victoria the Fifth Knight’ and all my future books online,” said Williams. “If any of my books or book series get popular enough, I’ll consider having them be physically printed.”

“Victoria the Fifth Knight,” along with other works by Williams including “The Wrong Group of Girls” and “A World of Sin” are available on Amazon.com.



Williams graduated with a degree in English with a specialization in professional writing. Commencement was held on May 14, 2022.

What new students should know about Saint Leo University

Lester Williams Jr.
Former Staff Writer

Attending university for the first time requires new students to adapt to a different environment and new experiences.

For incoming students, one of my recommendations is to understand the true scale of Saint Leo University’s Main Campus by taking time to walk around the area to better navigate the campus in the future.

It is due to my various walks around the campus that I was able to realize all the services the campus offers which made me feel like everything I needed was within walking distance and appreciate the hard work needed to keep the campus functioning.

I also suggest that new students should try and get out of their rooms in their free time. For me to manage life on campus, it was important that I didn’t spend all my time in my room in the male freshmen dorm known as Benoit because spending time outside of the room is how I made friends, adapted to living on campus, and got the full campus experience.

Due to the anxiety of some students when starting their journey at Saint Leo, orientation leaders such as Audrey Ang, a sophomore majoring in biomedical health science, help guide new students during their first week on campus.

“As an orientation leader, we are the first people new students interact with, so it is important for orientation leaders to be sociable and informative,” stated Ang.

“New students should know that Saint Leo has resources available on campus to help better themselves, whether academically or mentally,” Ang said. “Counseling Services, Career Services, the CAVE... these are just a few resources that are readily available for all students, so it is important to take advantage of that.

In order to help incoming

students make their transition to Saint Leo as simple as possible, Saint Leo created the New Student Orientation (NSO) which brings together various events that incoming students can participate in. These events give new students opportunities to make new friends as well as learn responsibility and the resources that are available to them.

As a result of the support orientation leaders, I felt confident I could adjust to living on campus because I was guided by individuals that Saint Leo trusted to educate me on what it’s like to be a part of Saint Leo University’s community.

Besides orientation leaders, new students should also know that they can rely on the members of the Undergraduate Admissions Office such as Jenna Skrelunas an Assistant Director, to help them make their transition to university life easy to understand, possibly even before they step foot on campus.

“Some of the admissions staff goes out to high schools for visits and College Fairs to recruit new students while others stay in the office and review transcripts and other documents,” Skrelunas said.

“Making connections with your professors, advisors, other staff members on campus, or even your peers can allow opportunities to arise that you would have never even imagined,” she added.

Thanks to the admissions staff, I felt like I always had someone to turn to answer all my questions before I arrived on campus.



Scan here to read the full article online!

Don't trash your clothes – let's trash fast fashion!

Sophia Sullivan

Editorials Editor

It is almost that time again when we purge our closets in the wake of the holidays and the winter months. Spring is coming, and with that comes spring cleaning!

The question is, where do we put all that clothing that we no longer have any use for? Do we throw them in the trash, where they will inevitably sit in a landfill for years to come?

Hopefully, that is not the answer, because according to the Environmental Protection Agency, 11.3 million tons of textiles ended up in landfills in 2018.

This surprising data should be enough to shock anyone into action. However, it seems that fast fashion continues to grow at an alarming rate.

According to the Merriam-Webster Dictionary, fast fashion is “an approach to the design, creation, and marketing of clothing fashions that emphasizes making fashion trends quickly and cheaply available to consumers.”

At first glance, fast fashion sounds like an efficient idea. It helps us as consumers get clothes faster without breaking the bank.

However, these cheap clothes are only cheap because the people making them are underpaid and severely overworked, often in atrocious conditions. These clothes are not made to last; they are made to sell in large quantities.

Saint Leo students weighed in on their opinions of fast fashion and the often-terrible labor practices that come with it.

“It’s all about looking past your own situation and the present moment,” says Amy Stasio, a sophomore majoring in English. “If you can have empathy for others, you must care about the underpaid workers that are likely producing your fast fashion clothes.”

A great opportunity for Saint Leo students to help save our environment and participate in sustainable practices would be to donate their old clothing items to thrift stores.

Solutions Thrift Store in Dade City is a store with a purpose. Not only that, but they are only about 5 minutes from Saint Leo’s University Campus.

They accept donated clothes, and all their proceeds go to Sunrise of Pasco County Inc.

Sunrise of Pasco County Inc. is a domestic and sexual violence center,



Don't be afraid to upcycle clothes that you no longer want, or plain clothes that you find at thrift stores.



Solutions Thrift Store gives all their proceeds to women and children in need.

which provides free and confidential crisis intervention, advocacy, and therapy for assault victims.

Thrift stores such as Solutions are not only great for the sustainability of fashion, but they also do so much for the community around them.

Cris Aguirre, the Solutions Thrift Store manager, noted that they “have seen a big raise in sales these past two years.”

The fact that more people are donating clothes to instead of throwing them away is an indicator that our generation may be succeeding at properly informing society of the dangers of fast fashion.

“If people know the concrete ways it harms the environment and exploits cheap labor, it might be harder to ignore,” said Stasio. “There’s a danger to plausible deniability when it comes to issues like this.”

As trends continue to rise and the cost of clothing continues to fall, it is important that we as college students use our voices and actions to raise awareness about fast fashion.

Adrianna Astudillo, a

sophomore majoring in English, spoke on how these habits can affect the world around us. She states that what we buy is “a reflection of respecting this environment.”

When it is time for spring cleaning, Aguirre encourages Saint Leo students to donate their winter wardrobe pieces they no longer want to Solutions Thrift Store, which is open Mondays through Saturdays. To find more information about donations, be sure to like them on Facebook.

This way, the clothes will not sit in a landfill for years to come. They can be given a new life when someone comes to shop.

So, next time you reach for the trash while cleaning your closet, stop and think about the effect your unwanted clothing item could have on the environment, or the underpaid and overworked factory workers.

Let’s work together to stop feeding into short-lasting trends and rapid consumerism. The only thing that should be sitting in the landfill at the end of the day is the idea of fast fashion.



Thrifting can be overwhelming but having an idea of what you would like to buy can be helpful.

Athletes on Air: Arthur Cosson – Cross Country and Track and Field

Pia Perthen

Sports Editor

Students or staff at Saint Leo University might have spotted a pretty fast runner passing them while he was practicing on campus. Some might have thought it was Speedy Gonzales running past them – however, it was a motivated runner from France who is striving toward success.

Arthur Cosson has grown up in Châteauroux, France, and is currently concluding his last semester as a graduate student pursuing a Master's in business administration. In Europe, cross country and track and field are combined as the same discipline; therefore, Cosson competes as a long-distance runner for both teams at Saint Leo.

"I absolutely love running," Cosson said with a big smile multiple times throughout the interview, indicating he must have chosen the right path.

Growing up, Cosson pursued soccer, but, through PE class in middle school, he found access to cross country and started to run some races in his local areas. He joined a track and field club while still playing soccer, but stopped soccer approximately a year after. It

was then that Cosson discovered his passion for running.

"During a race, someone spiked my tendon in my foot, but I did not want to give up and finished the race, even though it was painful," shared Cosson, recounting a story from his races when he was younger.

What Cosson likes about his sport is that it is crucial to practice and train hard to be good at it because talent alone will not get you to the top. Additionally, he is fascinated by the journey and process of constantly improving.

"It is impossible to stop developing, but even though I am pursuing a tough sport, at the same time, I am really enjoying the process," said Cosson. "Idols, for me, are people who keep improving, even though they were not the best at the beginning!"

Cosson has named three favorite key memories from Saint Leo, which also go hand in hand with his most significant successes at Saint Leo. Cosson won the Sunshine State Conference 2022 in Daytona Beach, Fla., which was a big achievement and brought a lot of joy because it had been a long time since his last win.

Due to Cosson's solid performance this past Fall semester, he competed individually in the



Photo courtesy of Hailey Lattief

Cosson loves running and has found his passion in cross country.

NCAA National Championships 2022, where he succeeded in qualifying for the second year in a row. Another success was his fifth place at the NCAA South Region Championships 2021 at the Abbey Golf Course, which is right across the street of Saint Leo. To round up all of his favorite memories and successes, Cosson also found great and supportive friends on campus with whom he enjoys hanging out.

Cosson's biggest goals are both athletic and non-athletic related. He is striving toward receiving the NCAA All-American reward, for which the best athletes in their respective disciplines from all Division II programs are awarded. In addition to that, Cosson dreams of a life with supportive family and friends and enough money to make a comfortable living.

"Another goal of mine is to travel the world. I am very grateful that I have been able to travel because of my sport, and I was fascinated by the many cultures and areas and definitely want to discover more," said Cosson.

The motto Cosson is living by originates from Sam Parsons, who is a German-American distance runner: "We train 365 days out of the year. You are bound to feel like shit for at least half of them. If you are not ready for that, you picked the wrong sport."

That Cosson is taking these words to the heart can be seen in his strict practice schedule. He practices 12 times a week, including nine runs

and two gym sessions. In total, Cosson estimates his approximate miles average to be 80-85 miles per week.

Apart from his successful life as a long-distance runner, Cosson has other hobbies. To name a few, he enjoys watching and playing soccer, likes to hang out with his friends, and is a valuable member of The Lions' Pride Media Group as a video editor and social media manager.

"I just love sports and enjoy watching and playing them with my friends. During the summer, I play a lot of basketball and soccer at home," said Cosson.

Cosson shared some valuable insides into his experience at the NCAA Nationals 2022 in University Place, Washington. This competition is also called the Division II Fall Festival, and this Olympic-style event has not been held since 2018 due to COVID-19. All Nationals Fall semester sports were combined, including volleyball, soccer, women's hockey, and cross country. Cosson said it was an unforgettable experience, together with his head coach Kent Reiber, assistant coach Cierra Munroe, and fellow Saint Leo cross country athlete Holly Little.

"This competition has been one of the biggest experiences in my life, and I am so grateful for what life can give you if you allow yourself and your progress some time," said Cosson. He makes clear that with hard work and determination, he is able to progress and constantly develop to the best version of himself.



Photo courtesy of Hailey Lattief

Head Coach Kent Reiber is proud of Cosson's success and hard work.

These weird sports are turning heads all over the world

Satyne Doner

Arts & Culture Editor

When we think of sports, we often think of the usual: soccer, hockey, golf, tennis... But have you ever heard of ultimate frisbee? What about unicycle hockey or even quidditch? No, these are not made up. These are weird real-life sports that are turning heads all over the world!

JK Rowling's book series Harry Potter features a fantasy sport called quidditch in which witches and wizards ride on flying broomsticks to capture the "Golden Snitch." This full-contact game is like soccer because each team must prevent other players from capturing the "Quaffle" (ball) or scoring a goal.

Now, quidditch is a game that is played in real life, minus the witches and wizards and flying. It started in Vermont in 2005, but across the pond in the UK, there are up to 30 teams! The game is a mixture of dodgeball and rugby, where players must run with brooms between their legs.

"I would try real-life quidditch because then I could live out my Hogwarts dreams," said Liz Diaz, a junior at Saint Leo studying clinical counseling psychology.

Next up is ultimate frisbee. Unlike the typical game of frisbee played between friends on the beach, ultimate frisbee is made up of two teams of seven. It is like playing football, trying to make a touchdown,

but with a frisbee. Players are not allowed to run with the frisbee; they can only pass it to one another. It is interesting to mention that there is also no referee present to ensure fair play and sportsmanship.

"I would not try ultimate frisbee because I do not think that would interest me, but I would watch a game of it," said Adrianna Astudillo, a sophomore studying English.

Lastly, we have perhaps the strangest sport of all of them: unicycle hockey. In France, there are more than 50 registered teams, and there are eleven in the United Kingdom. In unicycle hockey, there are five players per team with no goalie, so they all must work together to keep the ball out of the goal net. Both feet must always be on the pedals of the unicycle. This requires balance and core strength! Students at Saint Leo had mixed opinions on unicycle hockey.

"[...] unicycle hockey sounds dangerous," said Diaz. "I also would not watch unicycle hockey because I do not really like normal hockey." However, not all the opinions were negative or cautionary.

"I would love to watch a game of unicycle hockey just to see what it is all about," said Astudillo.

In conclusion, these strange sports come in many forms- broomsticks and unicycles, to name a few- but they all have one thing in common: they are fun! We want to know: would you ever play any of these unusual sports?



Quidditch is one of the only sports derived from a fictional series- it's certainly a game changer!



In quidditch, players can pass around a "Quaffle" or a volleyball like this one.



Ultimate frisbee leagues in America first started officially in 2012, revolutionizing a game that most Americans have at home.



Instead of a hockey puck like shown above, in unicycle hockey, a tennis ball is used.

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