

The background is a repeating pattern of teal-colored logos. Each logo features a stylized building with a central archway, flanked by two trees, and the letters 'TLP' below. A large, white, torn-paper-style circle is centered on the page, containing the main text.

2021

AUGUST

WELCOME BACK | FRESHMAN ISSUE



What is The Lions' Pride?

Alora Peters
Editor-in-Chief

Whether you are new or returning to Saint Leo University, you may still find yourself asking the question, "What exactly IS 'The Lions' Pride Media Group'?"

Established in 1965 and rebranded in 2018, The Lions' Pride is a student-run news organization based at Saint Leo's University Campus that also encompasses Saint Leo's Learning Center and WorldWide programs. We cover a multitude of topics that are relevant to our local Saint Leo community and disseminate the news through a variety of outlets—through our monthly print issue distributed across campus, on our website at lionsprideonline.com, and through our various social media platforms found @lionspridemedia.

Students from any major or year can work with The Lions' Pride; we are one of the most flexible student employment opportunities available on University Campus. Aside from attending a weekly meeting, student workers can work on their own time in between classes and homework assignments, from anywhere on campus to anywhere in the world.

Students who work with The Lions' Pride can pursue a large variety of projects, such as journalistic articles, news videos, infographics, professional social media posts, photography, graphic animation, podcasting, and more. Students can also base their projects on a host of topics that are of special interest to them, ranging from politics to pop culture, from sports to campus events, and from art to science and technology.

Aside from being a fun work opportunity, The Lions' Pride is also an excellent place for career-minded students to build valuable skills that will impress employers and look great on a resumé. Working with The Lions' Pride will help you to become comfortable with working on a team, improve both your verbal and written communication skills, and demonstrate your strong work ethic, self-initiative, and flexibility—all of which are highly desirable attributes that employers look for in college graduates, according to the National Association of Colleges and Employers.

The Lions' Pride accepts both federal work study and non-federal work study students; additionally, internship credits that will apply towards a degree and volunteer opportunities for students who are already employed by the university—but would still like to join the staff—are available.

At The Lions' Pride Media

Group, our mission is to be the voice of the students, faculty, and staff at Saint Leo through innovative, informative, relevant, and ethical journalism. If you are interested in joining our mission or in learning more about The Lions' Pride, stop by our newsroom—located in the Student Activities Building—or send an email to our faculty advisor, Dr. Valerie Kasper, to get in contact with us.

Students can apply by searching "Newspaper" in the Student Employment Job Search and Application System, which can be found here at www.saintleo.edu/student-employment. We look forward to working with you!



NEWSROOM

SAB BUILDING
OFFICE 106

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LETTER TO THE EDITOR

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SEND SUBMISSIONS TO THELIONSPRIDENEWSPAPER@GMAIL.COM

Falling Back into Fun: C.A.B. events for Fall 2021

Tayhana Taylor
World News Editor

Saint Leo University will be going back to some levels of normalcy academically, but what does this mean for student experience?

Last year, the Campus Activities Board (CAB) was limited by the number of in-person activities it could host for students.

The CAB plans to come back in full force this fall semester while following COVID-19 safety protocols.

“The CAB has a lot of exciting events planned for the Saint Leo community this fall; we are having new events and bringing back old traditions,” said CAB Special Events Chair, Ashley Tucker.

Students can look forward to the annual Fall Family Festival, Aux Wars, talent shows, laser tag nights, fright nights, and without a doubt: the monthly bingo nights will be back.

The Fall Family Festival was unfortunately canceled last year because of the pandemic, but Tucker assures students that the festival will even be bigger and better than ever before.

“With the university fully reopening, parents and relatives of students will be allowed to attend the festival and join in on the fun [...] It will be a good time with great food, fun rides, the whole nine yards.” said Tucker.

The CAB hopes to get members of the Saint Leo community to showcase their talents and get involved in these entertaining and amusing activities.

“The new string of talent shows that will be hosted help foster a spirit of togetherness in our campus community... it is a great way for many students’ talents to be highlighted,” said Tucker.

All CAB activities have three things in common, fun, prizes, and surprises! The new event called Aux Wars is no different. Aux Wars is an

interactive and competitive game where students are given a genre of music and the student who gets the crowd “hyped up” the most wins! This is a perfect way for students to show off their deejaying skills.

This upcoming fall semester will be about getting campus live again but doing so safely.

“CAB activities this year will be more inclusive since the university has moved to stage three of its opening plan. This allows more people to attend events with fewer restrictions,” said Tucker.

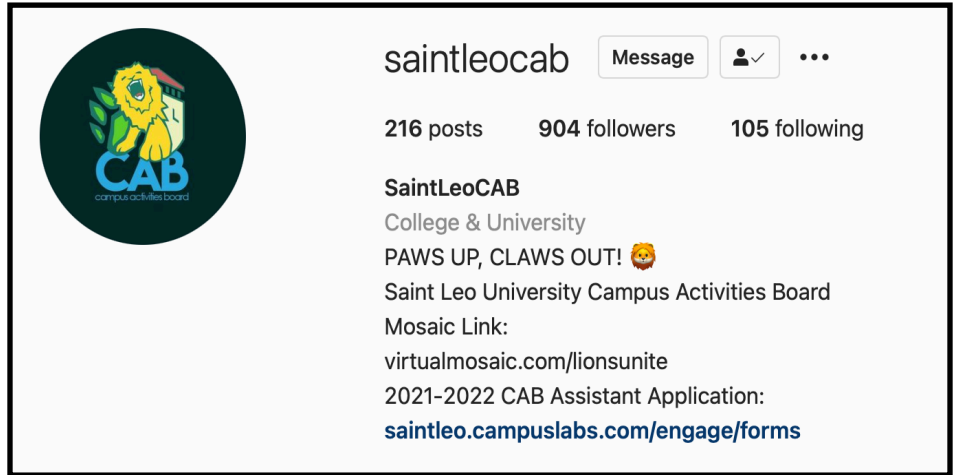
Despite campus being fully reopened, there are certain COVID-19 health and safety protocols CAB must follow while planning and hosting these events.

“CAB members still have to keep in mind the safety of students [...] for events with 50 or more people, we have to implement forms of social distancing to limit the spread of the coronavirus,” said Tucker.

Clubs and organizations are a huge aspect of the Saint Leo community. Students can look forward to the CAB partnering with many organizations like the music department, athletics, and international clubs, to host joint events.

“This year is going to be unforgettable.” promised Tucker.

Get ready, Lions for a fun and safe fall semester, paws up, claws out!



Give the @SaintLeoCAB a follow to stay updated with exclusive student events!



The Student Activities Building is besides the Saint Jude Chapel, in between Kirk Lawn and the Student Community Center. Photo captured by Ryn Williams



The Student Activities Building, where many CAB events are planned. Photo captured by Ryn Williams

Returning to the Pride this Fall: Phase 3

Saint Leo's University's plans for protecting the pride are explained in the phase three framework.

Tayhana Taylor
World News Editor

This time last August, students were preparing to enter the University with masks, social distancing, and hybrid classes. Then, two vaccines for COVID-19 were implemented, and after a challenging year, everyone headed home for the summer with the vision of an end to COVID-19. Until the delta variant hit. A year later, as students return to school, masks, and limited social distancing are back.

Regarding the new COVID-19 health guidelines from the Centers for Disease Control and Prevention (CDC), the University entered Stage Three of its COVID-19 plans. The stage three framework covers protocols related to mask mandates, social distancing, health status checks, and vaccination.

Like the last academic year, masks will still be mandated for all students, faculty, and staff while indoors in a public setting, despite their vaccinations status.

"Being a fully vaccinated student, I do feel safer knowing that the school is requiring both vaccinated and unvaccinated students to wear masks," said Ashley Tucker, a sophomore majoring in criminalistics. "I think everyone wearing masks will limit the spread of the virus and keep us all safe."

According to the CDC, a face mask that covers the mouth and nose can block the release of virus-filled droplets into the air when a person coughs or sneezes, and multi-layer cloth masks "block up to 50-70% of fine droplets and particles and can slow those particles...not captured." Therefore, masks will help reduce the transmission of the virus throughout campus.

"When there is a high level of mask-wearing, it increases safety for everyone. But if your health allows you, get vaccinated because that is the single most important thing you can do to protect yourself and everyone," said Dr. Melanie Storms, senior vice president of Saint Leo University.

The University can only encourage students to get vaccinated; they cannot mandate it.

In April, Florida Governor Ron DeSantis passed executive order 21-81 which prohibits schools from mandating the COVID-19 vaccine. Section 1 of the executive order reads "No Florida government entity, or its subdivisions, agents, or assigns, shall be permitted to issue vaccine passports, vaccine passes, or other standardized documents for the purpose of certifying an individual's COVID-19 vaccination status to a third party, or otherwise publish or share any individual's COVID-19 vaccination record or similar health information."

Thus, Saint Leo University does not have the authority to make it compulsory for members of the school community to get vaccinated or to disclose their vaccination records.

"If we limit services in any way to vaccinated or unvaccinated students, we would be in jeopardy of losing any state funding that comes to our institution—that

includes the Florida EASE grant," said Storms. "Students would also lose their eligibility for the grant if we put a vaccine mandate in place." The Florida EASE grant offers tuition assistance to resident undergraduate students attending an eligible private, non-profit Florida college or university.

However, as a way of rewarding students, staff, and faculty for taking the extra step to protect the school community by getting the vaccine, Saint Leo University will be offering incentives to members of the school community.

Vaccine incentives for students include, but are not limited, to weekly prize drawings for tickets to Disney World and Halloween Horror Nights, and gift cards to the University dining campus locations. Students also get a shot at winning a Nintendo Switch. For faculty and staff, the prizes include a day off, two Universal Studios Florida tickets, a Benedict's Coffeehouse gift card, and many more prizes and surprises. Winners will be contacted via phone call so that their health records remain confidential.

To be documented as fully vaccinated, students must show proof by submitting an email photo of their vaccination card to health.center@saintleo.edu. Staff and faculty may submit their vaccinated



Campus News



Masks will be required inside the classroom for both vaccinated and unvaccinated individuals.

record to Human Resources via email at HR@saintleo.edu to attest they are fully vaccinated.

Those who choose not to submit their vaccination records to the University will be treated as unvaccinated, and therefore, be subjected to randomized testing.

“The randomized testing procedure for unvaccinated students, staff, and faculty are still under development,” said Storms. “Student-athletes are required to participate in a surveillance testing that is a part of the NCAA protocol—the testing will be on a rotating basis.”

For those who are not yet vaccinated, but would like to get vaccinated, the University has implemented a vaccine clinic on campus.

The vaccine clinic will be on September 8th and 9th in the Boardroom located in the Student Community Center. Vaccines will be administered by the staff at the University’s Student Health Center. An email will be sent out to students with a link to register—vaccines will be administered by appointment only. Both doses of the Moderna COVID-19 vaccine are free of cost. Members of the campus community may visit <https://www.saintleo.edu/vaccine-clinic> for more information or contact covid19commandteam@saintleo.edu via email for additional questions.

A change from last year will

be the ability to interact more with fellow students, faculty, and staff.

Social distancing is no longer mandated. Large gatherings are limited to 50 persons and all individuals presents must be wearing a mask. Therefore, students will have the opportunity to engage more in club activities and events held by the Campus Activities Board (CAB).

Health status checks are also no longer required. Instead of daily health status check-ins via the Saint Leo mobile app, students, faculty, and staff members are required to

report any signs or symptoms of COVID-19 they may notice to the Student Health Center.

“I would encourage people to be mindful of their own wellness, take symptoms seriously, and always seek help from the health center,” said Storms.

Students who may, unfortunately, contract the virus will be required to quarantine at home if they reside in the state of Florida. Students who are vaccinated and come in contact with someone who has COVID-19 do not need to quarantine unless they test positive.

Unvaccinated students will still need to quarantine if they encounter someone who has COVID-19.

Necessary accommodations will be made for students and faculty in the instance they contract the virus.

“In event of a student or faculty being told to quarantine, the connected classroom option will be made available for that period of time,” said Storms. The University has plans in place to support students and faculty if they cannot attend in-person classes due to contracting the virus. If a faculty member is well enough to teach, the virtual option will be made available to them; if not, a substitute will be provided for that time frame.

Some students may be worried or uncertain about the spread of the virus since the campus will be completely open, but Storms believes the University is well-prepared after last year’s experience with COVID.

“I feel as though we are very well prepared; we had over 80 percent of our student population on campus last year,” said Storms. “This is our second year managing COVID-19 on campus [...] and we have a great system in place on how to manage health and wellness.”

Members of the pride can read more about Saint Leo’s COVID-19 by visiting <https://www.saintleo.edu/protect-the-pride/>.

All photos captured by Alora Peters.



Masks will be required in all public settings — so make sure to bring some with you when you go outside!

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- Adobe Suite Proficiency

*For job inquiries and additional information,
contact Dr. Valerie Kasper at valerie.kasper@saintleo.edu*

FRESHMAN ISSUE 2021

CLASS OF 2025 CLASS OF 2025 CLASS OF 2025 CLASS OF 2025
GLAM'S OUT! PAWS UP, GLAM'S OUT!
GLAM'S OUT! PAWS UP, GLAM'S OUT!
CLASS OF 2025 CLASS OF 2025 CLASS OF 2025 CLASS OF 2025

WELCOME TO THE PRIDE!



THE LIONS' PRIDE
MEDIA GROUP

Coping with homesickness

Tayhana Taylor

World News Editor

Leaving home and moving to college is a big deal for college students. Most look forward to finally having personal freedom, forming new relationships, and having fun; however, leaving home is not as glamorous as it seems, because with all the new experiences comes homesickness.

It is quite typical for students moving away from home to a new environment to feel homesick: whether they are coming from across the globe or few miles from home.

“It is common for us to interact with students who are struggling with homesickness...I mainly work with the international student population, these students tend to struggle a lot because they are coming a little further from home,” said Paige Ramsey-Hamacher, the executive director of Saint Leo’s Center for Global Engagement (CGE). Ramsey-Hamacher continued, “I definitely think it is something everyone experiences at some point or another.”

The feeling of being homesick may strike a student at any time. For some, it is the first day they step on campus and say goodbye to their families. For others, it may be during the week of midterm exams, when they are overwhelmed and could use a hug from a relative.

“I think the feeling starts for

many students after orientation when they say bye to their families because that can be a very difficult time for some students,” said Ramsey-Hamacher.

“I usually celebrate my birthday with my family, so for me, the feeling of homesickness struck me on my birthday. It ebbed and flowed throughout my first year of college, there were times when I cried and found it challenging to focus on my studies,” said Ashley Tucker, a sophomore here at Saint Leo University majoring in criminalistics with a minor in psychology.

While feelings of sadness, loneliness, and depression are symptoms of homesickness, there are other ways students express their feelings of being homesick.

“I think there are different ways that students use to express their homesickness [...] Overeating and unhealthy eating habits can be a sign of missing home,” said Carol Hope-Grant, the assistant director of the CGE.

Homesickness is never something that goes away entirely, most students just learn to cope with it.

“One of the main things that could help students with homesickness is getting involved in the school’s community. Our students can get involved by joining a club, an organization, getting an on-campus job, playing a sport, or even just forming a great bond with their roommates,” said Grant. It may be hard to fight the feeling of wanting to be asocial but staying isolated will make things harder for students who miss home.

“When I felt homesick, I started calling my relatives back



Saint Leo University is very diverse, so finding a friend from your hometown may not be as hard as you think.

home more often. Seeing everyone over a video call and hearing how they were doing helped me feel better,” said Tucker. Another major key to coping with homesickness is talking to people about it. “For freshman moving away from home, I would encourage them to talk to their friends, connect with family members, and remember that they are never alone,” said Tucker.

Students can also call or schedule an appointment with a licensed therapist at Saint Leo’s Counselling Services. Saint Leo’s Counselling and Prevention Services uses a holistic approach to helping students their mental well-being. Counselling and Prevention Services is in their temporary office in Saint Francis Hall, Suite 110, or students can call (352) 588-TALK. Therapists are available 24/7 to assist all students. *See page 9 for more information on Counseling Services.*

There are more great resources students can explore on

their own when feeling homesick:

1. What’s Up With Culture
2. EduPass
3. Education USA

(Education USA is especially helpful for interational students)

Handling homesickness is not a simple task, but it isn’t impossible.

“The university provides students with many resources on how to handle homesickness so my best advice would be to take advantage of these resources because there are for you,” said Ramsey-Hamacher.

“The faculty and staff at Saint Leo are your resources, so use us, because we are here for you,” said Grant.

Saint Leo will always be your home away from home: so find activities you enjoy, make great friends, and form lifelong relationships...just don’t forget to take college life one day at a time!

All photos graciously provided by Saint Leo University.



According to UCLA, 69 percent of freshmen college students experience homesickness.



Socializing is a major tip when overcoming homesickness. The Benedict Coffee Shop is a great way to get out of your dorm, have good conversations, and make new friends.

Maintaining your health & staying fit (as a college student!)

Lauren Felts

Advertisement Manager

With college comes the stress of many things, including finding ways to stay healthy. As a student, it can be especially challenging to not only get active and stay healthy, but to maintain it as a lifestyle. As a new student, adjustments can be difficult, and health may not be the number one priority. Here are a few tips to help students regain their focus when it comes to their health.

Firstly, health is not a one-concept method. When focusing on one's health as a priority and as a lifestyle, there is not one specific attribute to focus on that will change one's life. There are many attributes that contribute to a healthy lifestyle, including exercise, diet, and balance.

According to Brandy Pollicita, instructor of health and wellness at Saint Leo University, "maintaining a healthy lifestyle looks different than initiating one."

Being healthy is not just about eating clean and working out 24/7. It is about taking care of yourself by listening to your body. This includes mental health as well. During finals week, make time to relax and decompress. Or as an athlete, it is

important to prioritize recovery. Make time to get a massage or take an Epsom salt bath. When stressed, put the phone down or put any other distractions away and get rest. Understanding the body's cues for when to work and when to slow down are both vital to maintaining one's health.

Secondly, it is important to do research and to know that 'healthy' looks different for everyone. Find solid sourcing with science-backed information to know what is best to do. Do not rely on social media or influencers to provide yourself with good information. Utilize your time to be aware of what works effectively and what does not.

A huge example of this is 'dieting' or diet culture. There are many diets out there that do not work and are ineffective. Most commonly, these diets are only temporary fixes. Going on a diet should not be a three-week, six-week, or ten-year solution. In order to stay healthy, it is vital to always attempt eating clean regardless of

the situation. However, that does not mean indulgences are excluded forever—it just means to moderate it and track it. Balance is key.

By understanding what is good for your body, it will become much easier to know when to eat, how much to eat, and what to eat. Get a good source of protein, healthy fats, and carbs for each meal. Reduce cravings by not eating late at night or snacking too much on junk. Most importantly, stay away from sugar as much as possible.

Thirdly, it is crucial to make a plan. After gathering all of the information needed in order to understand how to stay healthy, create a goal, or a S.M.A.R.T. goal as Pollicita suggests, to help keep focused. SMART stands for a goal that is specific, measurable, attainable, realistic, and timely.

Ask questions

to make sure you understand your goal and can realistically achieve it. Strategize to make sure that sticking to the goal is challenging, yet possible at the same time. Do not let obstacles or excuses get in the way of your success.

Lastly, gather a strong support system, Pollicita advises. Having people around you that are there to help you succeed in your life is crucial to maintaining your goals and increasing the results from them.

All photos captured by Lauren Felts.



Diet culture can sometimes be overwhelming and misinforming. It is important to keep track of what to eat, that provides the body with exactly what it needs.



Fuel tired muscles approximately thirty minutes post-workout, plan to eat something that is both filling and protein based. Examples of this could range from a banana, a smoothie with some protein powder, or a full meal of chicken and potatoes.



Try active recovery on rest days to further increase results. Examples of active recovery include yoga, walking, meditation, and stretching.

Saint Leo's Counseling Center

Ryn Williams

Lay-Out Editor

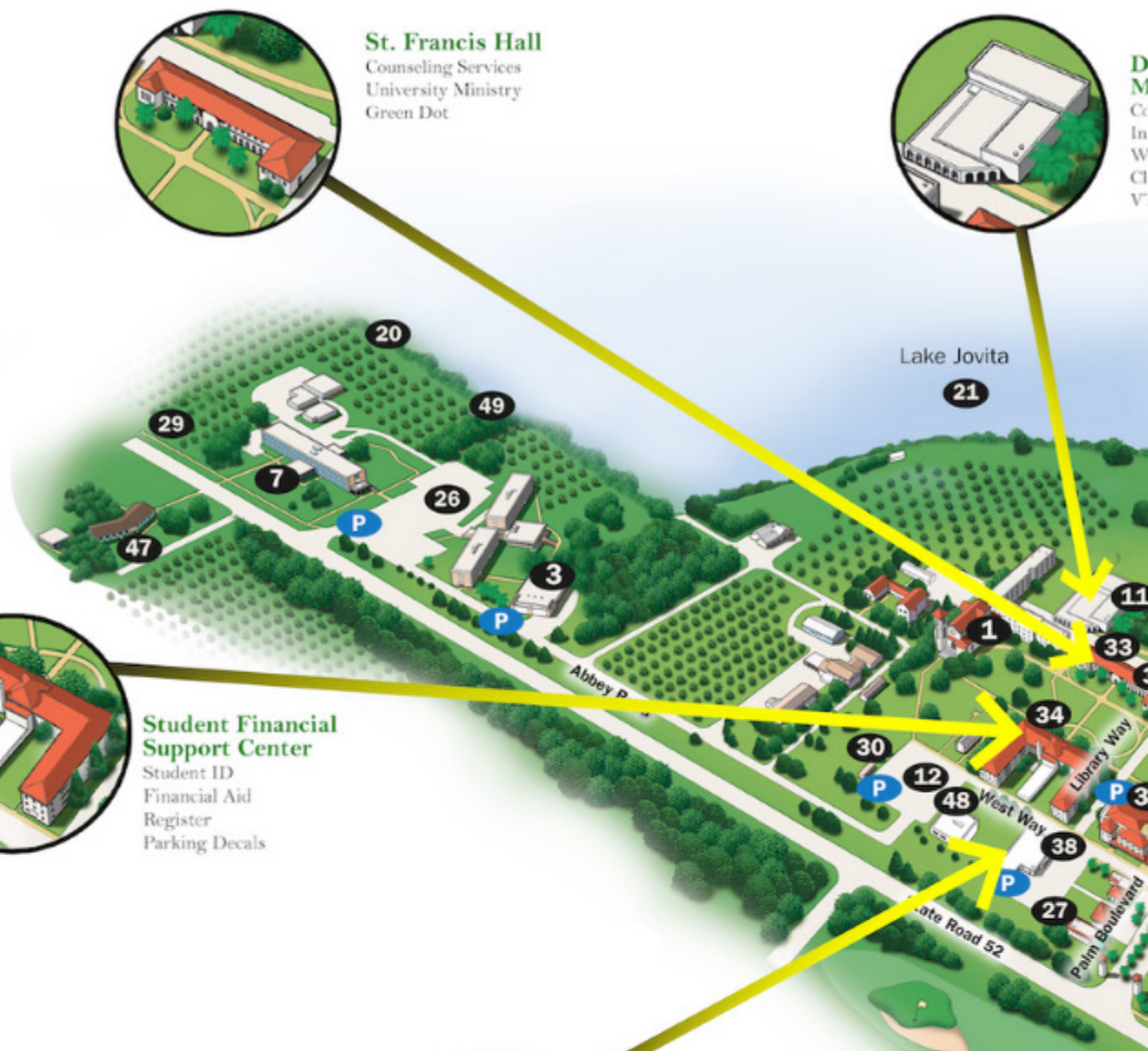
Think well, do well, be well: that's the motto of Saint Leo University's Counseling Center. A dedicated team of staff are committed to providing compassionate and confidential professional services to help students explore problem resolution, new skills, and the utilization of insights and new perspectives to enhance mental wellness.

The office hours of the Counseling Center are Monday through Friday between 8:00A.M. and 5:00P.M., and the temporary office is in Saint Francis Hall Suite 110.

The Counseling Center will be moving into their new, permanent office space after the Wellness Center is completed, which is expected to be in late Nov. 2021. To make a confidential appointment, students should contact (352) 588-TALK. In case of emergency, please dial 911.



Saint Francis Hall is located across from Saint Edward Hall, near the Cannon Memorial Library.



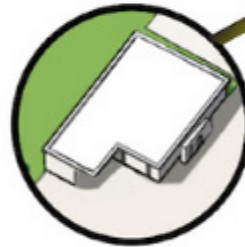
St. Francis Hall
Counseling Services
University Ministry
Green Dot



Lake Jovita



Student Financial Support Center
Student ID
Financial Aid
Register
Parking Decals



University Technology Services
U.T.S.
Provides technical services if you have computer-related issues

MAP KEY

1. Abbey Church
2. Abbey Golf Course
3. Admissions (Undergraduate)
4. Alumni Residence Halls
5. Athletic Fields
 - a. Baseball Stadium-Thomas B. Southard
 - b. Intramural Field
 - c. Soccer Field
 - d. Softball Stadium
 - e. Turf Lacrosse Stadium/Parking Garage
6. Benedict's Coffeehouse
7. Benedictine Hall
8. Benoit Residence Hall
9. Bookstore
10. Bowl
11. Cannon Memorial Library
12. Chiller Plant
13. DeChantal Hall
14. Dining Hall
15. Fine Arts Building
16. Fitness Center
17. Greenfelder-Denlinger Boardrooms
18. Henderson Residence Hall
19. Kirk Hall
20. Lake House
21. Lake Jovita
22. Lakefront
23. Lewis Hall
24. Mail Center
25. Marion Bowman Activities Center
26. Marmion/Snyder Residence Halls
27. Music Building
28. Parking Garage Entrance
29. Plant Operations
30. Post Office
31. Roderick Residence Hall
32. Ropes Course
33. ROTC
34. Saint Edward Hall
35. Saint Francis Hall
36. Saint Jude Chapel
37. School of Business Building

Daniel A. Cannon Memorial Library
 Computer Lab with Printing Services
 Inter-library Loans
 Writing & Research Support
 Classrooms CCIC1/2 & IT
 IT Conference Room



Student Activities Building
S.A.B.

Newspaper Office
 Student Activities
 Greek Life
 Student Success Coaches
 Multicultural and International Services
 The Office of Orientation and Parent/Family Programs



Marion Bowman Activites Center

Basketball Court
 Volleyball Court
 Fitness Center
 Pool



Kirk Hall
 The Office of Accessibility Services
 Computer Labs with Printing Services
 Center for Academic Vision & Excellence (C.A.V.E)
 Military & Veterans Student Services
 Volleyball Court



- 38. Security
- 39. Selby Auditorium
- 40. Student Apartments 1-4
- 41. Student Apartments 5-6
- 42. Students Activities Building
- 43. Student Community Center
- 44. Swimming Pool
- 45. Tennis Courts
- 46. The Lions' Lair
- 47. The Villa
- 48. University Technology Services
- 49. Wellness Center – Coming Soon



Dorm friendly meals: The Microwave Approach

Mariana Navarrete

Arts & Culture Editor

All you need is a mug (or a plate) and a microwave to create some magical meals when the craving for a midnight snack hits.

Here are some meal ideas that cook in less than ten minutes in the microwave:

For Breakfast:

Upgrade your oats by adding mashed banana and peanut butter:

1. In a large microwavable mug, mash a banana well with a fork.
2. Stir in one tbsp of peanut butter, three tbsp of milk and honey each, and mix together.
3. Add in four tbsp of oats with $\frac{1}{2}$ of baking powder and stir until combined.
5. Microwave between forty-five seconds to a minute, or until firm to the touch on top.
6. Enjoy while warm!

Scrambled eggs in the microwave:

1. Crack two eggs inside a mug and mix.
2. Add seasonings of your choice, drizzle either olive oil or add half a tbsp of butter.
3. Microwave for two to three minutes, or until fully cooked.
4. Bonus step! You can add vegetables, sausage, bacon, or cheese; or add one of the sides listed in this article to make your eggs a complete and nutritious meal. French toast can be made in the microwave, too:

1. Cut any kind of bread



Eating oats helps to slow digestion, which keeps you feeling full for longer.



(brioche is the best!) into bite-sized cubes and fill mug with them.

3. In a separate bowl, mix one egg with a splash of the milk, cinnamon, and a tiny bit of vanilla extract.
4. Beat until smooth, add it to the bread cubes then microwave for two minutes.
5. Drizzle some maple syrup, with toppings of your choice (chopped bananas, berries, chocolate chips, Nutella), and enjoy!

For Lunch & Dinner:

Who doesn't love mac and cheese?

1. Toss some uncooked macaroni in a mug.
2. Add equal parts water (ex: $\frac{1}{2}$ cup of water for $\frac{1}{2}$ cup of macaroni).
3. Microwave for two to three minutes.
4. Add whatever cheese you'd like and microwave for another thirty seconds.
5. Let it cool before digging in to save your mouth from getting burned!

Thin crust Pita bread pizza:

1. Put some tomato sauce on top of a pita bread.
2. Sprinkle mozzarella cheese with some Italian herbs and the topping of your choice (veggies, pepperoni, etc.).
3. Microwave on a plate for one

minute, or three minutes if you want your pizza to be crunchy.

Couscous Greek salad:

1. Microwave one cup of water for three minutes, then stir in $\frac{1}{2}$ cup of couscous; let it rest covered for eight minutes.
2. Prepare the salad dressing by whisking together two tbsp olive oil, two tbsp red wine vinegar, one tbsp lemon juice, $\frac{1}{2}$ tsp oregano. Add salt and pepper to taste.
3. In a large mixing bowl, add the couscous and chopped tomatoes, cucumber, feta cheese, sliced olives, and red onion — you can get these from the cafeteria!
4. Mix well. Then, pour the dressing over the salad and mix again, until the dressing is fully incorporated.
5. Serve immediately or refrigerate.

For Some Savory Sides:

If you love potatoes but don't feel like waiting for water to boil, there's a faster way to cook them:

1. Poke holes all over your potato with a fork.
2. Place it in the microwave and, depending on the size of the potato, cook anywhere between three to six minutes until a fork goes through the potato smoothly.
3. Cut the potato into cubes

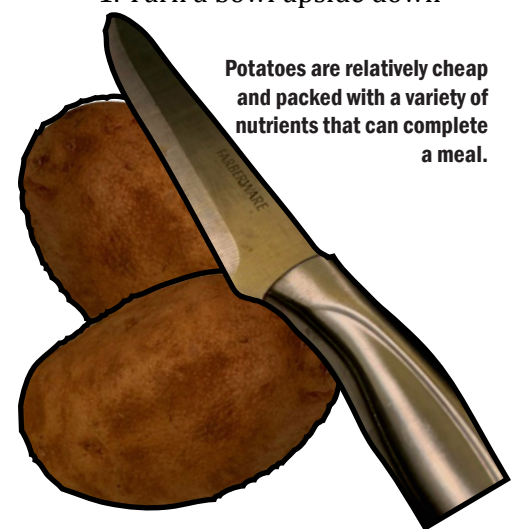
and add it to your meal. You could also smash them instead, add some butter and have mashed potatoes as a side!

Vegetables can be cooked in the microwave:

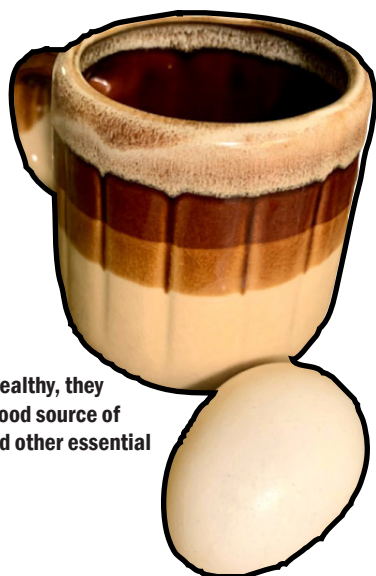
1. Wash any vegetable of your choice; the best for this style of cooking is broccoli, squash, carrots, bell peppers, but feel free to experiment with what you have on hand!
2. Slice your vegetables and place in a mug with $\frac{1}{4}$ cup of water.
3. Add salt, pepper, and other spices to your taste and microwave for two minutes.
4. You can add it to whatever meal you want, or eat as-is!

There are healthy ways to cook bacon:

1. Turn a bowl upside down



Potatoes are relatively cheap and packed with a variety of nutrients that can complete a meal.



Eggs are healthy, they can be a good source of protein and other essential nutrients.

and set it on a plate covered with paper towels.

2. Drape your bacon over the top of the bowl, and microwave it for a minute per slice.

3. Place a paper towel over the bacon to soak up any popping grease so it doesn't make a mess in your microwave.

4. Most of the unhealthy grease will run down the bowl into the plate, resulting in crispy bacon you won't believe came from a microwave.

Crunchy potato chips:

1. Spray a microwave-safe plate with non-stick spray.

2. Cut your potato into very thin slices and place them evenly apart.

3. Microwave between five and seven minutes, or until you can feel the crisp!

4. Add some salt, pepper, basil, or paprika for flavor.

For Your Sweet Tooth:

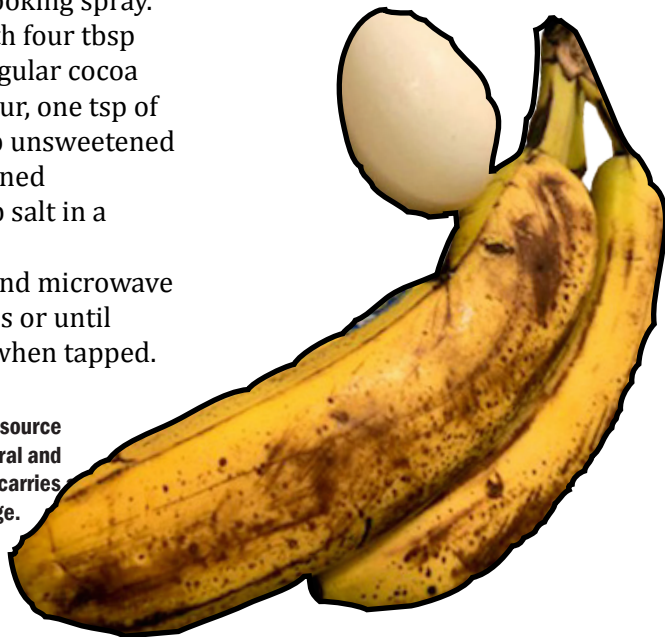
Make your own chocolate cake:

1. Spray a five-inch baking dish or a large mug with cooking spray.

2. Mix an egg with four tbsp of sugar, three tbsp regular cocoa powder, six tbsp of flour, one tsp of baking powder, $\frac{1}{3}$ cup unsweetened milk, $\frac{1}{4}$ cup unsweetened applesauce, and $\frac{1}{8}$ tsp salt in a mixing bowl.

3. Scoop batter and microwave for four to five minutes or until surface springs back when tapped.

Bananas are an excellent source of potassium, a vital mineral and electrolyte in the body that carries small electrical charge.



4. Add some ice cream on top and enjoy!

Learn how to make a jumbo muffin!

1. Spray your large mug with non-stick cooking spray.

2. Mix $\frac{1}{4}$ cup of flour, $\frac{1}{4}$ tsp baking powder, $\frac{1}{8}$ tsp baking soda, $\frac{1}{8}$ tsp salt, and two-and- $\frac{1}{2}$ tbsp sugar in a bowl.

3. In another bowl, stir $\frac{1}{4}$ cup applesauce, one-and- $\frac{1}{2}$ tbsp milk, $\frac{1}{2}$ tbsp vegetable oil (if you don't have vegetable oil, you can substitute it with more milk), $\frac{1}{4}$ tsp pure vanilla extract, and add as many chocolate chips as you want.

4. Pour wet ingredients onto dry ingredients and stir until just evenly combined.

5. Pour batter into the mug.

6. Cook for a minute and thirty seconds in the microwave.

7. Let cool before popping out your jumbo muffin!

Don't waste your brown bananas, make some banana bread!:

1. Mist a large microwaveable mug with non-stick spray.

2. Blend four tbsp of flour, three tbsp of sugar, $\frac{1}{8}$ tsp of salt, $\frac{1}{8}$ tsp baking powder, and $\frac{1}{8}$ tsp baking soda in the mug.

3. Add in one egg with three tbsp of water, one tbsp of vegetable oil, three tbsp of milk, and $\frac{1}{8}$ tsp of vanilla extract and mix.

4. Smash half of a banana into the mug with a dash of cinnamon.

5. Microwave for approximately three minutes. Let it cool before digging in!

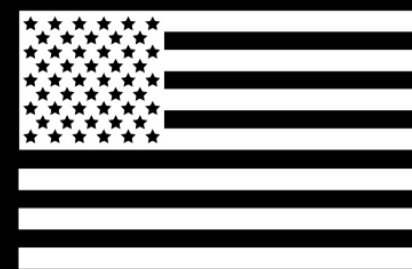
All photos captured by Mariana Navarrete.



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2,977 PEOPLE WHO
LOST THEIR LIVES
ON THE 9/11
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20 YEARS AGO.

WE ALSO WISH TO GIVE OUR
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ARE STILL BEING AFFECTED BY
THIS TRAGEDY AND TO THE
RESCUE WORKERS WHO
HEROICALLY GAVE THEIR LIVES
THAT DAY.

THEIR SACRIFICES WILL NEVER BE
FORGOTTEN.



9 - 11 - 2001

WELLNESS CENTER

MIND - BODY - SPIRIT

PROJECTED OPENING: DECEMBER 2021



Alora Peters
Editor-in-Chief

While Saint Leo University's newest building - the Wellness Center may look like it is nearing completion, there is "still a lot to be done on the inside," said senior vice president Dr. Melanie Storms. The University expects to begin moving furnishings and staff into the Wellness Center by Nov. 2021, with the goal of opening the building to students in early December, before the end of the fall semester. The University is also preparing a continuous autonomous shuttle service that will ferry students between the Wellness Center and central campus. The shuttle is estimated to fit between 10 and 15 students, and will return to each destination approximately every 15 minutes. In the meantime, as the University finishes construction, students can look forward to the many services that will be made available in the Wellness Center: expanded fitness and recreation facilities, health and exercise classes, a multipurpose gymnasium, a zero-entry pool with a 180-degree view of Lake Jovita, a café featuring healthy options, and new offices for Counseling, University Ministry, and Student Health Services.



An Introduction to University Ministry

Alora Peters
Editor-in-Chief

College is an experience like no other when it comes to learning, development, and self-realization. However, while everyone can agree that the college experience is far from being solely academic, not everyone realizes that college can also be a time for spiritual growth.

At Saint Leo University, University Ministry is an incredibly valuable resource for students who are interested in flourishing spiritually or in finding out more about the Catholic Faith that Saint Leo was originally founded upon.

Incoming Lions in the fall of 2021 will be given an unprecedented opportunity to become quickly involved with University Ministry by attending the first-ever “Freshman and New Student Retreat.” The retreat will begin on Saturday, Aug. 28 at 10:00A.M. and will conclude on Sunday, Aug. 29 at noon, giving participants the opportunity to meet other incoming students before classes begin on Aug. 31.

“It’s a big transition to college, and we are here to help you,” said Deidre Merrill, Saint Leo’s campus minister. “This retreat will provide new students an opportunity to meet the Ministry Team and Student Leaders, meet new friends, grow in your faith through prayer and the sacraments, and enjoy some activities in the beautiful outdoors of Florida!”

Students can sign up for the retreat online at <https://ministry.saintleo.edu/freshman-retreat-sign-up>.

The Holy Mass is at the center of the Catholic Faith; during the school year, students can join University Ministry for Mass in the Saint Leo Abbey Church at 7:00P.M. on Sundays and at 5:30P.M. on Monday-Friday. Additionally, Confession will take place from 6:15P.M.-6:45P.M. on Sundays and from 6:00P.M.-6:45P.M. on Tuesdays. Adoration will also be held from 6:00P.M.-7:00P.M. every Tuesday.

In addition to the Sacraments, University Ministry will host a variety of events throughout the semester to help foster faith and friendship.

Once a month, University Ministry will host Theology on Tap, where students will meet at a local restaurant for dinner and to listen to a guest speaker. The first Theology on Tap will be held Sep. 23.

Other upcoming events include Kirkchella—an outdoor concert and coffeehouse—on Sep. 9 outside the Student Activities Building, a community kayak trip on Sep. 18, and the fall weekend retreat from Oct. 22-24.

Another way for students to become involved with University Ministry and to meet other young adults seeking to grow in faith is to attend the men’s and women’s groups. Both groups plan to meet weekly on Monday nights for learning and discussion.

For the men’s group, a typical meeting will include prayer, reading of Scripture, insightful videos, and small group discussions, explained Adam Keselicka—a junior majoring in criminal justice with a specialization in homeland security—and James Schellenberg—a sophomore majoring in business management—who are co-leading the group.

“We hope to learn as a group how to identify and overcome the struggles, sins, and temptations that

Christian men face in the present world, and to take what we talk about and apply it to our daily lives—on campus and beyond,” said Keselicka and Schellenberg.

Similarly, the women’s group will begin and end with prayer, as well as include small group discussions. Each night, the group will focus on a different topic.

“Our meeting topics will revolve around our identity as daughters of God and what it means to fully live that identity,” said Hannah Wiand, a senior majoring in religion and psychology with a specialization in clinical counseling, who is one of the co-leaders of the women’s group. “We’ll study women in the Bible, hear talks from different women in the community or guest speakers, and dive into popular topics pertaining to women striving to live their faith in college.”

Both groups are excited for the opportunities for growth and personal development that the men’s and women’s groups will provide.

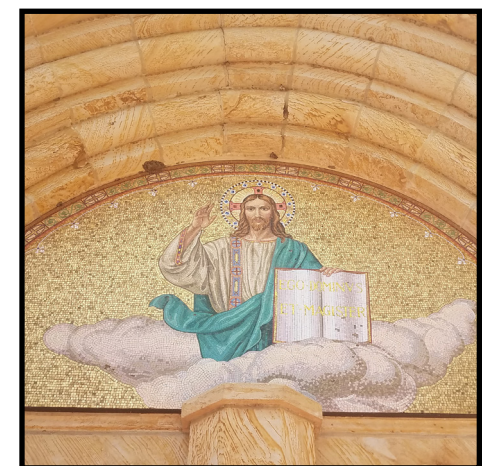
“We hope that, over the course of the year, each of the women who attends grows in her identity as an authentic daughter of God and truly comes to know who the Lord is and who he calls her to be,” said

Wiand. “We pray that we foster a community of true sisterhood in which we build friendships rooted in Christ, walk with one another in our faith journeys, and, ultimately, grow in holiness.”

“You do not have to be close to God to come,” Keselicka and Schellenberg concluded. “Wherever we are in our journey to Christ, there is always room to grow closer to Him. That journey is a difficult one... it is best to do it with others.”

To find out more information about University Ministry and their events, visit their website at <https://ministry.saintleo.edu/>, follow them on social media at @saintleouniversityministry, or stop by their office in St. Francis Hall room 211.

All photos captured by Alora Peters.



While the University Ministry office is currently located in St. Francis Hall, it will move to the Wellness Center later this year after the new building is completed.



Pictured is the Saint Jude Chapel on campus. It is always open, allowing students a place to pray and recharge spiritually whenever they need to.

Activities, Shopping, Restaurants, & Events in the Saint Leo area

Mariana Navarrete

Arts & Culture Editor

Driving along State Road 52 on the way to Saint Leo University's main campus, you might see... some cows and green areas.

As an international or out-of-state student, you might feel the campus is a bit secluded and there is not much to do around it. Indeed, there are cows less than a mile away, but there are also plenty of local hike trails, beaches, restaurants, shops, and seasonal events that might change your mind and help you enjoy the weekends outside the campus.

Outdoor Activities for Nature Lovers

The Withlacoochee River Park is just a 25-minute drive from Saint Leo. This wilderness park consists of 13 miles of trails. The Withlacoochee River runs through the park with an abundance of wildlife, such as Bald Eagles, Swallow Tail Hawk, and Wild Hogs. Whether you want to go fishing, camping, biking, kayaking, or have a picnic, this park has it all. There is also a GPS Orienteering Course that you can track as well.

Just 27 minutes from Saint Leo is the Flatwoods Conservation Park. It is best known for its seven-mile paved loop road. The Morris Bridge

well-field is located within the Park. A two-mile paved extension connects Bruce B. Downs Boulevard with the loop road. Park activities and features include a paved bicycle loop, off road bike trails, remote picnicking, and nature trails.

The Hillsborough River State Park is 30 minutes away from Saint Leo. Stroll along the river rapids, enjoy camping, explore historic structures, share a picnic, or view scenic landscapes. This Park provides many opportunities for outdoor recreation. From fishing in the Hillsborough River to hiking or biking on the trails or picnicking under pavilions built in the 1930's, there is something for everyone here.

For a freshwater adventure, the Weeki Wachee state park offers the clear blue water of a natural spring. There are kayaks, canoes, and paddle boards for rent. If you just want to relax, the Buccaneer Bay Waterpark is there, too, where you can snorkel and swim.

The nearest beach to the Campus is the Ben T. Davis Beach. The 43-minute drive is worth it to see the sunset and dig your feet in the sand. Further down, there is the Hudson Beach Park that is 50



Dade City Candy, Comics & Collectibles was built in Downtown Dade City last November. They have all sorts of neat stuff, including novelty candy and Funko Pops for avid collectors!

minutes away from Saint Leo, but usually less crowded. If you want to drive an hour or more, you can visit the famous Clearwater Beach, Saint Pete Beach, and Indian Rocks Beach.

Local Thrift Shops for Shopaholics on a College Budget

Local thrift shops are close to the Saint Leo area, accessible by car, and were founded for a greater cause.

Solutions Thrift Shop is located three minutes away from Saint Leo. The shop not only has clothes and shoes, it also has books, furniture, and household items; there is a little bit of everything for your dorm! The best part is that 100% of the proceeds generated by sales

are used to support Pasco County's programs and services for adult and child victims of domestic and sexual violence.

Gulfside Regional Hospice Thrift Shop has five locations in the Tampa area and the closest to Saint Leo is 18 minutes away. Each location has a special section to highlight unique and popular items with affordable clothes, furniture, and household items as well. All net proceeds from the daily sales at all five thrift locations benefit Gulfside Hospice patients.

Year-Round Events in Pasco-Hillsborough County Area

The closest farmers' market to Saint Leo is held every first and third Saturday of each month, year-round. The farmers' market started in 2010 and is held at the Shops at Wiregrass, an open-air retail and entertainment destination located in Wesley Chapel. This Market supports 80-100 vendors and caters to all of New Tampa and Wesley Chapel.

The Pasco County Fall Carnival will take place at the Pasco Fair Ground on Sep. 17th-19th. There will be food trucks, craft vendors, axe throwing, and more.

The Bay Area Renaissance Festival will be on Sep. 17th at the Withlacoochee River State Park. The festival consists of a 16th Century European village featuring 4 stages of entertainment including musicians, magicians, jugglers, and mimes. Over 100 artisans will fill the festival marketplace to display and sell their handcrafted goods.

The annual Pumpkin Festival

The Book Shack is stocked with pre-loved books waiting for you!



The Book Shack in Downtown Dade City is a great place for students to trade in their books for new ones.

Freshman Issue



Olga's Bakery & Deli sits right next to one of Dade City's famous antique shops. It is also next to A Matter of Taste Cafe, a faculty favorite!

goes through Oct. 15th-17th at the Grove in Wesley Chapel. There will be a Pumpkin Patch, Full Carnival, Food Trucks, Craft Vendors, Costume Contest, Dog Costume Contest, Mr. and Ms. Pumpkin, and Truck-or-Treat.

The annual Donut Fest will be on Nov. 7th. Guests can simply enjoy a Sunday while sampling donuts, coffee, and naming your city's Favorite Donut. Location is yet to be announced.

Tampa Bay Balloon Festival is an outdoor event that features tethered hot air balloon rides, local food, and retail vendors. The event will take place on Dec. 17th-18th 2021 in the Dade City area.

Enjoy the holiday season at the Church Street Christmas in downtown Dade City. The celebration will include performances by local church choirs, the Dade City Symphony, and talented musicians from all over East Pasco County. The entire street is blocked off where visitors may stroll and listen, as well as see the sights of the season, luminary lit sidewalks, and brilliantly decorated homes.

The famous Strawberry Festival is scheduled to be on March 3rd to March 13rd, 2022. The Florida Strawberry Festival is an

11-day community event celebrating the strawberry harvest of Eastern Hillsborough County. Each year, over 500,000 visitors enjoy the festival's headline entertainment, youth livestock shows, rides, exhibits of commerce, and, of course, its strawberry shortcake.

If any of these events is of your interest, stay updated by their respective websites about their COVID-19 protocols.

Local Food You Gotta Try Before You Graduate

Either by car or just walking distance, local businesses know how to keep students' bellies happy. Before you graduate, at least:

- Have a pizza at Al's Famous Pizza, located on Curley St., right around the corner from campus.
- Get coffee and some baked goods at A Cup of Organic, one minute away by car or 15 minutes walking from Marmion/Snyder.
- Grab a Cuban sandwich at Jiffy's Food Store, one minute away by car or 15 minutes walking from Marmion/Snyder.
- Eat at Pancho's Mexican Restaurant, right around the corner of Jiffy's Food Store, or at Del Carmen Mexican Store and Restaurant in downtown Dade

City.

- Grab a baked good at Olga's Bakery and Deli in downtown Dade City—make sure to go early in the morning, because after noon there is nothing left!
- Get a taco at the Taqueria El Guache, just 5 minutes away from campus, and taste some authentic Mexican tacos.

These are just a few of the various places a Saint Leo student can visit, taste, and enjoy. The best part of it is that, by doing so, we are supporting our community and helping local families!

All photos captured by Ryn Williams



The best part about Downtown Dade City? The free parking! For those with electric cars, there are charging stations outside the historic Court House.



Dog Mania & Cats is a charming pet boutique in Downtown Dade City, an awesome spot for pet lovers.

What is there to do on campus?

Freshman-friendly clubs and organizations to join!

Ryn Williams

Lay-Out Editor

Reading through this issue, you may have noticed us talking about the Campus Activities Board (CAB) quite a bit. CAB is the group that plans on- and off-campus events for every undergraduate student to participate in. The group is student-run, and the students who participate in it are provided a scholarship. To get involved with or to learn more about CAB, students can contact (352) 588-8844 or send an email to cab@saintleo.edu.

The Student Government Union (SGU) is made up of five student members elected in the spring. The goal of SGU is to enhance student life on campus by allocating money to student organizations and events, providing activities, and proposing legislation. There is also a senate made of 25 student positions who vote on proposed legislation. The current SGU cabinet is up online at <https://www.saintleo.edu/student-government-union/>. To stay connected and get involved with SGU, students can either follow their Instagram at @saintleosgu or send an email to studentgovernmentunion@saintleo.edu.

Greek Life is inseparable

from the college experience. The Office of Greek Life values leadership, scholarship, excellence, and integrity, and believes that joining a fraternity or sorority is more than just social status—it's about individual growth. There are more than 150 members across 14 chapters at Saint Leo. To qualify for Greek Life, students must attend a mandatory Greek Life Information Session, be a full-time student (minimum of 12 credit hours), be enrolled as an undergraduate collegiate in the recruiting semester, register for recruitment, and attend an Interest Meeting. To connect with Greek Life, students can call (352) 588-8662 or contact Brandee Greaves, the Assistant Director of Greek Life and Community Engagement, at brandee.greaves@saintleo.edu.

The Office of Community Engagement consists of three clubs who get together once a semester to give back to the Saint Leo community. Community service clubs consist of Alpha Phi Omega, Leo for St. Jude, and Sea Lions Club. If you are interested in getting involved, please contact the Assistant Director of Community Engagement at brandee.greaves@saintleo.edu.

PRISM is the only gay-straight alliance at any Catholic university in

the United States, creating a place for LGBTQ+ students to gather, learn, and make a positive impact on their community. It is a student-governed club. Students looking to find more information or get involved can either follow their Instagram at @prismsaintleo or contact Rose Foley at rose.foley@saintleo.edu.

For those who are musically inclined, there is a music club called Saint Leo Music Collective that provides a space for music lovers to express themselves and to share their music with the community through performances, fundraisers, and service events. There are also ensembles that can be taken as classes for credit: these include the Saint Leo Singers and the Saint Leo Chamber Singers, directed by Dr. Cynthia Selph, who can be reached at cynthia.selph@saintleo.edu; the Saint Leo Rhythm Machine, directed by instructor Mauricio Rodriguez, who can be reached at mauricio.rodriguez02@saintleo.edu; and the Saint Leo Chamber Instruments, directed by kasia@tampabay.rr.com.

Those interested in the Saint Leo Music Program can connect with their Instagram at @slumusicprogram. The music faculty and Chamber Singers will be performing for Aloha Leo on Tuesday, Aug. 31 at 5:30P.M. on the Lakeside Patio, giving students an opportunity to see what the music program is all about.

The Saint Leo Esports team was brought to life in the spring of 2020. They are a school-sponsored and -funded club sport with competitive

teams in League of Legends, Rocket League, and Super Smash Brothers Ultimate. Since their founding, they have competed against Rutgers University, University of Houston, and Boise State. The Esports Arena, located on the first floor of Residential Building 5, is open for all students (including non-team members, at designated times). To connect with the Saint Leo Esports team, students can send an email to esports@saintleo.edu.

The Goldrush Dance Team is a place for dancers to continue their passion at the collegiate level while competing at the regional and national levels. They promote school spirit at Saint Leo's campus and within the Saint Leo community. To connect with the Goldrush Dance Team, students can contact their Instagram at @goldrush_saintleo or send an email to Kimesha Norris at kimesha.norris@saintleo.edu.

There are over 70 recognized clubs and organizations at Saint Leo University. Fortunately, there is an easy-to-use website that allows students to find the groups that are right for them called EngageLeo. Students can find on and off campus events, club updates, and organizations ranging from the K-POP & Anime Club to the Debate Club on <https://saintleo.campuslabs.com/engage/>.

Don't be shy, find your place in the pride! For more information on Student Involvement, students can call (352) 588-8992, or send an email to student.involvement@saintleo.edu.



Students can spot this bench outside the Dining Hall. Photo captured by Ryn Williams.

FALL 2021
SPRING 2022

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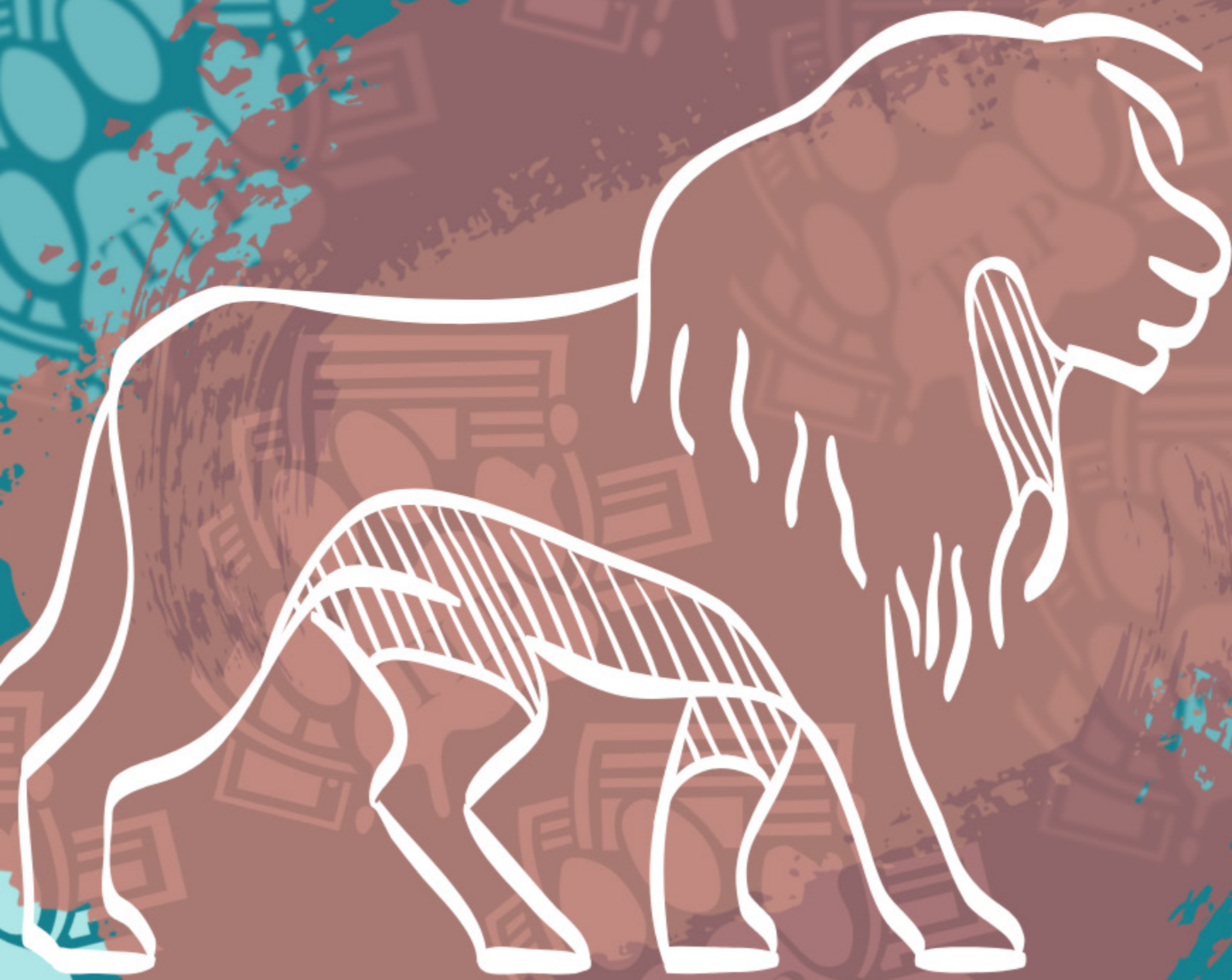
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