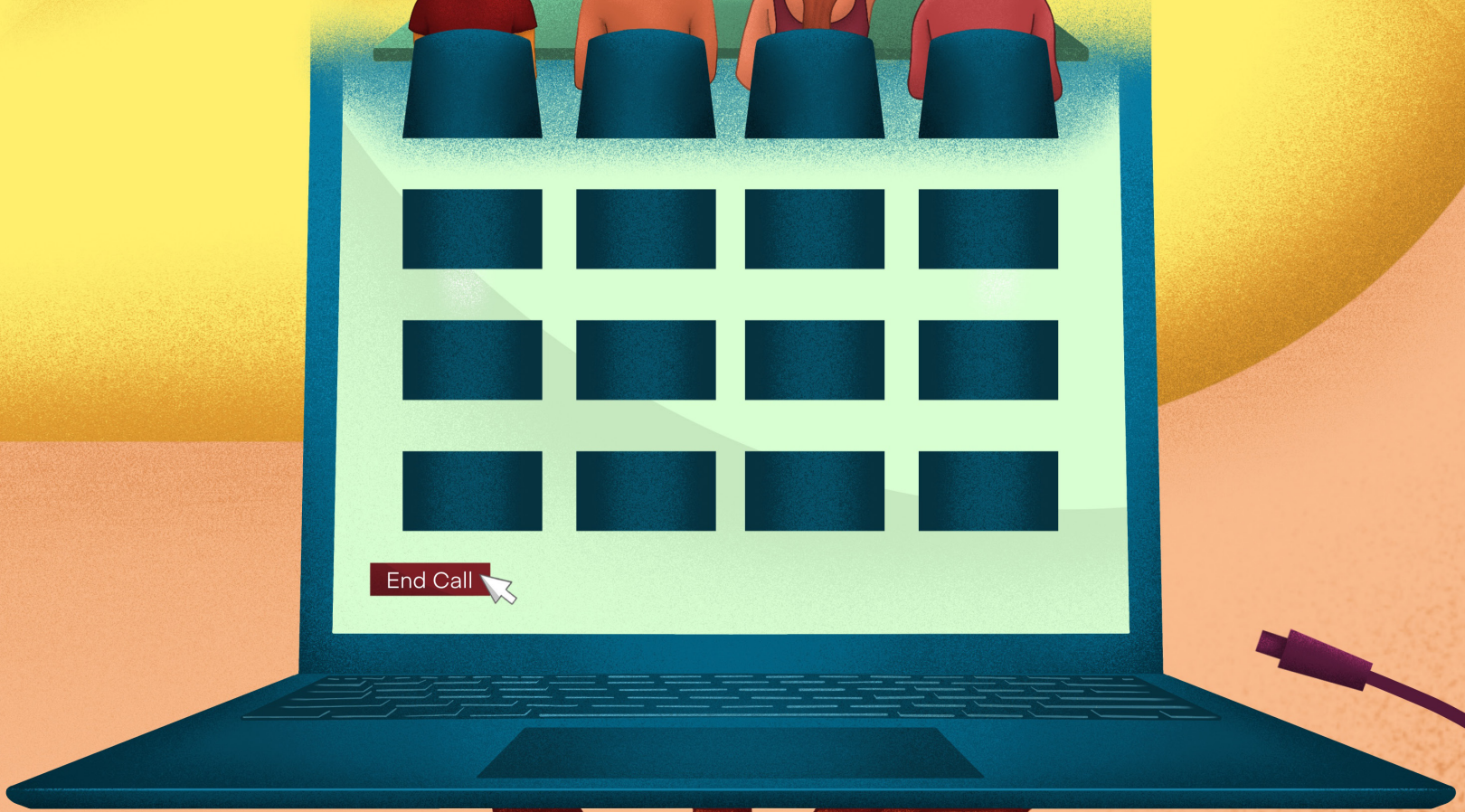


TOGETHER AGAIN
2021
SEPTEMBER



End Call 



Events You May Have Missed: Aug-Sep 2021



Mass of the Holy Spirit



New Student Orientation



Aloha Leo



Aloha Leo



Spot that Lion!



Involvement Fair



Involvement Fair



Tell Me About Your Day

NEWSROOM

SAB OFFICE 106
Dr. Valerie Kasper
FACULTY ADVISER



THE LIONS' PRIDE
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Campus News



Tell Me About Your Day



Kirkchella



Puppy Play



Puppy Play



Kirkchella



Move-In Day



Kirkchella

Spot that Lion!: The Lions' Pride Media Group photographed students on campus and had a small challenge on social media: tag your friends! See anyone familiar?

Aloha Leo: After the first day of class, students stopped outside of the Student Activities Building for snow cones, smoothies, live musical and dance performances, and a mechanical shark ride!

Tell Me About Your Day: The Counseling Services had a stand where they gave away shirts, bookmarks, and prints to students on September 10.

Puppy Play: After surviving the first week of class, students relieved their stress by playing with and petting some friendly service dogs—and a pig!

Kirkchella: On September 9, students gathered for music, coffee, and fellowship at University Ministry's Kirkchella concert outside the Student Activities Building.

Photos captured by Alora Peters, Ryn Williams, and Tayhana Taylor.



Move-In Day

Mass of the Holy Spirit:

The Benedictine Monks of Saint Leo Abbey welcomed the community back to campus with the Mass of the Holy Spirit on September 2.

Student Involvement Fair:

On September 3, students had the opportunity to talk with representatives from Saint Leo's numerous clubs and organizations and learn how to become involved on campus. Thank you to everyone who visited The Lions' Pride table!

New Student Orientation & Move-In Day:

Faculty, staff, and orientation welcomed the incoming class of 2025 to campus on August 28, and returning Lions on August 29.

Different Avenues for Financial Assistance

Randawnique Coakley

*Former Managing Editor
Former World News Editor*

This article was originally printed August 2020.
Corrections have been made accordingly.

Do you want a job, but don't know where to start? Do you know what the requirements for some jobs are? Do you know the difference between work-study and non-work-study?

Federal Work Study (FWS) is a program implemented by the United States government that subsidizes paychecks for undergraduate and graduate students working part-time. Domestic students can qualify for work-study by applying for Free Application for Federal Student Aid (FAFSA) and indicating on the application their interest in FWS. Also, FWS eligibility is reviewed each year and whether or not students receive it is determined by their FAFSA.

Although domestic students can apply for FAFSA and qualify for work-study, this does not apply for international students.

"International students are not eligible to get FWS (Federal Work Study)," said Paige Ramsey-Hamacher, the executive director for Student Success. "This is because this is awarded by the US federal government to US citizens or permanent residents who have filled out the FAFSA form and have shown financial need. Not all US citizens get this award either."

In fact, domestic students, who apply for FAFSA, are granted FWS on a first-come, first-served basis until the allotted funding is exhausted. FWS is also granted based on financial need, and FWS is intended to help fund some of students' educational expenses.

"Financial need is the difference between the cost of attendance (COA) at a school and the Expected Family Contribution (EFC). Need is reduced by the total

amount of all scholarship and/or grants; if there is remaining need and there are remaining allocated funds, a student will be awarded," said Nisa Harrelson, a financial aid technical advisor.

Also, Student Financial Services (SFS) plays a role in evaluating the FWS each student is awarded.

"Student Financial Services must evaluate what the student has been awarded for the year to determine how much in federal work-study funds he or she can receive. If new scholarships or grants are awarded to the student throughout the year or the student decides to change the financial aid awards, federal work-study will be evaluated to ensure we are following federal compliance rules. During the evaluation process, the amount of awards may change," said Elaine L. Feeney, the director of Student Financial Support.

When awarded FWS, a student is given a certain amount for the semester and the student cannot earn more than the amount awarded. However, as Feeney mentioned, the FWS amount awarded may decrease during the year due to extra funds awarded through grants or scholarships. This is why it is imperative that students are aware of the amount awarded.

According to the 2019-2020 Student Employment Handbook: "If a student is awarded Federal Work Study, it is that student's responsibility to keep track of cumulative FWS earnings and to advise the supervisor monthly of the balance. Once the FWS limit for the semester is reached, the department will terminate employment or student may be transferred to Departmental funding."

It is important to note that FWS money is limited because the allocation from the federal government is a limited amount and the amount changes annually. Therefore, Saint Leo only can spend what is allocated by the government; however, Saint Leo's administration makes efforts to try to increase the FWS funding.

"We request additional FWS funding each year from the Federal government. We have received some slight increases over the past few years. However, that is out of our control," said Melinda Clark, the



associate vice president of Student Financial Services.

Since FWS is limited, many students are bound to be denied FWS funding; there are common reasons why students are denied funding for FWS.

"The most common reason that a student is denied funding is due to (a) the allocation granted to the University has been exhausted and/or (b) the student has no financial need as determined by the Department of Education once the FAFSA has been completed," said Harrelson.

For the students who are awarded FWS, they would apply for a FWS job on campus to earn the federally funded income. According to Clark, everyone who is awarded FWS can get a job on campus, if each student is willing to work where the jobs are available.

"The most common positions for students on campus are positions in the Admissions, Athletics, Library, Newspaper and Student Services departments," said Harrelson.

Luckily, last year, there was an abundance of jobs available on campus, according to Clark. She even dispelled rumors that there are limited jobs available for students by stating that typically there are unfilled on-campus positions and not every student awarded FWS decides to work on campus, and this was no exception last year.

"I don't recall complaints

concerning student employment job availability last year. In fact, jobs went unfilled last year. If a student is willing to work anywhere, it seems all jobs would have been filled," said Clark. "History indicates that not all students who receive the FWS award want to work on campus... Often students do not wish to work while enrolled or may have a job off campus. Jobs go unfilled every year."

As Clark mentioned, sometimes, students who receive FWS funds may not decide to work on campus. However, if students aren't willing to work and they have been awarded FWS, it is important they report to the school that they decline the FWS money awarded. If a student is not interested in FWS or if they have any other concerns or questions regarding financial aid, they should email sfs@saintleo.edu or call Student Financial Support at 800.240.7658. This is important for the student, who is no longer interested in using the FWS award by working the FWS job, to contact Student Financial Support so they can ensure that another student on the waitlist can receive the award, seeing that FWS funds are limited on campus.

Although there are limited FWS opportunities, there are other opportunities for financial assistance. Those who are not eligible or don't qualify for FWS at Saint Leo are still able to apply for another type of job, which is

Campus News

supported by school funds. These types of jobs are known as non-FWS jobs or Institutional Funded Employment, which is open to both domestic and international students.

In past years, there had been complaints among the student body about the limited number of jobs available and that the number of FWS jobs heavily outweighs the non-FWS jobs. However, during the 2016-2017 academic year, 52 percent of the jobs on campus were FWS, and 48 percent were non-FWS, according to Clark. So, over the years, there has been a similar ratio of FWS jobs compared to non-FWS jobs offered. Also, to accommodate more student workers, there has been an increase in FWS jobs over the years; in 2016-2017, there were 290 FWS positions, and there was a drastic increase of students holding FWS funded jobs, with 307 in 2018-2019, then 340 in 2019-2020.

Therefore, there are numerous student employment opportunities. So, for students seeking such employment but unsure where to start, Career Services is there to help. Career Services first held the Student Employment Fair in Aug. 2017 and continued to hold the event periodically, with the purpose of helping students find employment on campus, especially freshmen or transfers who are new to Saint Leo University. Career Services hopes to continue this tradition by holding a virtual student employment fair at the beginning of this academic year, which also would help students with on-campus and off-campus employment.

"We are holding a part-time virtual job fair on September 2. This fair will be for any on-campus, off-campus, and remote part-time opportunities. All the details for this fair, as well as the employers signed up to attend, will be in Handshake," said Susan Mickey, the executive director of Career Services.

According to Mickey, another way to learn more about the employment opportunities, whether on-campus or off-campus, is to visit Handshake, which can be accessed via the Saint Leo portal.

"Handshake is a great tool for searching full-time, part-time, internship and remote jobs. We have partnered with Saint Leo

University's Human Resources Department to promote any on-campus opportunities as well," said Mickey.

She also commented on COVID-19 possibly having an impact students' ability to get jobs on campus and gave advice on students seeking employment in these unprecedented times.

"With the impact from COVID-19 felt globally, I have to say, yes it probably will impact any job search. Start your job search sooner, be patient, be open-minded and attend the Job Fair on September 2," said Mickey.

She also mentioned that networking is key when undergoing a job search. Since networking can help increase students' chances of recruitment, she suggested that if a student sees an opportunity, they should reach out to the department with their interest.

Along with looking at Handshake and going to the virtual job fair for the positions available, students can also view the positions available through workday and students should apply online via Workday as well, which can be accessed through the Saint Leo student portal. More information can be found www.saintleo.edu/student-employment, or www.saintleo.edu/federal-work-study.

Clark mentioned utilizing the website for monitoring on-campus employment and she offers advice for students who are looking for jobs on campus.

"All student employment job postings Federal and institutional can be found on the website. It is important to monitor the website closely as jobs are posted on an ongoing basis. Be diligent in your pursuit of on campus employment," said Clark.

Despite the fact that there is an increased number of jobs on campus over the years, there are still not enough jobs to support the entire student population. However, there are other options available to students, for example, getting an off-campus job.

"If a student doesn't secure a position on campus by either federal work study or non-federal work study positions, if they have transportation, they check local area businesses for possible positions," said Harrelson.

So, there are numerous

opportunities for students to be employed, whether it is through FWS, non-FWS, or off-campus jobs. However, international students are not allowed to work for off-campus jobs, except under certain circumstances.

"International students, in general, are restricted by their F1 student visa to work in on-campus jobs only," said Ramsey-Hamacher. "But for the most part, international students, regardless of how long they are in the present in the United States on an F1 visa, are not entitled to work off campus unless they are applying for special work authorization such as severe economic hardship; CPT or OPT."

International students also have opportunities to work for internships as well.

"After one full academic year on-status, students can do internships (CPT – curricular practical training) which allows the student to work off campus for an internship provided they are registered in an internship class and this internship is approved by their academic advisor and then added to the I-20 by the MISO (Multicultural and International Services office)," said Ramsey-Hamacher. "This is authorized on the students I-20 for the term in which the student is enrolled in the internship class."

Internships are great opportunities to get more experience in a field, but also paid internships are great for financial help for both international and domestic students.

Also, there are other opportunities for financial assistance through financial aid and scholarships. There are privately funded scholarships offered through Saint Leo with the help of various donors. Over the years, there was an increase in these scholarships offered, with roughly 150 in 2013, 350 in 2016, 420 in 2018; however, with COVID-19, there was a concern among students about a potential decrease in funding of these scholarships. Luckily, there is still a good number of scholarships available to students.

"Thanks to the generosity of donors, Saint Leo University's privately funded scholarships continue to grow. The university currently maintains more than 170 named scholarship funds and

awarded over \$850,000 to students in the most recent academic year. We also received \$818,000 from 378 donations to add to new and existing endowed funds. These new donations are crucial to ensure that we are able to continue to financially support students now and in the future," said Carla Willis, the vice president of University Advancement, Marketing & Communications.

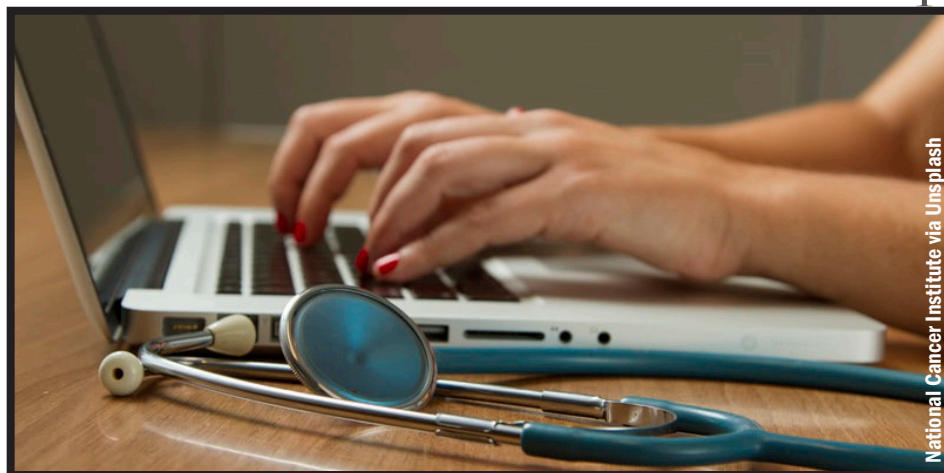
As mentioned, COVID-19 has impacted the financial stability of numerous students. However, Saint Leo was able to offer aid to these affected students, according to Willis.

"During the last 6 months our donors and university community came together to support those who were most impacted by COVID-19. Two emergency funds were established: Lions Together (students) and Lions Together for Employees. In just a few short months, the funds raised \$57,585. Most of these funds have already been dispersed to support those with the most need in our community. Additionally, the university acted expeditiously to disperse more than \$2,000,000 of direct aid to students received from the CARES Act," said Willis.

For students looking more into financial assistance this academic year, especially in this unprecedented time, they should visit Saint Leo's scholarship website, <https://saintleo.academicworks.com/>. Willis mentioned that the number of the available scholarships and awards from each fund fluctuates year-to-year; so, she encouraged students to monitor to stay abreast of the scholarships available and the application cycles.

Additionally, Saint Leo offers help by awarding students financial aid and need-based awards to help ease the burden of tuition for students. Saint Leo also offers institutional aid in the form of merit, such as academic and athletic scholarships.

Overall, there are numerous avenues for financial assistance, including FWS jobs, non-FWS jobs, off-campus jobs, paid internships, scholarships, and grants. Students can take advantage of these opportunities, whether it is to help with paying for tuition, a savings pool, or spending funds.



Creating a college: Saint Leo University's new College of Health Professions

Alora Peters
Editor-in-Chief

While it may be small now, the new College of Health Professions is an important addition to Saint Leo University's academics.

"The College of Health Professions was established to address the strong demand for health care professionals," said Dr. Kathleen Van Eerden, who is the dean of the new college. "Even though the College and its programs are new, we are seeing strong interest."

The College of Health Professions currently has only three programs — students attending university campus can pursue a Bachelor of Science either in nursing, health education, or health promotion. The third program, a Bachelor of Science in respiratory therapy, is available to Saint Leo students online. Van Eerden says that Saint Leo is currently looking into additional programs and anticipates offering other new programs in the future.

Building a new college is a process that involves many steps and much deliberation.

"The University made the decision to pursue a College of Health Professions more than two years ago," said Van Eerden. "We had the support of many people at Saint Leo — Dr. Senese envisioned the formation of the college, and it was supported by the University Board of Trustees."

Van Eerden herself initiated development of the college and was

accompanied by a host of workers from a wide variety of fields and positions, including academics, admissions, student support, the library, professional development, learning design, finance, human resources, facilities, technology, and assessment.

"Establishing of the new college was done following careful investigation and analysis," said Van Eerden. This investigation included confirming that the College of Health Professions was aligned with the university's mission and goals, and that there were projected employment opportunities for graduates from the program.

"Health professions rock!" continued Van Eerden. "They provide so many opportunities to practice and offer a range of career paths. The programs are perfect for students with a heart for health!"

Classes in the Health Professions programs will include themes such as nutrition, wellness, and building a healthy culture, and will seek to train students to perform in a clinical or professional setting through hands-on experience. For students who are not currently enrolled in the College of Health Professions, Van Eerden says that University hopes to offer select health professions courses to students in other majors in the fall of 2023.

Students who would like to learn more about the new college and the programs being offered should contact admissions or check out Saint Leo's website for more information.

What's the deal with COVID Booster Shots?

Ryn Williams
Layout Editor

Per the Centers for Disease Control (CDC), certain individuals may be eligible for a third dose of the COVID-19 vaccine.

Beginning in September, fully vaccinated people are able to receive their third dose, or a booster shot. The concept of a booster dose isn't new. Most routine vaccinations require a booster shot several months down the line.

Why a third dose?

The third dose is necessary for those who are moderately to severely immunocompromised; sometimes, they do not build up enough protection when they are initially vaccinated. Another dose of the Pfizer-BioNTech or Moderna shots can help build up that immunity, saving spaces in ICU beds and keeping people safe against the Delta variant.

The Delta variant has been wearing down immunity for COVID-19, which is why the U.S. Department of Health and Human Services (HHS) is organizing third shots for those who qualify.

To qualify for the third dose of the vaccine, there must be at least a span of 28 days from the completion of the two-shot COVID-19 vaccine series; however, the completed series of both Pfizer & Moderna report efficacy for at least six months. Since the efficacy doesn't wear off, people are encouraged to wait between six-to-eight months before receiving their booster shot.

People who get the Pfizer

vaccine series must get a Pfizer third dose, and people who get the Moderna vaccine series must get a Moderna third dose. It is very rare that mixing the vaccinations are approved.

What about Johnson & Johnson-Janssen?


The Johnson & Johnson-Janssen COVID-19 vaccine is different than the Pfizer and Moderna shots; while the latter two are mRNA vaccines, the J&J shot is more traditional virus-fighting technology, delivering a disabled adenovirus to relay instructions on how to fight the COVID-19 virus. The adenovirus is in no way related to coronavirus.

There isn't currently any data to support getting a dose of mRNA vaccines if one has already received the J&J vaccine. Medical providers are discouraged from mixing vaccine series.

Since the J&J vaccine reached the U.S. over two months after the Pfizer & Moderna vaccines did, the CDC is currently waiting on data to make a public decision regarding the J&J booster shot. It is likely, however, that people who have received the J&J vaccine will require a second dose.

Will Saint Leo University be providing booster shots?

Saint Leo University is not currently authorized to provide a third dose, per the emails sent out on Aug. 30. Some have speculated that they may provide it in the future, but nothing is official yet.

COMMUNITY UPDATE

SAINT LEO UNIVERSITY.

Saint Leo offers COVID-19 vaccine clinic on Sept. 8 and 9

Saint Leo University is pleased to offer faculty, staff, and students the opportunity to receive the Moderna COVID-19 vaccine at University Campus, with the second shot offered 28 days after the first. Both vaccine shots are free, and all members of our university community are highly encouraged to receive one. (Please note, this is for first and second doses only. The university is not yet authorized to provide booster or third doses.)

Don't breathe your germs on me! No snacks in class.

Ryn Williams
Layout Editor

Florida losing its title as the COVID-19 epicenter of the world is not cause for celebration. With 85,420 new cases in the past week, I'd say we're far from over. With less than 50 percent of the total population vaccinated, we need to keep masks on to prevent the spread of viral and bacterial diseases.

Saint Leo University's Framework for Advancing the Pride, the guide for reopening the Fall 2021 semester, is incredibly clear. "The use of cloth face coverings or masks is required for all individuals while indoors in a public setting," it reads. "Use of a face mask or covering is a crucial tool in minimizing the risks to other community members."

There are signs posted in every classroom, hallway, bathroom, and communal student area that very clearly state that masks *are still required* despite vaccination status. So why, then, are we still having issues wearing masks in class?

Dr. Kathryn Duncan, professor of English at Saint Leo, follows the

university mask guidelines to a tee.

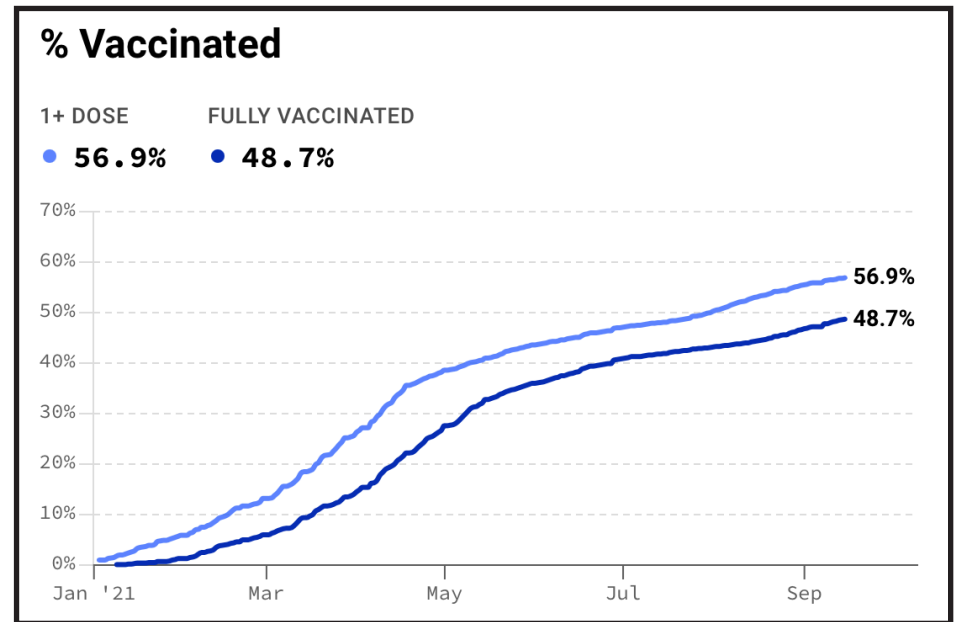
"I am following the policy set by the university," said Duncan. "I have included in my syllabi the policy the administration sent to us at the beginning of the semester."

While the Framework does not directly address eating or drinking in class, it can only be assumed that Saint Leo would adapt the same guidelines most airlines have instituted, considering an airplane and a classroom are both enclosed spaces. Southwest, Delta, Frontier, and even JetBlue Airlines agree that masks must be worn in between bites or sips.

Unlike students, airplane passengers don't have the option to step outside and eat.

"Prior to Covid, I was fine with students drinking during class," said Duncan. "With our masks on in the classroom, we cannot, and therefore, should not be drinking. With the 20-minute breaks between classes, I will go outside to drink water and eat a snack if I need it. I've found that to be ample time."

As both a student and an employee in the medical field, I find it infuriating and worrisome that



The chart above shows the vaccination status of Pasco County, Florida, via CovidActNow.org

we are still having this conversation. Masks are effective – if worn properly. Not only does wearing a mask prevent your germs from spreading to others, it also prevents other people's respiratory secretions from landing onto your nose or mouth.

"I feel grateful that I am working at a private university where we can have a mask mandate and an administration that supports faculty enforcing that mandate," said Duncan. "I know faculty at public colleges who are unable to, and it is making teaching and learning much more difficult."

Per the framework previously

mentioned, Saint Leo will not raise the mandatory mask mandates for vaccinated students until the university reaches an 85 percent vaccination rate – or when Pasco County falls beneath a five percent positive test rate. With less than 50 percent of people fully vaccinated, it seems as though we still have a long way to go.

Pasco County's positive test rating, vaccination statistics, and daily new cases can be tracked on CovidActNow.org.

"We need to be safe, feel safe, and be well in-order to continue meeting in person," concluded Duncan.

Let me drink in class, please!

Alora Peters
Editor-in-Chief

I don't feel that I need to argue the point that drinking water is important or that staying hydrated is a crucial part of staying healthy. Then again, until a few weeks ago, I wouldn't have thought that I would need to argue for permission to drink water, either.

On the first day of class in Fall 2021, I was surprised and perplexed when, in the middle of snatching a quick sip of water, my professor hurriedly informed me that, unfortunately, I was not allowed to drink anything during class because drinking would involve removing my mask and potentially exposing everyone else in the classroom to COVID-19.

To begin, this stance—that drinking water while in the

classroom is dangerous and should be prohibited—is inconsistent with other statements and policies made by Saint Leo University that are related to preventing the spread of the coronavirus.

In the "Framework for Advancing the Pride" guidelines, the university has stressed that the "[u]se of a face mask or covering is a crucial tool in minimizing the risks to other community members." Signs posted around campus also read that wearing masks helps "to protect our community's health." These statements indicate the university's belief that, not only will wearing a mask prevent an individual from spreading COVID-19, but that wearing a mask will also protect an individual from catching COVID-19. Following this assumption, if a student in a classroom were to briefly remove his or her mask for a

drink of water and chanced to expel coronavirus-carrying particles into the air, other classmates—who were properly wearing masks—would nonetheless still be protected by their masks.

Other university policies reveal even more discrepancies. This semester, Saint Leo announced that "[d]ining services at all three locations will be open for students at full capacity... [s]ervice in our Dining Hall will return to full capacity for students." This means that multiple students are now allowed to eat and drink in community with others within the Dining Hall, at Benedict's Coffeehouse, and on the first floor of the Student Community Center. If the university has declared that it is safe enough for multiple students—presumably unmasked—to eat together in an enclosed indoor space, the university should also be

able to declare that it is safe enough for one student in a classroom full of masked classmates to briefly remove a mask for hydration.

In conclusion, now—more than ever—seems like a reasonable time to remain calm, stay consistent, and let the students drink an occasional sip of water.



A historic overview of the Taliban Group in Afghanistan

Tayhana Taylor

World News Editor

The Afghan's future in their country is now at stake as the Taliban group regains complete control over the nation.

The Taliban During the Early 1990s:

The Taliban group was formed in the early 1990s in Northern Pakistan by Afghan Mujahideen who resisted the Soviet Union. According to BBC News, "The promise made by the Taliban — in Pashtun areas straddling Pakistan and Afghanistan — was to restore peace and security and enforce their own austere version of Sharia, or Islamic law, once in power."

In 1996, the group invaded Kabul, Afghanistan's capital, which then led to the establishment of the Islamic Emirate of Afghanistan. Many of the Afghans were under the

Taliban group's remorseless and conservative leadership from 1996 through 2001.

The Temporary Defeat of the Taliban Group in 2001:

The Taliban group's advocacy for terrorism led to its defeat in 2001 by the United States military troops.

"The U.S. reacted to the terrorist surprise attack by al-Qaida against the World Trade Center, New York, and the Pentagon in Washington DC on September 11, 2001. 20 years ago," said Dr. Marco Rimanelli, associate professor of European and security studies at Saint Leo University.

The Taliban group used Afghanistan as a haven to house Osama Bin Laden, a Saudi Arabia-born former mujahideen fighter. Bin Laden created and fostered a terrorist group with global designs:

al-Qaida.

"When the United States realized it had been attacked by international Islamic terrorists hiding in Afghanistan, the U.S. government asked the government of Afghanistan to help with punishing the terrorist," said Rimanelli. "Instead, the group refused and continued to protect Bin Laden."

This refusal led President Bush to order the launching of a drastic airstrike campaign. Joined by former mujahideen groups inside the anti-Taliban Northern Alliance coalition, the U.S. and its allies overthrew the Taliban government.

According to CNN, "U.S. warplanes and cruise missiles from American and British warships struck at al-Qaida bases and Taliban military installations near several key Afghan cities, including Kabul and Kandahar."

"The war lasted from 2001 to 2002— it was very quick with US commands and special forces and the CIA operatives supporting the local resistance in Afghanistan by the northern alliance," said Rimanelli.

The United States victory in the war led to the collapse of the Taliban government. The Council of Foreign Affairs reported that despite the official fall of the Taliban group, al-Qaida leaders continue to hide out in the mountains of eastern Afghanistan.

The United States Government's Attempt to Restructure Afghanistan, 2002 Onwards:

In 2002, President Bush opted to restructure the government of Afghanistan by working towards establishing a democracy in the country.

The North Atlantic Treaty



World News

Organization (NATO) was a supporter of President Bush's plans. NATO is an intergovernmental military alliance between 28 European countries and two countries in North America.

"The U.S. and NATO supported building up Afghanistan economically politically and by establishing institutions with democratic structures," said Rimanelli. "The goal was to [...] [build] roads and infrastructures like schools for children, support for women, support for businesses and establish a democratic representative government with elections."

The United States government's plans to form a democracy and restructure Afghanistan was rather unsuccessful. "Unfortunately, this experiment in nation-building collapsed due to the high rate of corruption in Afghanistan and the constant attacks by Toddy Bon against infrastructures in the country," said Rimanelli.

The geographical structure and high poverty levels also contributed to the challenge of successfully achieving a democratic political system. Rimanelli further mentioned that "The difficult nature of a high mountain range with very few roads between cities, abject poverty that could not be solved with regular agriculture were all contributing factors."

Two decades later, the Taliban group has managed to regain control over Afghanistan. During the midst of this invasion, President Biden supported past President, Donald Trump's decision to proceed with the withdrawal of all military troops by August 31, 2021.

In February 2020, President Trump signed a Peace Deal with the Taliban with hopes of ending an ongoing 18 years of conflict between the group and the United States. According to the agreement of the peace deal, the U.S. government agreed to reduce its forces in Afghanistan with the first 135 days

of signing the deal.

"After the announcement of the timeline for the U.S. military troops withdrawal, the Afghan forces began to prepare to lose American air-support, American intelligence, which was their biggest advantage in their civil war against the Taliban," said Professor Frank Orlando, a political science professor and the director of Saint Leo University's Polling Institute. "I think that losing those advantages may have led the Afghans forces decision to not fight back, but rather cut deals with the Taliban or seek some sort of amnesty with the group."

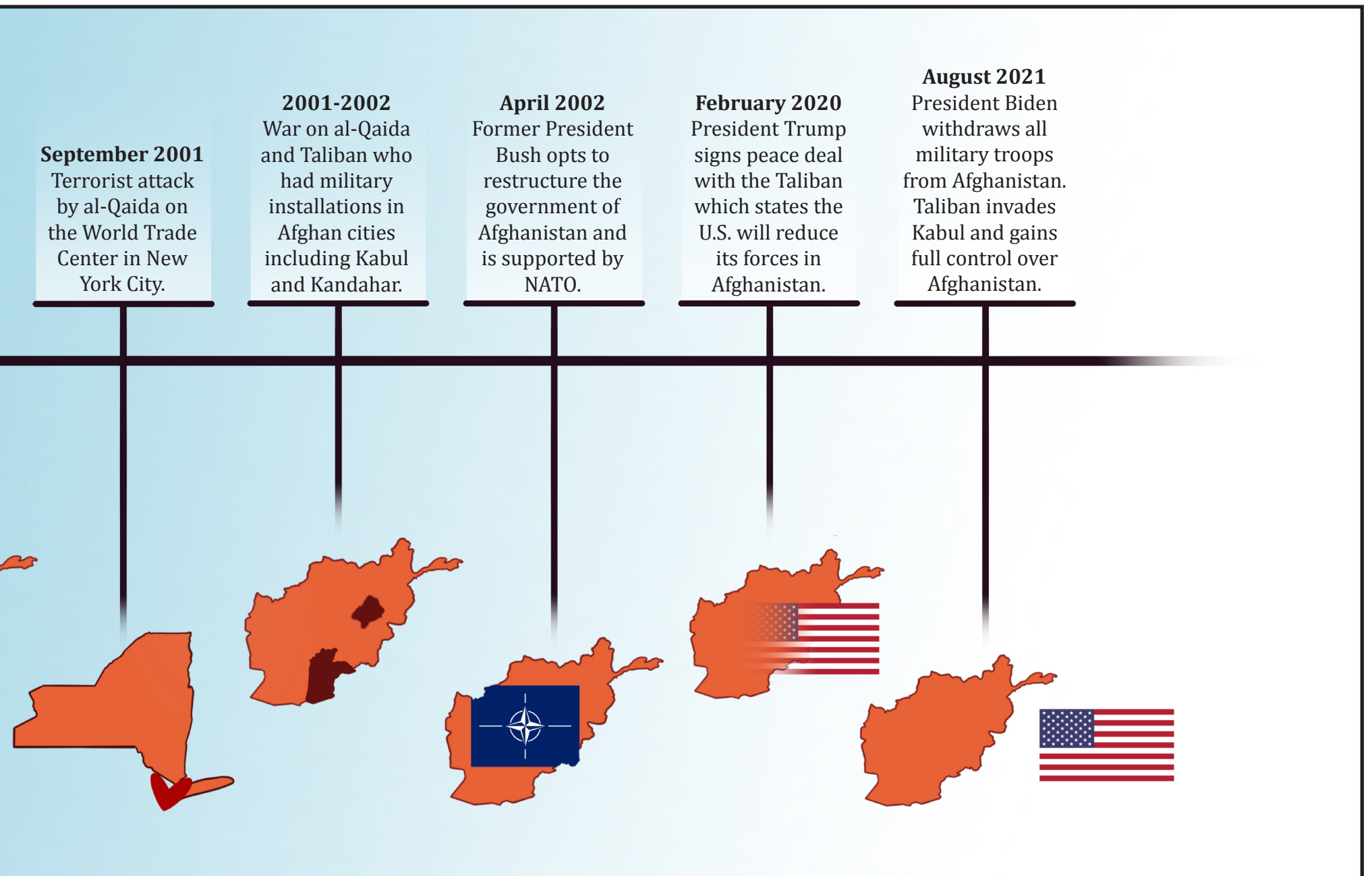
President Biden did a press conference on August 16, 2021, where he defended his decision to withdraw US military troops from Afghanistan during such a vulnerable and tragic time for the Afghans. "American troops cannot and should not be fighting in a war and dying in a war that Afghan forces are not willing to fight for themselves," said President Biden.

"The original plan was to stop the Taliban group from being a 'hotbed' of terrorism that could come back and attack the United States for a second time," said Orlando. "Therefore, the original plan was not necessarily about nation-building in Afghanistan."

On August 31, 2021, it was reported that the U.S. government successfully managed to withdraw its military troops— this officially marked the closing of the U.S. military relations in Afghanistan after 20 years.

While this may be a celebration for some Americans, uncertainty and chaos continue to prevail in Afghanistan. The current Taliban group is under new leadership; but the merciless behavior and conservative beliefs of the group remain constant, leaving vulnerable groups like the LGBTQ community, Afghans with non-Islamist beliefs, journalists, women, and young girls at risk.

Graphic created by Reese Bradley



Understanding *Díaita*

Lauren Felts

Advertising Manager

Diets have been around for a long time. In the early 1900s, a man by the name of Horace Fletcher proposed *Fletcherism*: the idea of over chewing food until it liquidized to prevent overeating.

According to The Atlantic, the word diet itself stems from ancient Greece. They referred to it as *diaita* and meant eating food with a purpose of maintaining a healthy weight and/or lifestyle. Since then, diet culture has become oversaturated with misinformation.

With the diet industry now being worth over \$60 billion dollars, marketers and brands spend less time on the science behind *diaita* and more on the consumer demands of a “quick fix”.

While it can be difficult to determine the difference between what is legitimate and what isn’t, there are two terms that lack a clear-cut definition: nutrition and diet. What are they, and what purpose do they serve?

“The difference between diet and nutrition was created through marketing...both words refer to the items [food and beverages] you consume and how they impact the body”, says Brandy Pollicita, instructor of health and wellness at Saint Leo University. “However, a fad diet is very different... and is what really altered the undertone of the word “diet”.

What is the distinction between a good diet that promotes a positive and healthy lifestyle, a fad diet, and one that is only effective for a temporary period of time?

To understand which diets are beneficial for the body and which diets are not, the first clue is how much time they claim to take. The ones that focus on long-term results, opposed to ones that claim work wonders within weeks, are more likely to be healthy and safe.

“An individual’s diet should be a way of living focused on long-term habits,” says Pollicita.

When looking for a fresh start to a new and healthy lifestyle, focus on foods and beverages that promote lifelong optimal health, like real produce, protein, and

vegetables. When at the grocery store, foods that are fresh and organic are the foods to look for. Stay away from brands that create the diet themselves such as SlimFast or Weight Watchers.

It’s also important to research which foods promote healthy living for your specific lifestyle. A diet that works for one person, such as being vegan, may not work for another person whose body needs more protein to sustain energy throughout the day. For more information on how to help determine a healthy diet, visit myplate.gov.

For best results, plan and set short-term goals to stay accountable. Adjust calories and develop habits of consistent meal timing. Portion control and timing both help significantly. For in-depth knowledge on what is best for one’s dietary plan, consult a nutritionist to navigate the best course of action and better understand what your body needs.

“There is evidence that meal frequency and meal patterns assist, though,” said Pollicita. “Specifically, eating 4-5 small meals with a variety of nutrient-dense foods.”

To gain the most knowledge on nutrition and the science behind what works, there several terms to consider researching to further an understanding in diet vocabulary. Firstly, good fat and bad fat.

According to Pollicita, “healthy fats are unsaturated [liquid at room temperature], offer health benefits, and are mainly found in foods from plants”. For example, avocados are a great source of healthy fats. According to healthline, avocados are about 77 percent fat, but also offer benefits such as a high source in fiber, and about 40 percent more



Although it may be tempting to devour foods that taste and look so good, meals like this does not contain much nutritional value and should be avoided as much as possible.

potassium than bananas.

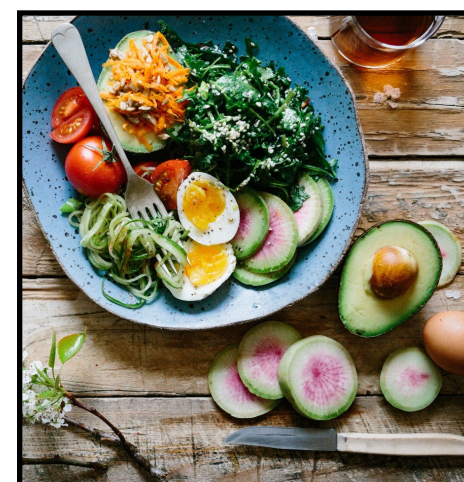
Another great source of healthy fats could include a variety of nutrient dense foods such as cheese, full-fat yogurt, fatty fishes (salmon), eggs, chia seeds, nuts (almonds, walnuts), and oils (coconut and olive oil) says healthline.

Bad fats are the foods that are saturated. They can be linked to certain diseases such as diabetes, cancer, and obesity. Types of bad fats include butter, beef, dark chicken, sour cream, and lard. Consuming too much of these foods can potentially lead to a plethora of health issues and should be limited to a minimum.

Carbohydrates, also referred to as carbs, are another term which can be misleading when it comes to the research behind its dietary effects.

“Carbohydrates should make up approximately 45 to 65 percent of one’s diet,” mentions Pollicita. The instructor continues that carbs should be the focus on one’s diet plan as they are the body’s primary source of energy.

Just like there is a difference between saturated (unhealthy) and unsaturated (healthy) fats, there is also a distinction between good carbs and bad carbs. Good carbs are complex carbs that are high in fiber



A well-balanced should look something like the photo above, including an appropriate amount of healthy fats, vegetables, and protein. There are many different types of healthy foods to choose from.

that take the body a longer period to break down and digest.

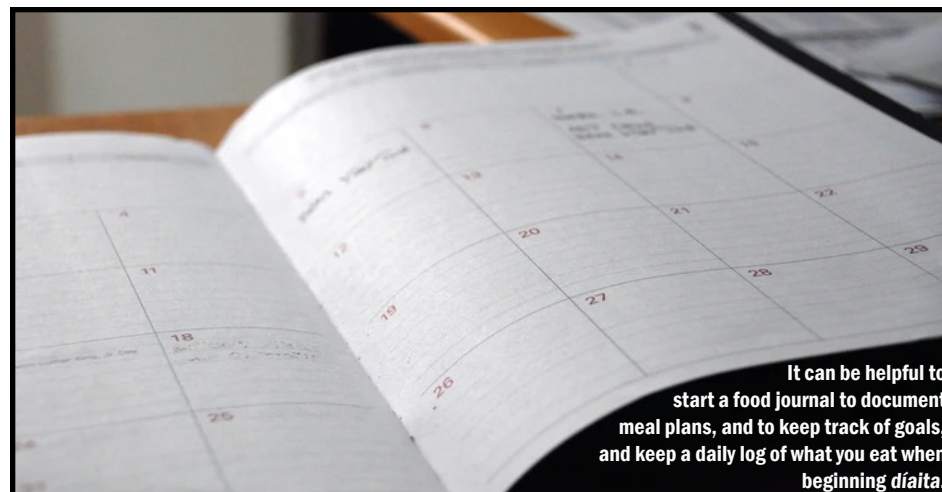
Good carbs are also the body’s main source of energy, and for the most part, are generally consumed through their most natural state. Some examples of good carbs are whole grains, fruits, and vegetables. Typically, there aren’t many modifications or GMOs (genetically modified organisms) linked to these types of foods when they are consumed.

However, bad carbs are simple carbs that often contain added sugars. The body can break down these foods much more easily than complex carbs, and they are often stored as glycogen before getting converted into fat, says the American Diabetes Association.

Moreover, since the body digests these foods so much quicker, eating simple carbs can lead to a sudden spike in blood sugar levels. The spike in blood sugar can lead to a variety of health concerns including ones listed previously, as well as more severe issues such as cardiovascular disease.

Foods with added sugars are something to avoid when maintaining a healthy diet. Examples of these foods include white bread, soda, candy, sweets, and baked goods.

Having a solid understanding of these terms can significantly help determine what a healthy diet should look like and how it should be maintained. Implementing goals into each diet plan and by researching the factual evidence and science behind these terms will lead anyone into a healthy lifestyle of *díaita*.



It can be helpful to start a food journal to document meal plans, and to keep track of goals, and keep a daily log of what you eat when beginning *díaita*.

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Football is Back!

TRIVIA

1.

Tom Brady and the Tampa Bay Buccaneers won the Super Bowl last season, how many rings does Tom Brady have now?

2.

Last season's MVP Green Bay Packers Quarterback Aaron Rodgers recorded the 2nd highest quarterback rating with 121.5, who has the highest rating and what is the number?

3.

Florida State Quarterback McKenzie Milton played for the first time since his injury in 2018, what team did he play for at that time?

4.

Alabama quarterback Bryce Young broke the record for touchdowns for their first start in school history, who was the previous record holder?

5.

Super Bowl LV took place in Tampa at Raymond James Stadium, where will Super Bowl LVI take place?

6.

The first pick overall in the 2021 NFL Draft was quarterback Trevor Lawrence, what year and who was the last time a non-quarterback went first overall?

7.

Chicago Bears Quarterback Justin Fields from Ohio State was taken in the first round, how many first round quarterbacks were taken from Ohio State in NFL history?

8.

A current NFL defensive player just signed to become the highest paid defensive player in NFL history, which player was it?

9.

Three of the last four defensive player of the year awards were won by Los Angeles Rams defensive tackle Aaron Donald, who won the other one in those years?

10.

Oklahoma Quarterback Spencer Rattler is projected to be one of the top picks in the 2022 NFL draft, what two Oklahoma quarterbacks went back to back for overall picks and what years?

Test Your Knowledge



Answer Key

- 1) Seven rings
- 2) Aaron Rodgers & 122.5
- 3) UCF
- 4) Mac Jones & Joe Namath
- 5) SoFi Stadium in Los Angeles California
- 6) 2017 & Myles Garrett
- 7) Four quarterbacks in NFL history have gone in the first round
- 8) TJ Watt
- 9) New England Patriots cornerback Stephane Gilmore
- 10) Baker Mayfield & Kyle Murray in 2018 & 2019 respectively

Saint Leo University's Fall Sports Schedule & Outlook

Anthony Martinez
Sports Editor

By the end of the 2019-2020 collegiate season, all college sports were impacted by the COVID-19 pandemic. With every sport that was occurring coming to a pause—and eventual cancelation—it even affected the March Madness tournament, which generates most of the National Collegiate Athletic Association (NCAA)'s revenue.

There was hope that by the fall of 2020, sports would be able to take place in some capacity. Unfortunately, fall sports at Saint Leo were delayed until spring, and even then, most games never took place. The women's volleyball team who had just competed in the quarterfinals of the NCAA National Championship in 2019 competed in just four games last season.

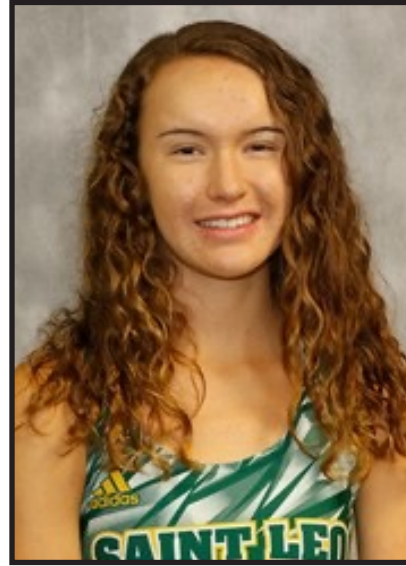
Thankfully, in fall 2021, sports are taking place at the correct time. Fans are allowed to attend the games to cheer on the Lions while the fall teams pick up where they left off in 2019.

As mentioned, the women's volleyball team only played just four games a season ago, having a record of 2-2. This year, the season kicked off on September 3 at the Ferris State Tournament, and they have already played four games this season. They're currently off to a 1-3 start but it's going to take time to get everything back to normal, which they haven't seen much of in a long time.

Two of their three losses were also to ranked opponents and while they put up a good fight, they just fell a little short. In their last game, they already showed good improvement defeating McKendree three sets to zero. The next tournament will be the Valdosta State University Fall Tournament in Valdosta, Georgia, and the regular season wraps up November 20 against Palm Beach Atlantic.

Both men and women's tennis are currently scheduled to start on September 24 at the Intercollegiate Tennis Association Regional Champions in Lakeland

Standout Student Athletes



Saint Leo cross-country senior Page Patterson is a two-time All-SCC Selection which includes a first team selection in 2019 as well as a two-time All-South Region Honoree.



Saint Leo Tennis player, senior Nicolas Bacella had a wonderful last season racking up accolades such as All-SSC Singles First Team, All-SCC Doubles Second Team, and nationally ranked #21 in singles.

Florida.

Last season, the women's tennis team performed well in the limited games they had, with a good record of 8-4, as well as winning an NCAA Regionals game against Nova Southeastern before losing to first seed, Barry. Women's tennis will look to continue their success this season with head coach Chad Berryhill.

Continuing that success was the men's tennis team, with a record of 9-3, they also went undefeated in the five games at home last spring. Similar to the women's tennis team, they won an NCAA Regionals game before losing to number one seed, Barry. Also, men's coach Chad Berryhill, will look to continue their success this year as well and



Both of Saint Leo's soccer teams welcome fans back to university as they look to establish dominance for the 2021-2022 year.

Sports

potentially get revenge against Barry at some point this season.

Golf is up next. Starting with the men's golf, it kicks off September 20 at the Griffin Invitational. Last season had varying success, with a dominant opening at the Saint Leo Invitational where they finished first out of nineteen teams, a great start that they followed with a second-place finish the next day. They finished the season in the NCAA South/Southeast Regionals where they finished eleventh to end their season.

Women's golf starts on the same day but is a different invitational than the men's, competing in the Dallas Baptist University classic. The regular season goes all the way to the Lynn Invitational in April, before starting conference championship play, and potentially, regionals and nationals.

They had mixed results a season ago with some good placing, finishing fourth one day and second in another, but they finished in the bottom half of most of the games. For this season, head coach Lyndsey Beville is looking to clean up and start to be more consistent.

Continuing the pair of men's and women's sports is cross country. Starting with the men's cross-country team, this team only got to attend one meet a season ago where they performed in the Sunshine State Conference Cross Country Championship, where they finished in the top half, finishing fourth out of eight places.

Their last full season came in 2019 where they performed at a very high level. Finishing first on three different occasions which include the 2019 Sunshine State Conference Championship. They also performed admirably in the NCAA South Regional where they finished third. They also earned a spot in the NCAA National Championships, placing

thirtieth, a great feat.

They look to continue their 2019 success on September 11 where their first meet takes place in Gainesville Florida at the Mountain Dew Invitational.

The women's cross-country team carries the same schedule as the men's teams. They'll be starting the invitational in Gainesville, before the DII National Preview which is taking place at Saint Leo, at the Abbey Golf Course on October 2.

Like the men's team, the women's team only competed in the Sunshine State Conference Champion a year ago where they finished in the middle of the pack, tying for fifth place. Taking it further back to the full season in 2019, they were competing at a very high level. They finished first in the first invitational, the Florida Tech Invitational, of that season.

They have extremely similar results to the men's team finishing second in the Sunshine State Conference Champion, third in the NCAA South Regional, and 30th in the NCAA National Championships. Both cross country teams had great performances in their last full season, and we'll have to see if they can replicate that in 2021.

Lastly, we have both men and women's soccer teams, who currently both have the same number of games scheduled, as well as the same record.

Men's soccer had no recorded games last spring, leaving them with an enormous hurdle to climb. Two years ago, in 2019, the men's soccer team had a record of 7-10. They were competing at a more balanced pace before losing five of their last six to end the season. While not ideal, it was still a large improvement from 2018, when they went 3-13. They seem to be heading in the right direction.

COVID-19 curbed their momentum to a halt last year. While they are at 0-1-1, they've performed well, even tying the



The Saint Leo Tennis Center has been the home of Saint Leo's Tennis Teams since 2006. They have had great success in recent years and look to continue that in fall of 2021.

University of South Florida in an exhibition game back August 19 with the score being 3-3. They also tied the eighteenth team in the nation, going into double overtime with them and only giving up one goal.

Their next two home games are September 18 and 21 against Embry-Riddle and Trinity College respectively. The regular season wraps up November 2 against Florida Southern College (FSC). We'll see if they're able to continue their improvement from year-to-year.

As mentioned, women's soccer is off the same record as the men's with a current 0-1-1 record. Even though it's only the beginning, it feels like the team is going to be successful this season. They held Eckerd in the season opener to one goal before losing to Flagler, who is currently the number one ranked

team in the nation. On top of that, even though it was an exhibition game, they dominated Polk State College 5-0.

Looking at last year, the women's soccer team only played five games. They managed to grab a win despite the messy schedule in the spring. They're on a much better track this season. In their last full season in 2019, they were more or less an average team going 7-9-1, winning the last two games of the season that year. In 2021, they have great potential to win a lot more games this regular season which concludes on November 2 against FSC.

That's the current outlook of fall sports; hopefully the season will continue to take place without any cancellations, and sports fans will see what success Saint Leo has this fall.

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