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The Holiday Issue



THE LIONS' PRIDE  
MEDIA GROUP





# NEWSROOM

STUDENT ACTIVITIES BLDG OFFICE 106

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# Departing words from The Lions' Pride Media Group's December seniors

**Geovanny Hillis**  
*Social Media Manager*

As my December graduation approaches, it's hard to believe how much I've grown over the past four years. Four years ago, I had no clue what I was going to do with my life. Four years later, I am on the path of pursuing a career within the communications industry.

The summer after I graduated from high school in 2017 was a rough time.

I had planned to attend seminary to become a Catholic priest after high school, but that door closed for me when I found out I had not been accepted into seminary days after my high school graduation. As I struggled with disappointment and the shock of an unexpected turn of events, I ended up applying at St. Petersburg College so I could earn my associate of arts degree.

Starting college was a scary experience. I still remember feeling nervous during my orientation day as I sat down and listened to a presentation. I was not surrounded by the community of familiar faces I had in high school, and would have to find my way as I navigated this new world and the dynamics within it. However, as my first semester of college began, I found that things were a lot less scary than expected.

While things went incredibly smoothly as I earned my general associate of arts degree, I still did not know what I wanted to do for my career after college.

I was like a tumbleweed that moved wherever the wind blew. I decided that I wanted to pursue a communications-related job and transferred to Saint Leo University to earn my bachelor's degree in multimedia management. I ended up switching my major to the digital communication track of the school's new communication

program and have been enjoying taking courses directly related to my field of interest, such as podcasting and post-production.

Since the summer of last year, I have made it my mission to prepare myself for the workplace by becoming a jack of all trades in communication. I made an effort to learn the basics of important multimedia skills such as audio editing, video production, etc.

I used to limit myself by saying that I'm not tech savvy, but the past year has taught me that you can learn new and even difficult skills if you put in the work.

There are several pieces of advice I would give to students before their graduation. First, I recommend making the most of your time at Saint Leo by taking advantage of opportunities which will give you real-world experience. I recommend speaking with your department chair to learn about internship opportunities within your major.

Taking advantage of such opportunities will not only help you build your resume and professional network, but you will gain practical knowledge that will help you feel more confident as you pursue your career. You can also visit Career Services on campus for various resources which will help you in your job search.

Secondly, I recommend investing in yourself by taking care of your physical, mental, and spiritual health. Over the course of my college journey, there have been times where I was negligent of one or more of these aspects of my health.

While it's definitely a daily struggle, I've learned that taking care of your body through exercise and proper nutrition will not only help you feel better overall, but will help you to perform your best.

Next, seeking help when struggling with depression, anxiety, or any other negative impact on your mental health will also help you both feel and



## Student Spotlights



Geovanny Hillis (left) and Ryn Christoff (right) have been producing content for The Lions' Pride Media Group's social media pages for the Fall 2021 semester.

Photo by Ryn Williams

perform better.

Lastly, nurturing your spiritual life is just as important. To be perfectly honest, my relationship with Christ is what brought me through the toughest times during my college journey!

While it may sound cliché, my last piece of advice is to believe in yourself. Don't limit yourself by thinking that something is beyond you, just as I did when I would say that I am not "tech savvy." With the will to persevere and the effort to learn, you can do things you didn't think were possible.

The journey ahead may be intimidating at times, know that if you put in the effort to prepare for the future and invest in yourself, you will succeed in your career. As the famous fictional character Naruto Uzumaki frequently says, "Believe it!"



### Ryn Christoff Social Media Contributor

As the last four years of my college experience comes to a close in December, I reflect on my many days of studying, Zooming, and taking naps.

For my first two years, I attended St. Petersburg College (SPC) and got my associate degree. Throughout those two years at SPC, I was certain about studying creative writing. However, as time passed, I realized that I had a keen passion for graphic design and video editing. Ever since I was a kid, I have always enjoyed editing videos on iMovie, whether it be silly lip-syncing videos or funny videos with my friends.

In the midst of my search for universities to transfer to after graduation from SPC, I found Saint Leo University and was immediately hooked on the digital communication degree they had to offer.

During my time at Saint Leo, I have made tons of friends, connections, and memories. From eating salads from Meg in the dining hall to studying in the library with my friends, I made

every memory count. Even though a few of my semesters were not considered the typical college experience due to the pandemic, I still made the most of the situation.

I interned at two different organizations where I learned the essentials of the digital marketing industry. They also allowed me to gather a good understanding of the job force and taught me the skills I need to improve on, such as time management and organization.

My dream career is to be a graphic designer and digital marketing specialist, specifically working freelance to help people and businesses with their websites, social media pages, and anything they need help with. In that career field, it is essential for you to be on top of your game as there are quick deadlines and turnaround times. Having good time-management and organizational skills is key to being successful.

After graduation, I will be starting a year-long paid internship as a marketing intern at American Reading Company. American Reading Company is

a mission-driven company that provides language arts solutions in English and Spanish K-12 in the pursuit of literacy and educational excellence for all students.

I am very excited to start the new internship after I graduate in December. Graduating in December is a little tough since most of my friends graduated in May and I must wait until next year to attend my graduation ceremony. However, it does make the job search a little better, since I will start my internship for the new year. Fewer college students graduate in December, making the job search a lot less competitive.

After my four years in college, my advice to underclassmen who are studying hard to finish up their college years and land their dream jobs is to ALWAYS make connections! Attend career fairs, join your school clubs and organizations, and attend school events where you can meet and connect with others. You never know: the next connection you make may lead you to meet your potential future employer!

The way I landed one of my internships was by keeping in close contact with my professor, Dr. Kenneth Embry, associate professor of communication management. He was able to assist me in getting into contact with someone who needed an intern, and that turned out to be an amazing resume-building experience.

The last point of advice I would give to underclassmen is to have confidence in yourself. There have been many times when I've been too concerned with how others think of me, which influenced my self-esteem. When I first started college, I could barely bring myself to speak to my professors due to my lack of confidence. Eventually, I learned that through self-confidence, I can do anything I set my mind to!

The past four years have gone by at the speed of light, and I am very much ready to hit the submit button on my last assignment and move with the career I have always dreamed of. As my favorite anime character Shota Aizawa once said, "There's nothing crueler than letting your dreams end midway."



# Veterans' Day and the Saint Leo University student military experience

**Lester Williams JR**  
Contributing Writer

Being in the military isn't an easy profession, as soldiers must endure a strict world where they are challenged mentally and physically. Some military-connected students have to manage their courses and the life of a soldier at the same time.

According to Community College of Baltimore County, a student can be military connected in a variety of ways such as being a veteran or a dependent child or spouse. A student can also be a part of the United States Reserve, the National Guard, the marines, air force, coast guard, army, or navy in order to be military-connected.

Military-connected students experience two different worlds, which grants them the unique experience of being able to compare and contrast aspects of both the military and regular classes such as the environment, teaching methods, and the types of people you interact with.

"A crucial similarity that carries over from the Army days into college is meeting people from different walks of life, and then finding a common ground from which to work together towards success in a common goal," said Jonathan Barnes, a junior majoring in English who served in the U.S. Army for seven years.

Of course, life in the military

is made a lot more difficult, as soldiers are educated to handle dangerous tools, manage life or death situations, tolerate extreme conditions, potentially deal with traveling hundreds or even thousands of miles from home, and endure sights that the average person might not be able to.

"I served in the Navy for four years from 2015 to 2019. While I was in, my job was a Damage Controlman, which was basically a naval firefighter," said Joshua Brink, a sophomore majoring in creative writing. "I fought fires, flooding, and toxic gases onboard the ship I was stationed on. Through my job, I got to travel around the world and see some amazing things."

"If I had to compare my experiences in the military to be a student, I'd say it's much more stressful in the military than being a student, being away from your family and not being able to communicate with them," Brink added. "The education and the learning are similar with how much you learn, but the military has a more rushed learning at a fast pace."

Saint Leo University states that, as far back as the early 1970's, the organization has "been a leading institution of higher education for military members seeking both traditional and online programs to help them attain a college degree and find gainful employment following their military service."

Saint Leo has managed to live up this claim due to benefits—like the Military Tuition Assistance, which grants financial support to students in the navy, coast guard, air force, army, and marines—as well as departments like office of Military Affairs and Services, which helps both active and veteran military students who want to continue their education.

In order to provide efficient support to military connected students, the department oversees their needs by dividing them into three major areas. The first major area is the students' transition to Saint Leo. This area makes use of the University's resources to give students the financial support in order to make coming to Saint Leo as simple as possible.

The second area is reintegration from military to daily life on campus. In this area, military-connected students are

mentored by a veteran who has already completed the transition phrase. The mentor will also be the student's liaison, who will manage any communication needs.

The third and final area is academic, which branches off into other aspects such as tutoring, enrollment, and services for students, as well as the ability for students to become mentors that will help guide future military-connected students in areas of the university, like registration.

When going into military, it is necessary for soldiers to consider their futures on and off the frontlines, which is why active and veteran members of the military should make their education a top priority. It is thanks to institutions like Saint Leo that students who are active in the military can pursue degrees while also focusing on protecting their country.



Saint Leo University's Reserve Officer's Training Corps (ROTC) offers soldiers training and financial support.

Photo by Lester Williams, JR



Jonathan Barnes during a large scale brigade training exercise at Fort Riley, KS, in 2011.

Photo courtesy of Jonathan Barnes



Saint Leo University's Military Resource Center gives military students a place to gather, relax, and study.

Photo by Lester Williams, JR



## End of the year performances: Theatre & Music

### Adriana Rodriguez

Contributing Writer

Annually, Saint Leo University has a series of music and theater productions held by the music and theatre programs. The university's end of the year performance has already begun on the school's main campus, auditions have passed, and the choir has been settled on, but this does not mean that the theatre and music programs are done with their performances. There are still upcoming concerts, and everybody is invited.

The theatre program's 'Complete Works of William Shakespeare (Abridged)' took place during the annual Fall Family Festival, held in October, and students, staff, and faculty had the opportunity to enjoy the 'All Together Now' performance that took place between Nov. 12-14 on the Lakeside Patio.

The 'All Together Now' performance is a musical composed of dances and songs like Beauty and the Beast, Hairspray, Fiddler on the Roof, Mary Poppins, and Rent.

Similar to last year's performance, this year's production aimed to bring the season's joy and festivity to the audience. The goal was to remind the people that there is still much to be thankful for despite the ongoing pandemic.



All Together Now's Nov. 14 encore performance at the Lakeside Patio brought warmth and wonder to its audience despite the cold weather with the performers' vocals and unified choreography.

Photo by Adriana Rodriguez

"The songs revolved around the idea of coming back after COVID-19 restrictions and how joyful it is to be back in community," said Dr. Alicia Corts, associate professor of theatre at Saint Leo.

Students interested in participating in the theatre group's end of the year performances can begin their preparations for future roles by registering for FAS 127, an acting course, or FAS 137, a stagecraft course.

Students may also contact

Corts via email at [alicia.corts@saintleo.edu](mailto:alicia.corts@saintleo.edu).

Everyone can also look forward to the music program's 'A Saint Leo Christmas' on Dec. 4. This concert has two separate performances: one at 4 p.m. and another at 7 p.m., which will flank the Christmas Tree Lighting Ceremony that will also be taking place on the Dec. 4 at 5:45 p.m.

The Christmas Tree Lighting Ceremony and the two concerts will include refreshments, Christmas caroling, and the blessing of the manger.

"The performers include all of the student ensembles and music faculty plus guest musicians.

Students, faculty, staff, and community members are invited and encouraged to attend," said Cynthia Selph, assistant professor of music and music ministry.

Students who are interested in becoming a part of the music program's future performances are encouraged to sign up for the Saint Leo Singers MUS 106 course and/or the Chamber Singers MUS 400 course. By registering for these classes, they will have a solid foundation on music and will be better prepared for any future conduction.

Students are also welcomed to contact Selph via email at [cynthia.selph@saintleo.edu](mailto:cynthia.selph@saintleo.edu) if they have an

interest in getting involved with any of the music program's future performances. They can also contact her for any other related questions about the program and its activities. The student activities website and the music program's Facebook page, [www.facebook.com/SaintLeoMusic](http://www.facebook.com/SaintLeoMusic), also has more information.

These performances are free and open to all students, faculty, and staff. Since the university's COVID-19 protocols have been updated, no masks will be required as these are outdoor events; however, they will not be streamed via Zoom.

Donations to the programs are accepted and appreciated.

Reminders for the dates and times of the end of the year performances can be found in the weekly student activities email sent out by the Office of Student Activities. Any last-minute change to the dates or times of the events will also be included in the email.

For more information on upcoming events from Saint Leo's theatre program, students can reach out through the Lions SHARE link or visit the program's Facebook page, [www.facebook.com/SaintLeoTheatre](http://www.facebook.com/SaintLeoTheatre).

Students may also use EngageLeo and the Campus Activities Board's social media page to keep up to date on all the events that will be happening towards the end of the semester.



There was no lack of visuals in All Together Now's performance with a wide screen full of interchanging images serving as the background according to each song and dance.

Photo by Adriana Rodriguez



## How to respond to a seizure

**Lauren Felts**

*Advertisement Manager*

November is Epilepsy Awareness Month and as a way to help prevent any incidents, it is important to know what to do in the event of someone experiencing a seizure.

Epilepsy is a medical condition in which the brain experiences abnormal brain cell activity. It can be caused by head trauma, genetics, or developmental disorders. Having epilepsy causes the person to encounter seizures. In the event that you are in the same room or near someone experiencing a seizure, it is important to first understand the different types of seizures and how it affects the brain.

According to the CDC, there are two major types of seizures: generalized and focal seizures. An absence seizure is a generalized and less severe seizure that will often cause rapid or sudden blinking as well as absent mindedness.

A tonic-clonic seizure is a more severe generalized seizure causing the person to potentially lose consciousness, lose control of muscles, spasm, and cry out.

Focal seizures can be divided into three categories and affect a particular area of the brain, as compared to generalized which affect both sides of the brain. Simple focal seizures often only affect a small part of the brain, according to the CDC, and can cause a different sensation in taste or smell as well as sudden twitching. Complex focal seizures can leave a person feeling dazed and confused and can last for several minutes. Secondary generalized seizures start out in one part of the brain as a focal seizure, spreads through the rest of the brain, and develops into a generalized seizure.

In most cases, seizures will only last a few minutes. Not every seizure is an emergency. However it is extremely important to monitor the duration of the seizure as well

- DO:**
- Do track how long the seizure lasts; if longer than five minutes, call 911!
  - Do stay with the person until help arrives.
  - Do lay the person on his/her side to help with breathing.
  - Do make sure his/her airway is not blocked by anything, like a tie, necklace, scarf, or lanyard.
- DONT:**
- Do not attempt to give the person CPR.
  - Do not hold the person down.
  - Do not put anything in his/her mouth until fully alert.

as the symptoms the person is experiencing.

Once the seizure has subsided, it is likely that the person will be confused. Sit the person up gently, and explain in simple terms what had happened. It is important to try and stay calm during the experience, as well as after, so you are not causing the person any added stress.

Most likely, the person will already be familiar with their symptoms as people with epilepsy can encounter at least one severe seizure as well as up to 20 or 25 partial seizures a day, according to

the Epilepsy Foundation.

Currently, there is no known cure for epilepsy; however, with medication it can be managed and monitored. Some cases are more severe, and even with medication, some will still encounter a few seizures daily. It is important to know these steps noted above to properly handle the situation should the event ever occur.

For more information on epilepsy, visit the Epilepsy Foundation to gain a better understanding on the condition or get professionally certified and take action.

## What to do with your Jack-o-Lanterns after Halloween?

**Tayhana Taylor**

*World News Editor*

Pumpkin carving is a fun and exciting tradition for many during the Halloween season, but what happens to those Jack-o-Lanterns after Oct. 31?

Waste Dive, a website dedicated to publishing articles that provide insight into shaping waste and recycling, reports that 1.3 billion pounds of pumpkins end up in landfills annually after Halloween has passed.

Although pumpkins are biodegradable, according to the World Economic Forum, when pumpkins are dumped in landfills to rot and decompose, one of the end results is the production of methane. Methane is a greenhouse gas that traps heat in the atmosphere—this eventually contributes to speeding up climate change.

“Anytime something is dumped in the garbage or a landfill, there will be a negative environmental impact,” said Dr. Christopher Miller, a professor of ecology and biology at Saint Leo University. “In Pasco County, garbage is burnt, so whether it is a Styrofoam box or a rotten Jack-o-

Lantern, toxic chemicals are still being released into the atmosphere.”

Typically, after Halloween, people toss their pumpkins out in their nearest trash bins without considering the environmental effect of dumping their Jack-o-Lanterns.

“During Halloween, people use pumpkins to create Jack-o-Lanterns which lasts for a few days, but the unfortunate thing is that sometimes the long-term environmental impact is not considered,” said Miller.

There are various ways to prevent the increase of environmental waste, all while enjoying using Jack-o-Lanterns during Halloween; one of these ways is through composting.

“Composting is the process of taking organic bio-degradable products like vegetable or fruit matter and turning them into soil that can be used for gardening,” said Miller. “Currently there are no composting programs on the university’s campus, but composting is a great practice for homeowners.”

For those living at home, creating or using a compost bin is a great way to not only get rid of Jack-o-Lanterns, but any other food that would be dumped in the trash.

A compost bin can be set up in a backyard or any outdoor space using materials such as wires, twigs, and scrap lumber to create a base that is at least three feet deep. Compost should always be kept moist and covered, and requires turning every few weeks with a tool, such as a pitchfork.

“To compost your pumpkins in a compost bin, you would split the pumpkins into smaller pieces to speed up the composting process,” said Miller. “Cover the compost bin after adding the pumpkins with some leaves and within a few months, this pumpkin would have been converted to some usable organic matter.”

Although the pumpkins used to create Jack-o-Lantern are not the same as those sold in the produce section of the grocery store, certain parts of the Jack-o-Lantern are edible, like the seeds.

“Each year I use the seeds from my pumpkin to create a snack, I put them on a baking sheet, add some seasonings and then pop them in the oven for roasting,” said Miller.

Eating pumpkin seeds have a multitude of health benefits. According to Heart.org, pumpkin seeds are rich in nutrients like

magnesium, lowering blood pressure and blood sugar levels, helping with sleep, and preventing migraines.

The Wildlife Department at Georgia Department of Natural Resources reports that Jack-o-Lanterns can be turned into treats for animals. In some instances, local farmers accept donations of Jack-o-Lanterns to feed their livestock. This is another way to prevent pumpkins from filling up landfills annually.

Next Halloween, practice being environmentally conscious about how to dispose of your Jack-o-Lanterns or think about if you actually need to carve one.



Statistica.com reports that over 100 million Americans carve pumpkins as part of their Halloween traditions.

Photo by Tayhana Taylor



## Native American History Month: Respecting all living entities

**Mariana Navarrete**  
Arts & Culture Editor

Florida Indigenous Rights Environmental Equality (FIREE) is a group of people based in Florida that are motivated to bring awareness to issues facing the Indigenous Peoples from North, Meso and South American regions. They are unified for the civil and humane treatment of the Indigenous Peoples and protection of resources in Florida, the United States, and the world.

“The Environmental Equality part has to do with that we, as Indigenous People, see the plants, the soil, the water, the animals, as having equal rights to the humans,” Alicia Norris, co-founder of FIREE, said. “We do not see them as resources that we deplete.”

FIREE honors all human cultures and living species as equally important on Mother Earth with a bio-centrist approach.

Norris co-founded FIREE in 2016 during the standoff against the Dakota Access Pipeline.

“The media was not covering it, so the people advocating for its closure reached out to all over the world for help. I made rallies,

ceremonies in my backyard, promoted education about the issue and created awareness as much as I could with a group of people,” Norris said. “The pipeline was going to be underneath the river and that was going to poison water, fish, animal and river life.”

Norris grew up in Sarasota and was adopted by her mother’s family. Her family kept the fact that her father had Indigenous heritage a secret and was told she was Italian with Scottish and Irish background from her mother’s side.

When Norris was 18, she got the opportunity to meet her father who has Onondaga and Oneida ancestry.

“I did not grow up with my cultural tradition. I did not grow up in a reservation. I grew up feeling out of place, that I did not belong anywhere, and I felt there was something wrong with me because I thought about the world differently since I was a kid,” Norris reflected.

Native Americans faced centuries of persecution and discrimination, including losing their land, resources, and being forced onto reservations that lacked the soil and natural resources needed to

build and sustain their communities. This is still happening now.

“In [Tampa], the genocidal model was pretty successful. Most of the Tocobaga are gone, or they assimilated into the Seminole, or other tribes,” said Norris. “The Seminoles were pushed into the Everglades.”

Norris’ great-grandfather walked out of the reservation and advised Norris’ father to hide their Native American heritage to prevent persecution.

“People say we are animals. I thought animals were wonderful and equal to us. I did not even think that was a derogative thing,” said Norris. “I thought it was good, because animals are good; they teach us how to be strong, have boundaries, have patience.”

FIREE honors the connectedness in life with a focus on the four elements of Earth, wind, fire, and water. They are committed to protecting the rights of nature, ecosystems, and Indigenous People.

“If the government and educational systems are going to impose that capitalist colonial way of being, they need to also present another way of being,” Norris said. “Let the native people of this land present their way of traditions and ceremony of waking up every morning with a heart of thankfulness, a heart of respect and reverence for all living entities.”

On a small scale, being respectful of all living entities could be as simple as not throwing trash on the ground.

“Would you throw garbage on your mother? No. Then, do not throw garbage at your mother,” said Norris. “The Earth is our mother.”

FIREE operates with the key belief that people are all connected.

“The world would operate in a much more place of unity, instead of competition and fear if we could incorporate these Indigenous teachings within formative years in school. We could shift these dynamics that are happening of a lack of respect of our resources,” Norris said. “I hate the word of ‘resource,’ really, because that make it sound as something we must use.”

The United Nations Environmental Program claims that Indigenous People occupy one third of the world’s land, which they have



Alicia Norris is wearing turquoise jewelry: a major component of Native American jewelry as it is rooted in personal artistic visions and cultural traditions. managed or occupied in a traditional way. The word ‘traditional’ refers to a knowledge that stems from centuries-old observations and interactions with nature.

“I tell people, if we were just living traditionally according to Indigenous ways, we wouldn’t have all these problems of climate change, extinction of animals, pollution and future shortages on resources,” Norris said.

There are small things you can start doing to live accordingly to Indigenous ways.

“For example, there is no recycling program within St. Petersburg’s corporations. When I used to work in an office, I had [a] recycling bin for everyone and in the end of the week, I would take all, put it my truck and take it in my own residential building that did have a recycling program,” Norris said. “Maybe it didn’t make a big difference, but I know I was doing what I could in my little bubble, my little world.”

FIREE works to bring awareness of the effects non-renewable energy has in local communities. Those interested can find information about pipeline projects, water pollution concerns, habitat destruction and climate change issues on their website FIREE.org.

Indigenous Peoples are not a thing of the past—to follow their teachings and ways of living can be one of the many little things we can do to honor them.



FIREE gathered in 2016 for a march against the Dakota Access Pipeline.

Photo courtesy of Alicia Norris



# Family, Faith, and Fellowship: Saint Leo

Mention the word “Christmas” today in conversation, and it might be in reference to holiday music blaring in the supermarket. Back on our Christmas memories, worries about gift lists or decorations seldom make the list of ‘most meaningful.’ Our most precious memories are reflecting on the true nature of the Christmas season. Here are some favorite Christmas traditions and memories from members of the

## A Saint Leo Tradition

Christmas is a time to practice generosity and charity, in the spirit of the first and greatest Christmas gift, the Christ Child.

One Christmas tradition of giving originated very close to Saint Leo’s campus.

“Each year, over the last nine years, my family hosts on-campus stranded students for both Thanksgiving and Christmas dinner,” said Joseph Cillo, who teaches criminal justice and law at Saint Leo.

Prior to COVID-19 hitting Florida, Cillo and his family would welcome a number of students who were not able to travel back home to celebrate with family.

“There were seven students and one faculty member at our last Thanksgiving dinner,” said Cillo. “We have had as many as eleven students at one time. It’s always a great day to share with others.”

Also, in attendance for Thanksgiving and Christmas dinner are Cillo’s parents, who enjoy

interacting with the students.

“They ask the students questions all the time—where do you see yourself in the future, how did you get here,” said Cillo. “The whole table gets to benefit from diverse backgrounds and conversations.”

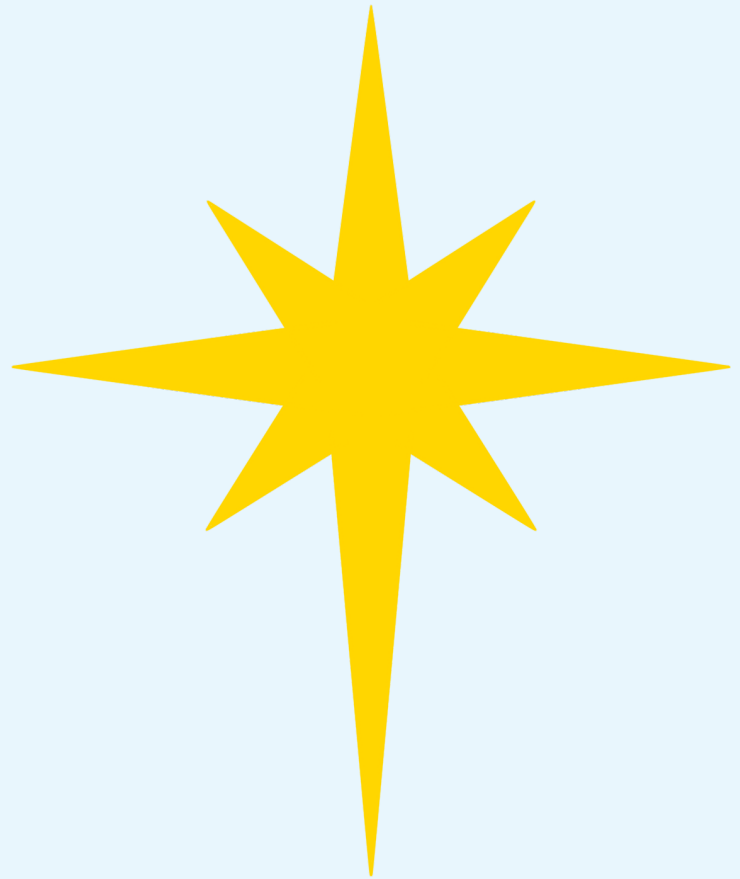
Cillo’s father was the one who inspired him to begin the tradition of inviting Saint Leo community members for Thanksgiving and Christmas dinner.

“My father worked at a teaching hospital,” Cillo explained. “He’d always be bringing home stranded residents and interns. As kids, we always had stranded medical students.”

His own experience as a stranded student also influenced his decision.

“I learned how lonely ‘alone’ was when I was in graduate school over the holidays,” Cillo said.

Cillo plans to host students again for Thanksgiving and Christmas this year.



**“It is my hope that any student stranded on campus will find a welcoming place to spend the holidays.**

**– Professor Joseph Cillo**



## A Polish Christmas Tradition

Many Christmas traditions have come to the Saint Leo community from different countries and cultures across the globe. Lisa Grandominico, a WorldWide sophomore who is majoring in clinical psychology, shared a tradition she inherited from her mother.

“My mother was Polish—100 percent,” said Grandominico. “Dad broke her out of a Nazi concentration camp during World War II and brought her back here to America. Many of Mother’s memories and teachings remained with her.”

For Grandominico, one of her mother’s Christmas traditions stood out the most to her.

“For one to two days before Christmas, mom cleaned our already immaculate house because Jesus was coming,” said Grandominico. “No matter how we begged to get out of our share of cleaning, mom stood firm.”

Grandominico recalled the story her mother would tell her leading up to every Christmas.

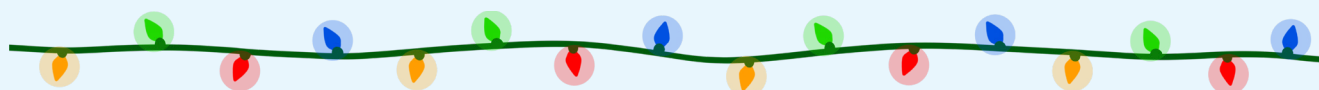
“She said, ‘Jesus will be here and we have to make things nice and comfortable for Jesus and His weary believers, especially the animals that shared their home for our Savior,’” Grandominico said. “For on the evening before Jesus is born, the animals will have the ability to speak.”

Grandominico and her mother would then set out a plate of food and, under the family table, a bowl of water for the animals.

“Many years later, I can recall how excited I would be to hear the animals talk,” said Grandominico. “I waited up all night to hear the donkey and sheep talk until sleep carried me off.”

Grandominico continues to carry on her mother’s tradition today.

“My dear, brave mother has been gone for a long time, but every year I scrub my house clean just before Christmas in preparation for Jesus and His talking animals,” she said. “I have passed on this tradition to my child and many others throughout the years.”





# Christmas Traditions

arket, watching feelgood Hallmark movies, or the looming threat of supply-chain pandemonium. However, when we reflect precious memories are oftentimes tied to time spent with family and friends, to time spent giving to others, and to time spent s of the Saint Leo University community.

## The Novena de Aguinaldos

There are many traditions throughout the season of Advent that are practiced in preparation for the joyful celebration of Christmas. One tradition leading up to Christmas Day is that of the Novena de Aguinaldos.

Angelica Molina, a sophomore attending the university campus majoring in global studies, and her family pray the novena for the nine days leading up to Dec. 24.

“Every day my family gathers in a different family house to pray the novena and share some

food and traditional Christmas songs,” said Molina. “Family members that live abroad come during this time to pray and eat with the family. I feel this is a time when we connect with each other.”

The tradition of the Christmas novena is something Molina has practiced with her family her entire life.

“This tradition has been in my family ever since I have memory,” she said. “I remember I started to learn how to read by reading the novenas.”



## Celebrating Saint Nicholas' Day

Not all Christmas traditions and festivities begin on Dec. 25— for example, the feast day of Saint Nicholas' is celebrated on Dec. 6 by many Christian communities to honor Saint Nicholas of Myra, a fourth-century bishop who is considered the inspiration for the modern legend of Santa Claus.

“This is the start of the Christmas season for me,” said Adam Keselicka, a junior majoring in criminal justice at Saint Leo's university campus, who explained his family's tradition of celebrating St. Nicholas' Day.

“The night before we put out our shoes,” he said. “Some families

will put out hay for St. Nicholas' horse.”

In the morning, Keselicka and his family would awake to find their shoes filled with small gifts, such as Christmas ornaments and chocolate gold coins. Keselicka stated that this celebration is particularly significant for him because it reminds him of his grandmother.

“Shortly before she passed away, she had trouble reading the letters on one of the gold coins,” said Keselicka. He explained how he and his father helped her to read it. Now, the gold coins always recall the memory of his grandmother while she was still alive.

## Christmas Dinner

No discussion of Christmas traditions would be complete without mentioning Christmas dinner and the sense of fellowship that accompanies a delicious family meal.

Vittoria Bonsanti-Feniello, a junior majoring in computer information systems, explained one of her family's favorite Christmas dishes.

“On Christmas, we eat the typical Venezuelan dish called ‘Hallaca,’ which is made out of cornmeal and stuffed with beef, pork, raisins, and olives, and then wrapped in a banana leaf,” she said. “The most memorable part of this celebration is praying before eating and giving a speech about how thankful we are to be together.”

*“Everyone should enjoy every moment with family and friends, you never know when it will be the last day you can hug them or tell them how much you love them.”*

**- Vittoria Bonsanti-Feniello**



## Destressing & avoiding burnout during final exams

**Crystal Smith**  
Managing Editor

Research from the National Center for Complementary and Integrative Health revealed that stress is a normal feeling that everyone experiences during specific periods in life. Additional research from Gregoire revealed that as the examination period swiftly approaches, every student whose goal is to achieve exceptional grades may experience some degree of stress or anxiety.

Although stress during testing is considered quite normal, there are numerous resources on campus provided for Saint Leo University students to destress.

For starters, one of the many ways that students at Saint Leo can minimize their stress levels and combat any anxiety during exam season is by managing their lifestyle. Managing your lifestyle

consists of practical tasks such as preparing an exam study schedule, consuming healthier food products, and sufficient hours of sleep.

Human ecology and evolution professor at Saint Leo, John Emery, said, "When preparing for finals, it is imperative to receive sufficient amounts of sleep."

Burnout during finals season is also commonly seen amongst students on campus. Emery urges students to try watching films in order to relax before finals.

"One piece of advice that I would give to any student that is trying to avoid burnout when preparing for finals is to try your best to watch a movie in order to be as calm as possible before your examination," said Emery.

Research from the National Center for Complementary and Integrative Health also confirmed that healthier foods provide the body with vital nutrients needed to enable the

body to function for more extended periods of time. Although fast food or fatty foods may seem more appealing, it is crucial to consume healthier foods during finals.

When creating a study schedule, it is also essential to provide yourself with a period strictly for destressing activities. Some destressing activities that Saint Leo students can partake in are taking a stroll around campus or scheduling time to enjoy classical music at Benedict's Coffeehouse. Similarly, other destressing activities that students can participate in on our campus are kayaking at Lake Jovita or even enjoying a workout session at the Marmion Bowman Center.

Burnout during finals can also be avoided by prioritizing your time when studying, completing mock exams in a quiet area, and improving your exam time management skills. Completing

mock exams allow students to pace themselves as if they were in an actual exam, which is critical when completing a timed examination.

Damion Drackett, sophomore majoring in bio-medical health sciences, said, "Finals can definitely be a stressful time during the school year. I believe that great organization skills, study, and sleeping habits allow myself to combat any stress associated with examinations."

"Some advice that I would give to any student that feels as if the world is on their shoulders during finals is to always be mindful of not only your study habits or organization skills, but also their state of mind. Preserving your state of mind is really important, and one way that I ensure that I am very mindful is by taking mental health days."

Following these strategies helps to alleviate burnout and preserves mental health during finals season.



The Bowl is the site for recreational use; this where students have fun, study, or even have a picnic for their own pleasure.

Photo by Crystal Smith



## Finals Week: Advice on how to tackle studying

**Tierra Doughty**  
Contributing Writer

Whether someone is a freshman, sophomore, junior, or senior majoring in the arts, humanities, the sciences, or technology, one important concern is finding a proficient way to study for final exams.

For humanities and art majors, finals are different as knowing important time periods, the significance of historical events and movements, and being able to analyze their impact is important.

Pamela DeCius, an instructor of humanities at Saint Leo University, said, "Studio arts and humanities are a little different in approach- one being much more hands-on [or] product based, but know terms, styles, period."

For humanities classes, creating a timeline, to see where pieces fall in the larger picture of historical, political, social, and personal context, really helps create a logical order or categorizing of your studying.

"If everything is somehow connected, the connection can help us remember [or] recall things about the piece," said DeCius.

Dr. Passard Dean, department chair and professor of accounting in the Donald R. Tapia School of Business at Saint Leo, offered study advice that has helped him during his own college experience, and that he wants to pass on to his accounting students.

"The first thing I would recommend is to know the definitions and understand the concepts behind those definitions," said Dean.

Dividing study time into manageable chunks and scheduling a short break between those chunks help with retaining information.

"Study in 20-to-25-minute increments. Do not study too much at once. We call that cramming, and students usually cram during the last couple of days," said Dean.

Mathematics is one area that requires much practice. Like the technology field, mathematics is about logical problem-solving when given certain information which can be time-consuming to study.

Dr. Monika Kiss, an associate professor of mathematics at Saint



Students tend to study better in certain locations across campus. Studying with a friend is another beneficial strategy to do when preparing for exams.

Photo by Tierra Doughty

Leo, said, "My first piece of advice is to look back at the whole semester, use Thanksgiving break, do a little bit of studying every day, and take notes for every section we covered. Write down the appropriate formulas that were used in each section."

Being an attentive and active listener in class is crucial when pertaining to students' learning.

"Pay attention to what your teachers tell you. They're going to be naturally focused on certain areas from the semester that may appear on the final, so listen to those cues," said Kiss. "I also do not recommend students to use programs that tell them the answer."

It is important to thoroughly read and understand problems before attempting to solve them.

"Sometimes people do not understand the problem," said Dr. Okey Igbonagwam, an assistant professor of computer information systems at Saint Leo. "How to solve a problem is first understanding the problem, then know the requirements of the problem you are trying to solve. The rest will be a piece of cake."

Mathematics and computing share many similar qualities when it comes to solving problems.

"For example, most students do not like solving word problems in mathematics because they are often verbose and overwhelming. Determine what you are required to do by looking at the nouns and the verbs that complement those

nouns," said Igbonagwam.

When preparing for final exams, procrastination along with all-nighters is not recommended because of their ineffectiveness. Antonella Ameijeiras, a freshman majoring in business management, said, "I use a lot of flashcards to pinpoint the iconic words that are mainly used."

"As college students, finals season can be stressful. So relaxing and getting good amounts of sleep is important," said Ameijeiras.

Emily Pierrard, a business management senior, also emphasized the usefulness of flashcards for learning important definitions.

"Notecards are the way to go. I just study whenever I can to get a head start. I do about six full hours of studying, just going over my course material," said Pierrard. "I will be using my textbooks, or study guides that my teachers provide as my primary resources during study sessions."

Studying course materials in bulk may work for some students, but others prefer to study in short intervals.

Dylan Trivedi, a junior majoring in criminal justice, said, "I'll be studying one hour at a time, and then take a 10-to-20-minute break. I will study for three to four hours a day and use what we have done in class, my textbooks, and any papers I have used to write in class."

Like Trivedi, Ariel Green,

sophomore majoring in elementary education, said, "30-minute study increments and breaks work for me because they help me to remain focused on the content I am studying."

The Center for Academic Vision and Excellence (C.A.V.E.) is a great resource for students to utilize when preparing for finals. The C.A.V.E. is located on the first floor of Kirk Hall. Students have access to free tutoring with P.A.L. coaches for a variety of subjects and no appointments are necessary.

Eternity Rodriguez, freshmen majoring in psychology, said, "I go to the C.A.V.E. when I am not understanding something, I am unsure of something, or to make sure my papers are okay."

For students who are taking final exams or doing research papers in place of exams, time management is key.

"Thanksgiving break is an important time to focus on trying to get things done, catch up on assignments, go over materials that may appear on the final exams the week after," said Alexandra Joseph, senior majoring in criminal justice with a minor in political science.

Students may also keep in mind that their professors are always there to assist them with any material they are struggling with.

"Don't miss classes because your professors are here to help you and want you to be successful and see you achieve your goals. Know that you are not alone," said Kiss.



# SAINT LEO FINAL EXAM SCHEDULE

- Fall 2021 -

## Monday / Wednesday / Friday Classes

### Normal Schedule

MWF - 08:00am  
MWF - 09:10am  
MWF - 10:20am  
MWF - 11:30am  
MWF - 12:40pm  
MWF - 01:50pm  
MWF - 03:00pm  
MWF - 04:10pm

### Final Exam Day and Time

Wednesday, December 15 - 08:00am - 10:00am  
Friday, December 17 - 08:00am - 10:00am  
Wednesday, December 15 - 10:10am - 12:10pm  
Friday, December 17 - 10:10am - 12:10pm  
Wednesday, December 15 - 01:10pm - 03:10pm  
Friday, December 17 - 01:10pm - 03:10pm  
Wednesday, December 15 - 03:20pm - 05:20pm  
Friday, December 17 - 03:20pm - 05:20pm

## Tuesday / Thursday Classes

### Normal Schedule

TR - 08:00am  
TR - 09:40am  
TR - 11:20am  
TR - 01:00pm  
TR - 02:40pm  
TR - 04:20pm

### Final Exam Day and Time

Tuesday, December 14 - 08:00am - 10:00am  
Thursday, December 16 - 08:00am - 10:00am  
Tuesday, December 14 - 10:10am - 12:10pm  
Thursday, December 16 - 10:10am - 12:10pm  
Tuesday, December 14 - 01:10pm - 03:10pm  
Thursday, December 16 - 01:10pm - 03:10pm

*Any classes meeting after 4:20pm are considered evening classes with exams held during the last regularly scheduled class time period prior to the first day of finals.*



# Getting hired on campus: international student edition

**Alyssa Tsang**  
Contributing Writer

Working on campus is typically the main source of income for international students since immigration law prohibits them from off-campus employment.

This fall semester, the university welcomed international students from more than 50 different countries. International students are only permitted to work on campus—this creates a competitive market for student employment.

"If I want to make additional income, I can only do it by working on campus," said Arielle Kabangku, a Canadian graduate student working on her MBA.

According to 8 CFR 214.2(f)-Academic and Language Students (9) from the US Immigration and Customs Enforcement (ICE), international students can only work legally on campus in their first year, with no more than 20 hours per week during the school year. The law also states that any job being done should provide a university student service, and non-direct services like construction are forbidden.

On-campus jobs are divided into two categories: Federal Work-Study (FWS) and non-Federal Work-Study (non-FWS). All undergraduate or graduate students who are U.S. citizens or permanent residents may qualify for FWS. FWS is a program funded by the federal government that allows students to work part-time on campus while completing their studies.

Federal funds are limited—the FWS program is based on a first-come, first-serve basis and the evaluation from the FWS office. Students must complete the Free Application for Federal Student Aid (FAFSA) and indicate their eligibility. These students must also meet satisfactory academic progress every year.

With this being said, international students only qualify for non-FWS jobs.

"Non-federal job positions were always at a premium, very competitive," said Paige Ramsey-Hamacher, the executive director

& PDSO/RO for Center for Global Engagement.

Despite the competitiveness, many international students obtain leadership positions.

"I have been amazed to see how many resident assistants and graduate assistants are international students," said Ramsey-Hamacher. "Those are huge leadership positions."

Besides being resident assistants and graduate assistants, international students can also work in many other positions to develop their interests and work in different fields, even for first-year students.

"I have been a biology lab assistant, orientation leader and my first job was with the newspaper as a staff writer," said Shantae Whyte, a Jamaican student who is currently working as a graduate assistant in the Center for Academic Vision & Excellence (CAVE).

The university uses a job search and application system, Workday. All students who are interested in on-campus employment may apply through Workday—regardless of their immigration status.

"There was no difficulty; it was a simple application process," said Shashi Raj Paspulati, an Indian graduate assistant currently working in the president's office.

For international students, applying for a job on Workday is the first step of many.

"Be persistent. It is not only about applying to every position that is out there, but rather making sure that you are following up with those departments you applied to," said Ramsey-Hamacher.

After the interview and getting the position successfully, the student should receive an offer letter from the employer to apply for the social security number. This is needed for all international students for their first time working in the state as a governmental record. Then, they must take the offer letter to the Center for Global Engagement office in the Student Activities Building (SAB), where they will provide the enrollment certification for applying for the social security number.

"Students should bring the

immigration paperwork, the two letters and the documentation that they had: I-94 receipt, the passport, the visa and all the I-20s they had previously and currently (as they are heading to the Social Security Office)," said Ramsey-Hamacher.

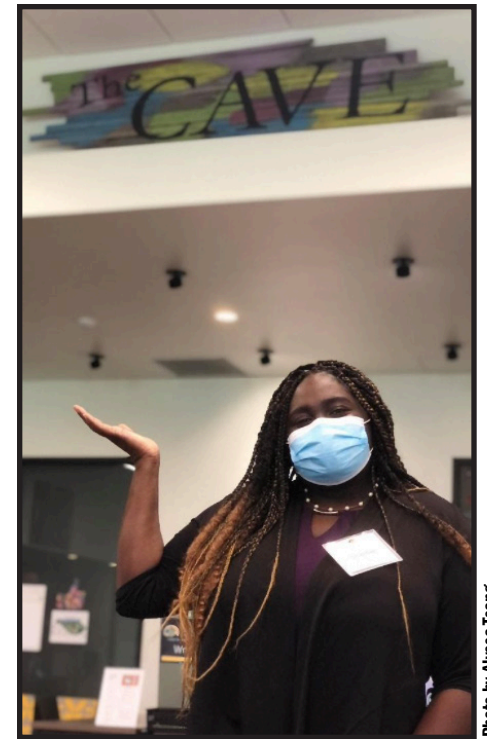
Due to the pandemic, the process of applying for a social security number has been altered. It is now required that students make an appointment with the Social Security Office by calling the office student who wants to visit. There is an office in Dade City and Tampa. The call sometimes transfers to other offices due to heavy workload, but they will arrange a call back later.

Carol Hope Grant, assistant director & DSO/ARO for International Services, said it is important for an international student to have a U.S. phone number.

"They [the Social Security Office] have to be able to call you back in a U.S. number [for the appointment]," Grant said. She stated that it is a challenge because many global students use free calls on WhatsApp and do not have a U.S. number.

It takes quite a lot of steps, and it might sound daunting for some international students, but many students have no problems.

"I had a very smooth and straightforward job application process," said Pedro Galvao, a Brazilian graduate assistant at athletic communication. He



Shantae Whyte is working as a graduate assistant in the CAVE where they provide extra exam support to students in need.

Photo by Alyssa Tsang

mentioned that everything is easy to follow through email and Workday.

The university offers valuable resources to international students on how to handle the process. Aside from the Center of Global Engagement office, the university's career services offers significant help to students by aiding with resume and cover letter writing and interview preparation.

It might seem like a long process, but the good news for students is that the process only happens once. After students obtain their social security card, they will have it for all other job opportunities.



Students can find the Center for Global Engagement on the second floor of the Student Activities Building (SAB)

Photo by Alyssa Tsang



## Saint Leo Lions Volleyball shine in home match

**Alyssa Tsang**  
Contributing Writer

The Saint Leo University volleyball team came back home from a short break this season with the South Region Crossover. Hosting a game against Tritons of Eckerd College on Nov. 2, they won three sets to none, 25-19, 25-20, 25-20, consecutively, leading them to three wins and three losses in the whole tournament.

The victory brings the Lions' revenge from the loss against the Tritons from earlier in the season on Sept. 21, which was also three sets to none, with the roles just reversed. Their record now is 11-16 overall on the season and is now up to 5-11 in Sunshine State Conference play.

This season has had its share of tough moments for our volleyball players, as they lost three matches consecutively to

Montevallo, Florida Southern, and Nova Southeastern respectively.

The games against Florida Southern was especially tough, scoring only 11 points in one of the sets, with 12 aces, and two players with two-digit kills from the opposite. They showed their weaknesses on receive and defense, which was also the major reason for losing the previous matches.

In the recent game against Eckerd, they fixed the problem by giving steady passes and great defenses. Three of the Lions on the receiving line with two outside hitters were well-balanced and gave steady passes through the whole match.

But the performance of the senior libero, number four, Payton Bellano, gave great support to both receives and defenses with 19 digs in the whole game that lead to strong, diverse attacks of the Lions



Payton Bellano, senior libero, showed her all-rounded skills with three aces in a two-day match.

Photo courtesy of Athletic Communications

in the game against the Tritons.

In the second homecoming match against Florida Tech on Nov. 5, they lost the first set but then went on to win three sets in a row.

During the beginning of the first set, Florida Tech used their strong serve to break the Lion's receives and lost 0-3, but they had recovered quickly by substitutions and by trying different formations. They constantly chased back to a tie, and with the strong blocks at the

end of the set one, they finally got the set point first. They had shown their strong flexibility and team spirit and had built up the victory for the sets later.

The terrific performance from the two home matches, and a recent win against Rollins at home as well, has shown that the team has well-rounded and well-balanced players on the squad. Their future performance in the rest of the season will surely be remarkable.

## Esports! Esports! Esports!

**Lauren Felts**

Advertisement Manager

Saint Leo University is constantly adding new opportunities for students to grow and enjoy their time spent here on campus. Recently, Saint Leo opened up an esports arena to add to the fun.

The arena opened this past spring in March 2021. Stationed in Apartment Building 5, the arena's growing success can be credited to Saint Leo President, Dr. Jeffrey Senese, faculty, and the Department of Information Technology (DoIT) who worked long and hard to make the arena happen.

For those who are unfamiliar, what exactly is esports? Esports is multiplayer form of competition between professional video gamers. According to Omar Cosme, interim coach for the Saint Leo Esports team, the esports arena serves as a dedicated space for the university team.

"It is a space dedicated to competitive gaming and home to our official Saint Leo University Esports team," said Cosme. "It features state-of-the-art PC gaming hardware, Nintendo Switches, and streaming capabilities."

"Additionally, it will be

available very soon for non-players or non-team members to be included and join in as well," said Dr. Jen Shaw, vice president of student affairs at Saint Leo.

The arena includes twelve different state-of-the-art gaming stations, equipped with computers, gaming tables, and chairs. The games that are played include Super Mario Smash Bros., League of Legends, Rocket League, Super Smash, and the newest addition, Overwatch. These gaming programs are readily installed on the computers for team members to play.

"The computers are capable of running any Microsoft Windows compatible video game currently available to the public and is future-proof for the most anticipated titles," said Cosme.

Due to President Senese's vision, the esports team was designed to promote an innovative and engaging team for the esports community to enjoy right here on campus. Fortunately for the university, enough faculty were able to come together to make the dream become a reality and enough students were able to express their excitement. They were also able to get more students aware of the

opportunity by showing up to this year's involvement fair.

"Along with other campus partners, the excitement was ignited, a strategy was enacted, and the space was outfitted with some of the best equipment in the industry," said Cosme.

For students who are interested in joining the esports team, try-out dates and other relevant information are all listed on the esports website. Additionally, students can visit the center themselves on campus to talk to a team member in person.

Each try-out is specific to the game each student decides they want to play. As far as the season goes, each season is structured specifically to the game played according to the collegiate league.

According to Cosme, the esports team will soon be sending out notifications for all upcoming events and tournaments, some even including exclusive prizes and giveaways.

Cosme also highlighted that streaming will be available for Twitch users: "Fans will enjoy streams and casts via Twitch and

other platforms from our new content management team," said Cosme. "More information on these new team members is incoming."

With Saint Leo's vast connection within the esports community, Shaw looks forward to extending more mentorship programs and resources to the surrounding Saint Leo community.

"In addition to hosting and traveling to competitions, we will continue to mentor a middle school team, host camps for kids, host gaming tournaments for all students, and connect with esports companies to make career connections for students," said Shaw.

For students who are unsure of the opportunities offered by joining the team, there are plenty of chances to gain amazing connections with other students who share the same interests. Additionally, the esports team offers an array of career opportunities within the gaming field. Saint Leo has done everything they can to provide students with a center that has not only the best equipment and resources, but room for opportunity.

For students who have questions that are not listed on the website Cosme said that they are free to reach out anytime through email.



## Saint Leo University winter sports preview

**Anthony Martinez**  
Sports Editor

As we move into Thanksgiving and winter break, we enter the winter sports season. The beginning of winter sports means the wrap-up of fall sports with some seasons already ending.

Both the men's and women's soccer team seasons have officially ended with and both not having the season they had hoped for. The men's team finished with a record of 3-11-3, but there are always positives to take away from a tough season, especially one right after the COVID-19 season a year ago.

The women's team had a similar record of 2-12-2 but there are things to look forward to. Goal leader, Nina Mueller, was only a junior this season so she will continue to help the development of the team in the coming year.

Men's and women's cross country also finished their season and both ended on a positive note. The men's team had good performances throughout and finished second in the Sunshine State Conference Championship.

The women's team also saw great success and won the Sunshine State Conference Championship! After finishing fifth in last year's conference championship, they made the jump and put on an incredible performance that could potentially be replicated at regionals.

The men's and women's golf seasons have a bit of uniqueness to them, where their last invitational was Oct. 26 and their next one won't be until Feb. 7.

Both teams have had some nice success. The men had three first-place finishes this season and the women placed in the top half with two second-place finishes as well. The teams have had some success and when they pick it back up in February, they look to add to that.

Moving onto fall sports, there are only two sports and four teams involved which does allow for some more specific highlights on each team.

Starting with the women's swimming team, their season began on Oct. 23 against the 19th ranked team, Florida Southern, who they

managed to knock off. The final score was 146-116.

They followed that up with a tri-meet against Florida Tech and 15th ranked Lynn University. They spilt their results, winning against Florida Tech 152-108 but came up short against Lynn 123-138.

What is so encouraging about this season so far was how heavily the COVID-19 season impacted them. Their record that year was 0-6, which was extremely out of character for the swim team, which highlights the effect that COVID-19 had on some teams.

The season before that, they had a record 6-1, a huge difference, and it feels like they're getting back to that level this season. It is a long season, as the Sunshine State Conference Champion doesn't take place until Feb. 13. So, time will tell if they're truly back in form.

The men's swimming team had their season begin against 10th ranked Florida Southern on Oct. 23 with a score of 75-187. They also had the tri-meet with two split games. They ended with a close one against Florida Tech, wrapping up with 128-131, but later defeated Lynn University 137-125.

Their season has been the exact opposite so far of the women's team based on who they've beat and lost to. That's not the only similarity though, like the women's team, the COVID-19 year was very tough on the men's team, which finished with a 0-6 record.

The year prior they were 6-1 and like the women's team, they've already shown quick improvement this year compared to the last.

Basketball season is here!

Both the men's and women's teams are close to their regular season debut. For the women, it starts on Nov. 12 against the University of Alabama in Huntsville. Road games are early but their home opener will take place on Nov. 17 against Flagler College.

A lot of home games will take place for the women's team, with seven games lined up from Dec. 4 to Jan. 5. This also includes the Hilton Garden Inn Tampa-Wesley Chapel Classic that begins Dec. 17.

Last year's COVID-19 season was relatively mid with just a 3-3 record. However, the women made it to the Sunshine State Conference Champion semi-finals. There is plenty

of optimism surrounding this season.

The men's team last year had an incredible run, not being affected by the circumstances of the season. While they lost the home opener against Tampa, they rattled off seven straight wins, which concluded with a Sunshine State Conference Championship that took place right at home in the Marion Bowman Activities Center.

This season is all about replicating that performance and going even further this year. They seem primed to do it with their top scorers, including graduate students, Rusty Moorner and Frank Weber JR, back this season.

The team sees fresh new talent from newcomers like graduate transfer, Francis Sio, a sophomore transfer, Rob Fry, JUCO transfer, Malik Tyson, and true freshman, Valentino Hart.

There is a lot of hype for the team this season and it all kicks off with the GSC vs SSC challenge on Nov. 12.

With seasons ending, continuing, and now beginning, there are plenty of ongoing sports for Saint Leo University and ongoing support for your fellow lions.



The men's soccer team wraps up their season with a record of 3-11-3, showing improvement over the devastating COVID-19 season last year.

Photo courtesy of Isaac Jeter



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