

THE LIONS' PRIDE



OCTOBER ISSUE



FEATURED

Check out our article on the club PRISM, and how it is creating a gay-straight alliance on University campus.

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SCAN FOR OUR WEBSITE

Campus News

Green Dot Celebration

Ian Brehaut
Contributing Writer

What's the difference between a green dot and a red dot? How can we recognize these on campus? How does green dot reflect the core values of Saint Leo University?

At Saint Leo University, the green dot program has made an impact in the Saint Leo community since they had begun back in 2016. Back in 2016, "Sunrise of Pasco" County's local domestic and sexual violence facility had offered to grow their partnership with Saint Leo University.

During this expansion, these services had become possible thanks to a grant from the Florida Department of Health. Today, green dot continues to teach us how spreading and promoting positive actions against violence can help the Saint Leo community altogether.

When we are on campus, we can pay attention to the social situations that are around us and look for anyone who seems out of the current norm.

If you believe somebody appears out of the norm you should not be afraid, and you

should go up to them and step in.

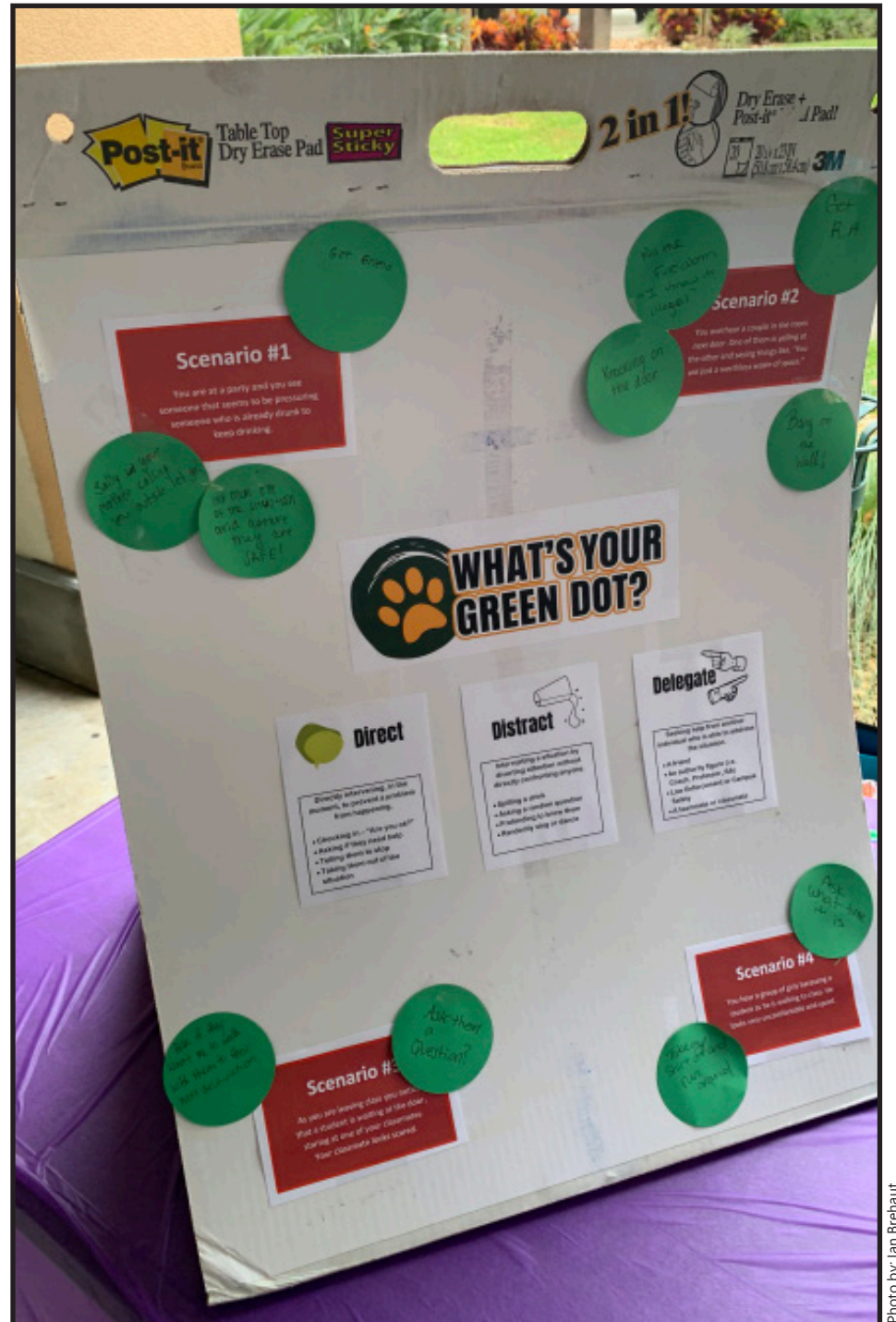
What is Green Dot? A green dot is a kind of proactive prevention which promotes the elimination of power-based personal violence. This is not limited to and also includes domestic violence, dating, stalking, and sexual assault.

What is a Red Dot? A red dot is the type of violent actions that are geared towards another person. Typically, a red dot would have happened when someone was assaulted and or hit.

This can primarily occur when somebody had overdosed, or somebody had too much to drink that night. The difference between both of them is that a red dot happens when violence occurs, and a green dot is when intervention had happened to prevent the abuse from occurring.

Within the Saint Leo community, the Green Dot program continues to reduce violence within a community. The Green Dot Coordinator, Aubrey Hall, had stated that "When we educate students and faculty on how to be diligent active bystanders, they are not

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Bystander Training sessions provide students with the opportunity to learn more about green dot. During these sessions, you will be able to get community service.

Photo by: Ian Brehaut

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Campus News



Pedro Quintao: Altruistic Aviator

Photos Courtesy of Pedro Quintao

The pilot estimates he's spent around 160 hours flying since Dec 2016 when he got his student license.

Emily Miller
Contributing Writer

Pedro Quintao is a sophomore majoring in Cyber Security, but he's on a life-mission for far more.

Quintao earned his pilot's license earlier this year and has used his passion for flying to benefit those in need. Specifically, he offers leisure flights for those who need a break from life's worries and free medical flights for underprivileged cancer patients to hospitals in Florida.

"Helping is good," Quintao told me, "makes your soul feel good." His voice is gentle and matches his altruistic nature well. There's no doubt this guy has a big heart, but his clothing is plain and practical, which shows his logical nature as well.

Quintao took an older gentleman on a scenic flight about a year ago when he still had his pilot's "learner's permit. The two struck up a conversation about the man's life—his loved ones, what he did for a living, and why he had an interest in flying with Quintao.

The man had lost everything, all of his family had died, and he was alone. All that he had left were his memories and his ability to paint. So he combined the two and painted his memories of those that he had lost.

"He described it as painting a piece of his mind," Quintao said.

These paintings were important as the older man was losing his memory as well. It is no wonder a scenic, peaceful flight

appealed to him amongst many losses in the gentleman's life.

Quintao and his superiors attempted but were unable to contact the older man. Unfortunately, his whereabouts and current status are unknown.

However, the prevention of loss is equally as important to Quintao. He recounted a flight with a small girl suffering from leukemia. The girl, her mother, and Quintao had time before the flight to meet and become acquainted with each other. Before boarding the plane, she innocently asked Quintao:

"Are you an angel?"

He placed his hand on his heart at this point, signifying just how touched he was by the question.

She had a front-row seat beside Quintao, giving her the chance to see the world below her and an experience not many kids ever have. The girl's mom sat behind them with her daughter's oxygen tank.

Quintao said she took a particular interest in the clouds and called them "cotton balls in the sky." Safety protocol prohibited him from flying through clouds, but he diverted his path just enough for the girl to get a closer look.

The young pilot smiled sadly. The memory was clearly heartwarming for Quintao, but it has devastating undertones. Medical flight pilots shouldn't stay in contact with patients. It's better for their mental health.

"It's rough sometimes," he

said, "but that's how it's got to be."

The death of a cancer patient is a genuine possibility but refraining from contact is only a precaution. The majority of patients do recover, and Quintao is a significant factor in that process.

His charitable escorting began, of course, with learning to fly.

Much like the young girl he would fly years later, Quintao found an early appreciation for clouds and the sky. However, he took this sense of wonder and curiosity to the next level.

At age 16 Quintao remembered his first plane.

"It was a wonderful aircraft," Quintao said, "extremely stable and reliable."

It's obvious he has a great love for flying.

He explained how he clicked with the plane, and always felt in control. Every one of his senses was attuned to how the plane work. By sound alone, he could recognize if the engine was running properly and if every piece was in its correct place. He was able to feel the plane as well and described it as an extension of

himself. The aircraft became part of his brain as well, and not just his physical body. Thinking about the functions of the airplane was as simple to Quintao as forming thoughts and opinions. He truly has a knack for understanding his passion and anyone would be safe with Quintao in the pilot's seat.

Quintao is relatable: he makes a few jokes throughout the interview to lighten the mood, but he isn't afraid to show his sensitive side. He's also done something incredible and plans to help many more people in the future.

Humans thrive off of positive connections with others and loving communities—something that Saint Leo strives to create—and Quintao is contributing to

the community of Florida, Saint Leo included, in a big way.

He uses his time, energy, and abilities to help others' mental and physical health while fulfilling his desires for adventure and puzzles through flying. That's what community is about: symbiotic relationships where everyone is benefited.



Quintao earned his pilot's license earlier this year

Campus News



Photo Courtesy of Prism

Prism is the LGBTQ+ club concerned with making students feel safe, if and when they decide to discuss their sexuality. Their mission statement attaches itself to the core value held highest by the Benedictine Catholic Church:

Proactive v. Reactive – What is Prism?

Angelina Troche

Contributing Writer

Prism is not an acronym. But, there is a group on campus named after the geometric refracting figure.

Prism is the LGBTQ+ club concerned with making students feel safe, if and when they decide to discuss their sexuality. Their mission statement attaches itself to the core value held highest by the Benedictine Catholic Church: hospitality. It states “to extend Benedictine hospitality to Saint Leo’s LGBTQ+ community and its allies.”

Dr. Chris Friend, assistant professor in Language Studies and the Arts, is the founder and biggest advocate for Prism. All he wants out of this whole experience is visibility and support for those who are struggling with their identity.

Whether it be coming to terms with who they are for their own benefit, or figuring out a way to be comfortable expressing themselves to others, Prism is the safe place to do so.

The club itself was established two years ago and various meetings were held on campus to get the club up and running successfully. “The way we established [Prism] was really good at its’ core,” Friend said.

The challenge that came with operating a LGBTQ+ organization at a Catholic institution was mainly showing that both could coexist on campus at the same time without crossing a line in relation to each other. This opportunity came about through meetings involving the Director of Student Ministries, the Director of Student Activities, Dr. Friend,

and an overall approval from the President, which at that time was Dr. William Lennox, Jr. Common ground and mutual interests were established from the get-go and the rest, seemingly, was history.

Friend seemed more encouraged in moving forward with Prism due to the manner with which these meetings were conducted.

He made the point that this program would exist for the sole purpose of benefitting students, while also maintaining a comfortability for them on campus.

How could one not support a movement like that?

Another strong distinction made by Friend was the fact that Prism is all about identity and what that means to people in the LGBTQ+ community, not sex.

“We are going to talk all about identity and we are going to welcome students into the University. We are not going to talk about sex. That is not our concern here. That line, that distinction, follows Church teaching,” Friend said.

He explained that the United States Conference of

Catholic Bishops draws the line with specifically discussing sexual relations between those involved in the LGBTQ+ community, and Friend plans to stay away from the topic as well.

Sexual orientation and religious devotion, according to the Saint Leo professor, are not mutually exclusive and can work together to benefit the students on campus.

Working concurrently with Prism is a program dubbed “Safe Zone Allies,” implemented on campus during Spring 2019.

This training takes place once a month and is offered to students and faculty in different sessions. The environments for the staff training versus the student training is different because there are varying levels of comfortability with each relationship.

The topics touched on in the training are basically the same, just have different interpretations and responses for each group. Included in each Ally training, though, are exercises and “role-playing” situations demonstrating the emotions that those involved

Campus News

in the LGBTQ+ community may end up having to confront when coming to terms with their identity.

Being an Ally is not something that should be taken lightly. The trainings take place once a month and are three hours long. During the sessions, emotional vulnerability is at an all-time high.

Friend even admitted to being moved while role-playing a potential scenario because he holds this program so close to his heart. His own personal struggles are why he feels strongly about the progression of being an Ally.

At the end of each session, those that feel they can handle the weight of being an Ally sign a contract stating that they will make themselves available, if need be.

The responsibility that being an Ally comes with is heavy and nobody should feel forced to be that person for someone if they don't believe they can manage it.

"We don't have to have three hundred students attending these meetings and becoming allies - if we have three hundred students supporting our mission. We are doing our jobs, even if only six people show up to our meetings."

Friend said.

The support for both Safe Zone Allies and Prism has been abundantly encouraging. From faculty and staff, to students both on and off campus, the feedback regarding implementation of these programs has been nothing short of positive.

"We have not met any resistance; we have not seen any backlash...students have

aren't able to be on campus are showing their support, in spirit, because a safe place is needed for those silently struggling. Friend strives for visibility; he just wants to get the word out there.

"Seeing that we exist should allow them to feel safer and more comfortable and give them a place to go and a group of people that will welcome them in," Friend said.

without fear of something going wrong.

The connection to the Benedictine Catholic Church is intimidating at times because of the interpretations concerning sexual orientation and tradition as upheld by the church.

"We are doing that thing that Benedictines are good at doing, just in a way that they're not known for doing [it]...we're just continuing that tradition," Friend said.

Friend does this for the benefit of those who may be fearful of coming out, those who may not know how to classify themselves, or for those who don't know if they even want to classify themselves. He is offering a voice for those trying to find their own.

He hopes to get those involved in the trainings that want to be part of the support system for the LGBTQ+ community on Saint Leo's campus.

He strives for a safe environment when attending regular meetings of Prism, as well, and hopes to see you there! The Prism meetings take place in Kirk Hall, Room 220 from 5:00-6:00 p.m. every other Tuesday.

"Seeing that we exist should allow them to feel safer and more comfortable and give them a place to go and a group of people that will welcome them in,"

— Dr. Christopher Friend, Club Advisor

been very supportive," Friend explained. "I've been met with responses similar to, 'I'm not able to participate because of x, y, or z...but I am so glad that this organization exists.'"

Some of these responses have even been from Friend's online classes, so people that

For example, a rising freshman who is part of the LGBTQ+ community may be looking for a school that openly acknowledges those students on campus.

Maybe a current student is questioning, right now, how out they can really be at Saint Leo



The club itself was established two years ago and various meetings were held on campus to get the club up and running successfully. "The way we established [Prism] was really good at its' core," Friend said.

Campus News

Continued from Page 2

only implementing it on campus but in their daily lives outside of campus as well...". Reducing these behaviors within the Saint Leo community allows us to create a culture that everybody is expected to maintain a safe campus.

Students can get involved by continuing to provide support the Green Dot team on campus. Aubrey had also mentioned, "Saint Leo has been so helpful in integrating the Green Dot program over the last four years..." proving that as a community we are living the core values of Saint Leo University. The Green Dot's approach on campus is to meet "What do you need?" and be able first to serve the University too.

For two hours on August 27th, the Saint Leo University's Green Dot Program had held an Ice-Cream Social on campus to help represent the "Green Dot" team on campus by Saint Jude Chapel and CAB building. During the event, Green Dot had a Push Cake Pop stand, Coffee stand, Ice-Cream social, Candy stand, and Prizes available. At the event, the CAB staff was helping during this event as well as the Green Dot staff.

When you arrived at the first stand, you were able to choose what kind of coffee you wanted. At the coffee stand, you had options from a cappuccino to a caramel latte for example. At the next table you were able to get more familiar with "Green Dot"

and their new program that they are starting this year called the "Green Dot Lion's." This will be held on campus on Friday's at 10 AM in the SAB Leadership Cage. It was also mentioned that students could be becoming more involved by attending a Bystander training by emailing Green Dot at greendot@saintleo.edu or DeChantel Hall on Tuesdays and Thursdays from 1-4pm.

The Bystander Training sessions provide students with the opportunity to learn more about green dot. During these sessions, you will be able to get community service hours, leadership skills, and community engagement by participating in these sessions of leading

initiative of non-violence.

Following the previous table, you were able to find a board, where you can answer a "Green Dot" question scenario and be able to place a "Green Dot" example on the board.

After you answered the scenario question, you were then able to choose your prize by picking up a stick.

The point of this exercise was to "provide participants an opportunity to apply an intervention strategy (direct, delegate, and distract) to a red dot scenario...".

A few of the prizes included battery packs, phone chargers, highlighters, wrist bands, and more. After the scenario table, you were able to move to the

spinning wheel, where you can spin and land on a "Wild Card" or a Saint Leo Core Value and describe how "Green Dot" shows this on campus.

Next, the candy stand had allowed you to talk with the Counseling Services and obtain more help about what they do, and at the same time, you can get some candy.

At the Last Stand, you were able to make Push Cake Pops and choose your toppings, cake, and frosting to be ready to be eaten right away or take home.

The goal of the Ice-Cream social was to provide awareness to the Saint Leo community how the Green Dot programs goal is to promote to reduce violence within the Saint Leo community.



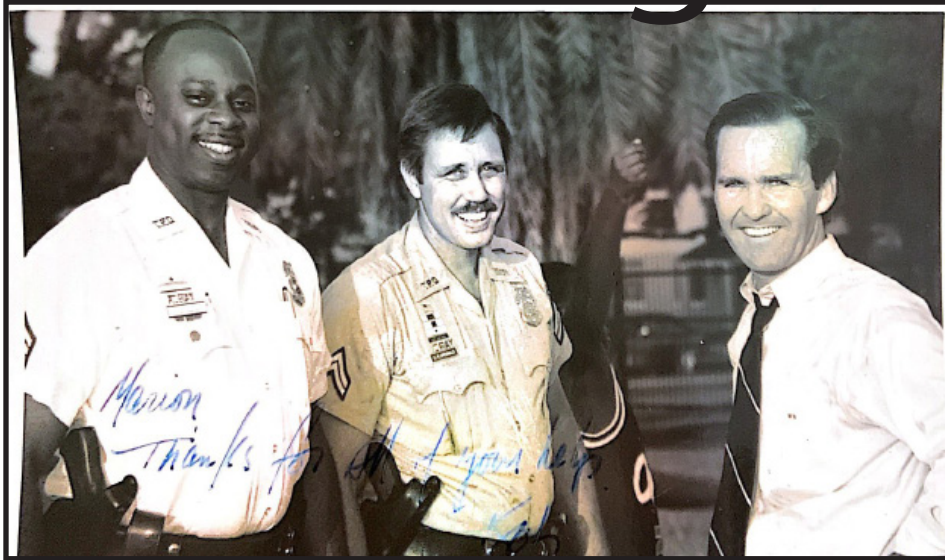
Students can get involved by continuing to provide support the Green Dot team on campus.

Photo by: Ian Brehaut



Campus News

A Lifelong Stance for Justice



One of Lewis' biggest focuses throughout his career as a police officer was to bring back order in the public housing communities of his hometown and create peace.

Natalia Kurkova

Contributing Writer

A Saint Leo graduate, Marion Lewis, is the Director of Security at Saddlebrook Resort, author of an autobiography, former Tampa Captain of Police, and candidate for the title of Tampa Mayor in 2007. All of Lewis' ventures since early adulthood have been about fighting for justice and serving the citizens of Tampa.

Lewis was born and raised in Tampa. His desire to fight for justice and establish order in his hometown was stirred when he learned about a shooting of an unarmed, black man by a police officer in his neighborhood.

His first step towards his goal was to get a degree. He attended Saint Leo University and graduated with a Bachelor of Arts in criminology in 2000. After graduation, Lewis underwent the necessary training and got accepted into the Tampa Police Department.

"I have covered every inch of Tampa on patrol and have worked in the worst areas," Lewis said as he described his experience in the most dangerous areas of the city.

One of Lewis' biggest focuses throughout his career as a police officer was to bring back order in the public housing communities of his hometown and create peace between the police and the black community.

The strive for his goal to

bring justice to Tampa led Lewis to achieve the title of Tampa Captain of Police. Throughout his work with the Police Department, Lewis saw the low retention rates of police officers belonging to minority racial groups.

To fix the situation, Lewis organized study groups for police officers to help them prepare for their exams in the department. The study groups grew to include officers of all races. In celebration of Black History Month, Lewis was named Outstanding Employee by the City of Tampa for his leadership work and commitment to the police department.

In 2007, Lewis joined the race for mayor of Tampa. The same desire for justice and order that led him to join the Police Department, motivated him to bring about even bigger changes, to his hometown which is why he ran for mayor. Some of Lewis' political goals for Tampa were to increase jobs, improve infrastructure, and reduce traffic jams. With 25 years of experience in the police department, Lewis also saw the need for stronger preventative measures to secure neighborhoods and schools.

His candidacy, however, became an obstruction to his job in the police department. The major tried to force Lewis to resign. Lewis knew that his candidacy was not a legal reason

for resignation. He decided to stand up for his rights and took the issue to court.

In January of 2007, Lewis left the police department, and in May of that year, took the job as the Director of Security at Saddlebrook Resort.

While at the job, Lewis was fighting the court battle for his case against the city. In 2011, Lewis gathered his valor to bring about changes to his hometown and filed to run for Mayor once again. Lewis' court case, however, was still in progress, and therefore, he did not go through with his campaign this time.

The case took five years

Florida; however, the Supreme Court rejected the request. After finally winning the case, Lewis was satisfied with the progress of his career at Saddlebrook and decided not to return to the police department. Lewis' family was also against his return.

Several months after the case was settled, Lewis was approached by a police officer, who thanked Lewis for his accomplishment in court. The police officer told Lewis about his intentions for filing for a position at the Florida State Legislature. The police officer also expressed his confidence regarding his current job security as a result of the



After graduation, Lewis underwent the necessary training and got accepted into the Tampa Police Department. "I have covered every inch of Tampa on patrol"

to resolve, being transferred between the Hillsborough County Circuit Court and the Florida Second District Court of Appeal. Throughout its progression, the city tried stalling the case, in hopes that Lewis would give up on it.

"God provided my attorneys and me with wisdom, knowledge, and faith to pursue justice," Lewis said regarding the litigation process.

After Lewis' last appeal to the Second District Court of Appeal, the judge ruled in Lewis' favor. The city attempted to reverse the case in the Supreme Court of

outcome of Lewis' court case.

In 2018, Lewis published a book entitled "If you don't stand up for what you believe in, you will fall for anything."

The book is Lewis' narrative of the hardships he faced at the Tampa Police Department. In the book, Lewis portrays how his beliefs and desire to serve the citizens of Tampa guided him to stand up for what he believed in and carry on working towards his goal.

"There is always more work that can be done to improve the situation in the less affluent communities," he said.

Campus News: Exclusive



Brianna Pearson
Campus News Editor

The weekend of Oct 11 rekindled the flame of Fall Family Festival. Families from around the country came to see their respective St. Leo students and celebrate as a family.

The Campus Activities Board hosted the weekend with many fun-filled activities on Saturday in the Bowl, with many activities for families to enjoy.

The event featured carnival games including dart throwing and racing horses.

Also, carnival rides were included in the Bowl as well like a small zipper ride, inflatable horses and two giant hamster balls.

Students and families were able to indulge in as many snacks as their hearts desired. Most enjoyed the lemonade, funnel cakes, corn dogs and potatoes

on a stick. Kona Ice returned to Saint Leo for this weekend and served everyone nice cool snow cones on the hot Saturday.

Many vendors and crafters came offering souvenirs students haven't had before. Families could make personalized rings and signs.

Each ring was measured to the individual's finger and was engraved with whatever the individual wanted. Many people got their significant other's name or their Greek organization.

Each ring could have up to seven letters, numbers or symbols included.

Some symbols included hearts, smiles, crosses and a foot. At the sign making station, each person could pick up to six letters for their sign.

Each letter photo was composed of an unconventional object like a fence, sidewalk, archway or railroad track.

For example, a "S" photo may

be a picture of a curly metal fence. Each letter made out of an unconventional object was beautiful and in all black and white. The letters put together made a word of the person's choosing.

Each vendor was very kind and made jokes to keep the lines going. Even though it was hot outside, there was so much going on to distract, that no one even noticed the heat.

"My favorite part was being able to show my grandma the beautiful campus and seeing her smile because I am the only grandson to show her their university", said Evin Martinez, sophomore criminal justice major.

Evin and his girlfriend Hannah Haddad, sophomore elementary education major, enjoyed the vent together as they rode scary rides and ate yummy food.

Jessica Skrelunas, junior

psychology major, said that her favorite part of the weekend was "spending time with my family doing fun things that Saint Leo offered".

Jessica and her twin sister Jenna, junior English major, brought their puppy, Paisley Grace, to the festivities. Everyone loved seeing Paisley and recognized her from her Instagram.

Paisley also made an appearance to the Touchdown for Tata's game on Sunday afternoon.

Sunday afternoon was the Touchdown for Tata's football game.

Many teams helped raise money for breast cancer research through donations and enjoyed their day playing football.

The champions of the tournament were the Florida Gators team. Everyone did a fantastic job playing and did it all for a good cause.

Campus News: Exclusive



Collage by: Christian Silva

Emily Miller
Contributing Writer

The inauguration of Jeffrey D. Senese, Ph.D., as the 10th President of Saint Leo, marks the beginning of a new era for the university.

Several students, faculty, staff, Saint Leo alumni, Saint Leo's Board of Trustees, and delegates from other universities filed into the Marion Bowman Activities Center on Oct. 11 to see and take part in the ceremony.

The inauguration featured multiple musicians and speakers who all graciously welcomed the new President.

The activities center bustled with excitement and conversation before the inauguration officially began, but was quickly quieted by bagpipe players, the Brass Menagerie, Saint Leo, and

Chamber Singers.

Brother Apollo asked that the attendees observe a sacred silence before the inauguration and Eucharistic celebration began; attendees respectfully complied.

Abbot Isaac Camacho, O.S.B., then gave a sermon regarding Senese's presidency. The Abbot invited change by explaining the importance of living in the present, learning from the past, and moving forward.

Additionally, the Abbot expressed hope that Senese would keep the teachings alive of the Catholic Church, and to hold the place of Christ. He closed with assuring Senese that his presence was appreciated at Saint Leo.

"You are in our prayers every day. You are not alone," said Abbot Isaac.

He was followed by Mary Spoto, Ph.D., who introduced Senese, giving a brief history

<http://lionsprideonline.com/>

of his education and work, with emphasis on academic leadership positions and his current life.

Senese's presidency was officiated through the Profession of Faith, taking the Oath of Fidelity, and receiving a blessing from Abbot Isaac and two members of the Board of Trustees.

Afterward, Mass, led by the Abbot, was further integrated into the ceremony with General Intercessions, the Liturgy, and Communion.

Senese proceeded Mass with his inaugural address. He expressed gratitude toward those who had spoken, his family, and the three previous presidents individually as well as the rest of the attendees.

He also explained Saint Leo's traditional goals and his future goals for the university. Specifically, he emphasized that Saint Leo should continue

to focus on the relationship between faculty and students.

His goals are to strengthen Saint Leo's ethos, making the university a national model for Catholic education, increase its size in order to increase its quality, and increase focus on partnerships with connected institutions.

The new President was officially welcomed to the university with his new title by faculty, staff, and student representatives.

He was then inducted as an honorary member of the Alumni Association and given an antique gold pocket watch, made in 1889, the year Saint Leo was founded.

Check out our photos from the Inauguration and Fall Family Festival on our Facebook Page.

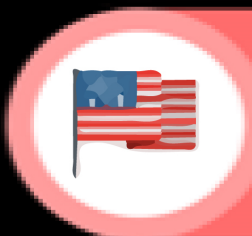
National News

THE ROAD TO IMPEACHMENT

Although the full context of the conversation is still unknown, the transcript released by the White House creates the picture of a favor being asked of Ukraine President Volodymyr Zelensky.

"[President Trump] is on record leveraging US military support for a threatened and beleaguered ally in return for Ukraine's help in investigating his biggest political rival heading into 2020," Dr. Daniel Dubois, Assistant Professor of History."

To date no President has been removed from office as a result of Impeachment Proceedings. However, impeachment Proceedings have been levied against three Presidents Andrew Johnson, Richard Nixon and Bill Clinton.



How does the formal impeachment process work?

The Constitution doesn't say much about this other than what is described above but historical precedent has generally seen the impeachment of a sitting president begin with an investigation, also known as an impeachment inquiry



Why are presidents impeached?

As described by the Constitution, impeachable offenses are anything that fall under the umbrella of "treason, bribery, or other high crimes and misdemeanors."



Weren't we already in an impeachment inquiry?

es. The House Judiciary Committee voted to formally begin an impeachment inquiry on September 12, along party lines.



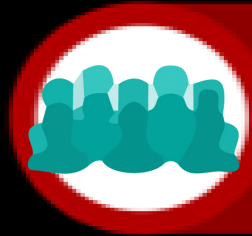
What does polling say about impeachment? Could this help Trump get reelected?

The polling on impeachment has notably shifted since Democrats formally opened an inquiry into Trump.



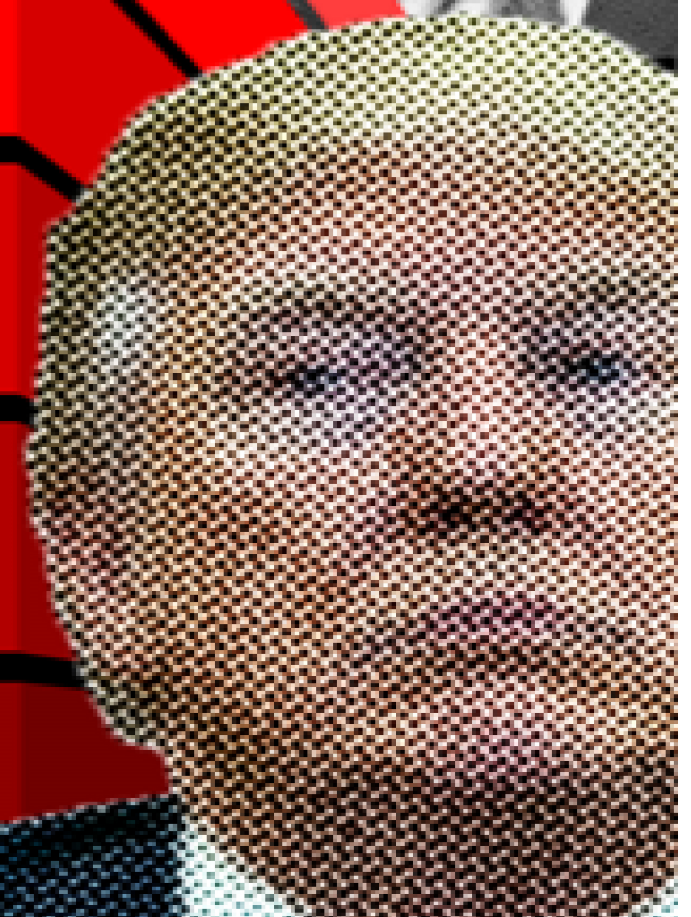
What's the difference between an impeachment inquiry and articles of impeachment?

An inquiry is the investigation that precedes any vote in committee or on the floor of the House. Articles of impeachment, on the other hand, are the specific charges to be brought against the president.



What will the Senate do?

The Senate's role in an impeachment proceeding is to serve as the "court" where the charges are reviewed and evaluated.



National News

A Troubled Presidency

John Hall

Editor in Chief

No word has been used as frequently or divisively over the last three years, creating visceral feelings in the voting demographic as the word Impeachment.

Impeachment is the action with which official charges are levied against a government official. In the United States these individuals include Judges of the Supreme Court, persons that sit on Constitutional Commissions, Ombudsman, the Vice President and President of the United States.

With the current sitting President, Donald J. Trump at the epicenter of an Impeachment Inquiry, many Americans are wondering what will happen next, with many speculating that it would be the end of his Presidency.

To date no President has been removed from office as a result of Impeachment Proceedings, however, history has shown how impeachments inquiries have adversely affected those surrounding the issues. Dr. Daniel Dubois, Assistant Professor of History of history weighed in on how the proceedings have helped successive political parties.

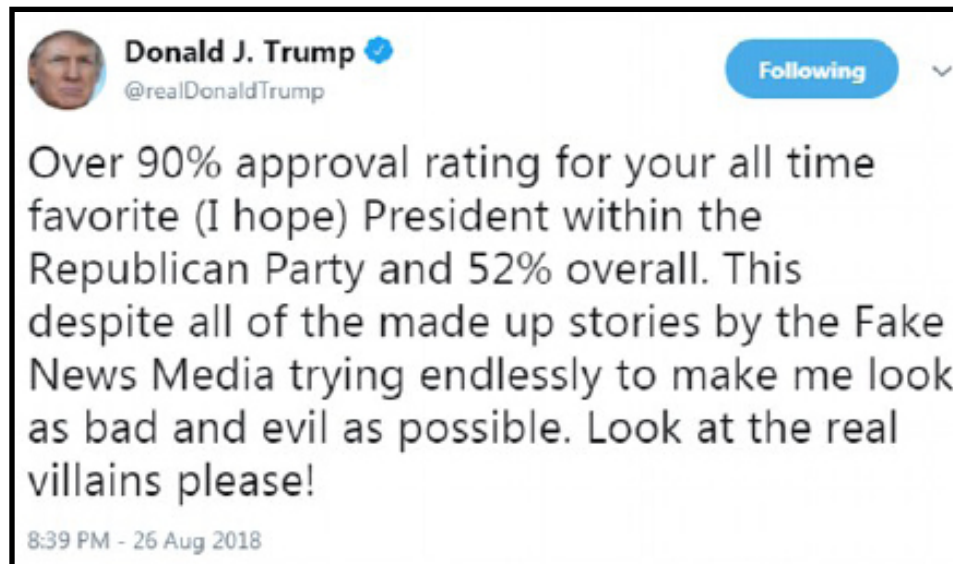
Dubois said, "They [impeachment proceedings] definitely didn't help Johnson personally, but the Republican Party won the 1868 presidential election when they ran Civil War hero Ulysses S. Grant. With Nixon, and especially after Gerald Ford (who became president when Nixon resigned) pardoned him for all crimes, the GOP took a political hit but it didn't last long. Reagan was elected only four years later. And it's probably true that Clinton's impeachment didn't help Al Gore, but that was a razor-thin election and it's impossible to say for sure that's why Democrats lost the White House in 2000."

Instructor of Political Science, Professor Frank Orlando believes that the strengthening of the opposing party through impeachment proceedings have only happened in one instance- The impeachment of President Richard Nixon. According to Orlando, "Democrats gained huge majorities

in both the House and Senate in 1974 and the Presidency in 1976. However, Republicans came out worse for the wear in both their attempts to impeach Johnson and Clinton."

True to form the parties that have endured the brunt of an Impeachment, because of their Presidents' actions have seen the negative effects.

However, with an extraordinarily high approval rating throughout his tenure, it is unknown if these proceedings will have any effect on the Republican parties bid to re-elect Trump. By way of Twitter the President



President Trump's tweets have continued to be a source of criticism, as critics question the accuracy of the information contained, as well as their ability to contain incriminating information.

has proclaimed and touted the loyalty he has been given from the Republican Party.

In a tweet dated 26 Aug. 2018, the President tweeted, "Over 90% approval rating for your all time favorite (I hope) President within the Republican Party and 52% overall. This despite all of the made up stories by the Fake News Media trying endlessly to make me look as bad and evil as possible. Look at the real villains please!"

Orlando believes that it is unlikely that for the President to be convicted as a result of Republicans support for him. "I think that the Democrats will end up impeaching Trump in the House, but that he will avoid conviction in the Senate. I think it is unrealistic that 20 Republican senators will join with 47 united democrats to push President Trump out of

office," said Orlando. He believes that it is contingent as well, on any other information presented during the inquiries that may be of a damning nature.

Whether or not Presidents Trump state^ments are accurate as far as statistics are concerned, is debatable. However, the perceived support the President believes he has, is only solidified throughout several media giants who interview Republicans from the Senate and Congress, confirming their support. Dubois believes that if the Republicans maintain their allegiances with the President, there will be a substantial chance

that he will stay in office and be re-elected.

Dubois said, "The key, as it was with Nixon, will be how elected Republicans respond as more and more information is uncovered from the impeachment inquiry. (He was reelected after the Watergate scandal broke but formal impeachment proceedings had not started.) How they respond moving forward could hold the key to Trump's chances to survive the impeachment inquiry."

Although the full context of the conversation is still unknown, the transcript released by the White House creates the picture of a favor being asked of Ukraine President Volodymyr Zelensky. Zelensky was asked to look into a conspiracy theory of The President, involving then Vice President Joe Biden and his son Hunter Biden.

The transcription of the phone call has been interpreted as the United States withholding aid, in lieu of the Ukrainian President's ability to acquiesce to the request.

While the request in and of itself may have appeared at the time innocent, the optics of what it presents could not be any more tarnished. Political analysts, along with late night talk shows teem daily with the revelations, being filtered into the public's purview. Most of whom believe that this event, more than the Stormy Daniels saga and Mueller Investigation represent a significant threat to the Presidency.

"[Trump] is on record leveraging US military support for a threatened and beleaguered ally in return for Ukraine's help in investigating his biggest political rival heading into 2020," said Dubois. Looking at the events evolve, there is a lot that appears to provide fuel to the Democrats Impeachment Inquiry. Dubois says, "And the more one looks into the details of this story - including the broader crisis in Ukraine and the role Russia and Vladimir Putin play there, as well as the reports from the whistleblower and Congress that the White House is going outside of carefully-designed protocols for presidential record keeping (effectively hiding his communications with foreign leaders from our own intelligence services, for reasons still unknown) - the harder it becomes to see this investigation dying on the vine."

Over the last three years, there have been an excessive amount of calls for accountability on both sides of the aisle. Professor Orlando believes that the parties act strategically in these regards. Orlando says, "The decisions being made (and their timing) by party leaders aren't necessarily made because they are the right or wrong thing, but because they are politically expedient. The Democrats need to protect their members that are representing Trump districts, whereas Republicans are concerned about losing primaries to angry Trump devotees if they stick their neck out against Trump."

Arts & Culture



Pumpkin Waffles Recipe in second paragraph.



Pumpkin Dip instruction are in the sixth paragraph.



Pumpkin Spice Cookies Recipe in paragraph three.

It's Fun-kin to eat Pumpkin

Brianna Pearson
Campus News Editor

It is officially Fall, and you know that means pumpkin foods! It's time for pumpkin spice lattes and pumpkin pie but also some not so common pumpkin foods to enjoy this autumn. These foods are all homemade and super easy to make.

For breakfast, why not start the day with a pumpkin waffle? This is a super easy recipe with 9 dry ingredients and 5 wet ingredients.

You will begin by combining 2 cups of all-purpose flour, $\frac{1}{4}$ cup of brown sugar, 1 teaspoon of baking powder, $\frac{1}{2}$ teaspoon of baking soda, $\frac{1}{4}$ teaspoon of salt, 2 teaspoons of cinnamon, 1 teaspoon of ground ginger, $\frac{1}{2}$ teaspoon of allspice and $\frac{1}{2}$ teaspoon of ground nutmeg.

After mixing the dry ingredients, gradually add

3 eggs, 1 $\frac{1}{3}$ cup of milk, $\frac{1}{4}$ cup of maple syrup and 3 tablespoons of melted butter. Once all the ingredients are mixed, stir in 1 cup of pumpkin puree. Bake in the waffle iron according to the manufacturer's instructions.

Pumpkin spice cookies are an absolute must this fall season and only take about 11 minutes to bake. The ingredients are 2 $\frac{1}{2}$ cups of all-purpose flour, 1 tsp of baking soda, 1 tsp of ground cinnamon, $\frac{1}{2}$ tsp of ground nutmeg, $\frac{1}{2}$ tsp of salt, $\frac{1}{2}$ cup of unsalted butter, 1 $\frac{1}{4}$ cups of granulated sugar, $\frac{1}{2}$ cup of canned pumpkin puree, 1 egg and 1 tsp of vanilla extract.

Toss together all of the dry ingredients and set them aside. Using a mixer, blend the butter, sugar, puree, egg, and vanilla until smooth.

Mix the dry and wet ingredients and chill for one hour. When the dough is chilly

and firm, roll out multiple round tablespoon-sized balls and coat them in cinnamon sugar — Bake on 350 degrees F for 10-12 minutes or until they have slightly browned on the bottom. Once the cookies cool down, you'll get to enjoy an amazing fall snack that will have your taste buds dancing.

We live in sunny Florida, so maybe you want a sweet pumpkin milkshake to cool off. Add 5-6 cups of vanilla ice cream, $\frac{1}{2}$ cup of whole milk, $\frac{1}{4}$ cup of pumpkin puree, 1/8 teaspoon of ground cinnamon, and 1/16 teaspoon of nutmeg in the blender.

For more flavor, you can add pumpkin pie scraps or pie crust that has been cooled. Pulse the ingredients for 15-20 seconds and divide between two glasses and top with some extra pie crust for the aesthetic and a crunch.

Love the taste of

pumpkin but hate baking? Try this super quick pumpkin dip recipe! Mix 1 box of vanilla pudding mix, 15 ounces of pumpkin puree, 16 ounces of Cool Whip, $\frac{1}{2}$ tablespoon of pumpkin spice and $\frac{1}{2}$ tablespoon of cinnamon.

Chill for 2-3 hours, and you'll have a tasty pumpkin dip perfect for graham cracker scooping.

For a healthier option, combine pumpkin seeds, olive oil, paprika, salt, garlic powder, and black pepper into a bowl and mix. Place the seeds on a flat cookie sheet and bake at 350 degrees F for 15-30 minutes.

Toss the seeds every 5 minutes, so they roast correctly and brown evenly. When the seeds give a nutty aroma and are a golden brown color, they are ready to eat!

Arts & Culture

Tops and Bottoms: What To Wear This Fall

Pleshae McPhee
Contributing Writer

Whether you're strutting on the sidewalk or posing on the pavement, the world is your endless runway. But unlike autumn temperatures, we as fashionistas are refusing to fall.

September 23rd marks the first day of autumn, and with 2019 birthing a whirlwind of fashion trends, your fall forecast has just arrived.

There will be clouds of cotton, a downpour of designs and gusts of bold animal print but fear not! These six fall tips, tricks, and trends are here to ensure that you are fully equipped this fall season.

With fashion, it's either go big or go home, and oversized knits go big. Throw on a sweater with a looser fit, unlike the traditional sweaters you may wear. In turn, they are typically made with more breathable fabric such as linen or cotton.

This is perfect for keeping you cool, and not too hot in Florida's unique fall temperatures, while also keeping you cozy and looking chic.

Leslie Fragoso, Psychology, isn't missing a deadline on her fall fashion assignment as she



says, "Oversized sweaters are the best; they're super comfy!"

To avoid looking too baggy with too many loose-fitting articles of clothing, pair an oversized sweater with a pair of tight-fitting denim jeans.

For this season, it will bring balance to your fall look but will knock everybody off their feet.

Denim has always been a fashion staple, and no matter the season, its versatility has transcended time.

Designers have cultivated new crops that are a must-try this September, including the Arlo straight, high rise, embroidered denim, the cut hem, flare, and the fringe.

So, this September, fold up your skinny jeans and become daring with durable denim by exploring more styles. You can try a largely cuffed jeans look with pointed ankle boots or loafers to compliment your blue. You will be sure to make an old trend look entirely new.

Apart from your wallet or lip gloss, you need to have a textured tote this fall season. Bags have shrunk in size this fall, but their impact on your outfit remains large.

We've seen small bags take over the spring runway this April, and they are for sure about to capitalize on the fall fashion scene.

Alexus Veilleux, Business Management, says that she is ready to take on this fall season with her mini bag.

"I like mini bags because they're small, but they still hold a lot more than a small purse would. They're a lot easier to carry around than a purse because you don't carry them around on your arm but your back."

This fall step outside of the box and opt for textured mini bags lined with faux fur, or feathers to add an additional layer to your fall outfit. Choose from the miniature



silky shirt or wool sweater.

This fall, we are keeping trenches in the trenches. A classic cotton

tote to the bold neck bag to seal the seams on your fall fit.

Square toes are a definite winner this fall as they provide a simple, sleek look without the bulkiness of the ankle boot. Square toes have brought both comfortability and nostalgia from the 90s back into the 2000s and will have you stepping out in style.

Your basic pants and shirt may feel pedestrian but walking out with a strappy pair of square toe heels can add a contemporary look to your basics with minimal effort.

Your fashion advisory for square toes is to go for bold snake print, or cheetah against neutral tones in your casual outfit to look sharper and dressier in the streets.

Culottes are fashionable this season because the cut on the calf is one to admire.

It allows coverage for your legs in the cold weather and allows your shoes to share the spotlight. If you're not a fan of denim, culottes are a softer alternative.

To complete your look, pair your culottes with chunky boots or stilettos heels along with a

trench coat has seen you through many falls and winters, but this September, it has gotten an upgrade. Capes are the new trend for outerwear this year.

Like trench coats, they can be worn with anything; therefore, it is essential to invest in a good quality cloak. Capes can add a more sophisticated look and dimension to your ensemble and can put the period on your fashion statement.

This fall opt for neutral colors such as beige and brown, or if you're feeling unconventional, animal print is the way to go!

A longer length cape can also allow for pairing with dresses, skirts, bulky belts, flared jeans, or any article of clothing for that matter.

Be sure to continue to watch out for more fashion trends that may emerge in the next couple of months to ensure that you are fashion-forward and always looking stylish.

No matter what you wear, fashion is a means to express yourself and creatively show your personality.

Therefore, be confident in your clothes, be confident in your choices, and be confident in you.

Sports

A Month in Review: Men's Athletics

William Burns

Sports Editor

The athletes at Saint Leo University have been hard at work since school started, practicing and performing at high levels. There are several sports in season for the men, and all of them have high points as well as low points.

Men's Soccer has made a remarkable turnaround since last year, already having won twice the amount of games as last year, not taking into account that there are still six games left in the season. Men's

Golf has had some good matches this year as they hope to finish higher up in the NCAA tournament, coming off of a 15th out of 20 place finish last year. Men's Cross Country has made some very impressive headlines as they look to break school records, and get into the top five in the south, as they just missed out with a sixth-place finish in the southern region championship.

The Lion's Soccer team started off very slow, losing their first three games. However, these were all one goal games, proving to the lions that they just needed one more gear to start clicking.

Since then, the Lions have won six of eight games, giving them an overall record of six wins and five losses, which is already much better than last season, when they won three games, and lost thirteen.

The Lions are looking to keep this pace up through the rest of the season, as Coach Brett Parker continues to work with his team to get red hot for the postseason. Federico Toschi is the Lions lead goal scorer with five goals, and Wessel Berenschot is the leading Goalkeeper with 27 saves. The next home game is Wednesday, October 23rd vs. Tampa.

Men's Golf has been doing very well, hungry for another chance to get into the NCAA Division II championship tournament again. Last year they placed 15th out of the top 20 teams in the nation. So far this



Men's Cross Country has made some very impressive headlines as they look to break school records, and get into the top five in the south, as they just missed out with a sixth-place finish in the southern region championship

year, the Lions have compiled a solid list of matches.

They have finished fourth of 17 teams at the Cougar Invitational in Georgia and placed third out of 12 teams in the Griffin Invitational in Virginia. At their third and most recent tournament, the Shark invitational in Palm Beach Gardens, Florida, the Lions placed sixth out of 11 teams, their lowest placing all year.

Kevin Johnson had the best round for the Lions in the first meet, shooting four under through three rounds to take fourth place overall at the meet. In their second meet, Alberto Castagnara set the pace for the Lions, coming in at six under, which placed him second overall. In their most recent meet, Castagnara led the pack again, but the Lions faced a much more difficult course.

Castagnara finished thirteenth overall, with a score of five over par. The team is wrapping up their tournaments for the semester right now, October 14, 2019, as they start the first two rounds of the Copperhead Championship in Palm Harbor Florida. The matches will be concluded October 15, 2019, and will not start up again until February 10th, in the Spring Semester.

Men's Cross country has had a fairly impressive start to the year, as they hope to run farther into the NCAA Division II postseason

than last year, where they ended their season at sixth place in the South Regional meet out of 18 teams.

The Lions won their first meet, the Florida Tech Invitational, and set the expectations high for the rest of the semester. Saint Leo had four runners in the top five, securing the first-place finish. The next meet, the Mountain Dew Invitational at Gainesville, showed what the Lions were made out of, as they placed 4th out of 31 teams.

Shane Bracken placed second overall out of 310 runners,

just two seconds shy of the top spot. After his performance, Bracken received the SSC Runner of the Week honor. The Lions again took first at the Florida Runners invitational, with Pierre Galbourdin placing second overall.

At the most recent meet, the Royals XC Challenge, the Lions placed 7th out of 57 total teams. Bracken placed 11th overall, leading the Lions to a high finish. His time, 24:19.2 is the second-best time in program history. The Lions will run again on October 26th, as they attend the Sunshine State Conference Championship.



The Lion's Soccer team started off very slow, losing their first three games. However, these were all one goal games, proving to the lions that they just needed one more gear to start clicking.

Photos from: Saint Leo Athletics

Sports

A Month in Review: Women's Athletics

Noah Dombroski

Contributing Writer

Each of Saint Leo Women's Athletic programs have already shown great promise with their performances thus far in the 2019-2020 school year. Here is a quick recap of what your Lady Lions are up to.

The Saint Leo Volleyball team is about halfway done with their season and stand at a record of 12 wins and 5 losses. Last year they finished with a record of 17-15, which is respectable, but the new head coach, Jason Skoch, is surely looking to get that record further above the .500 clip this season. Key victories so far this season include three-set sweeps of conference rivals Florida Southern, Lynn, and Nova Southeastern.



Each of Saint Leo Women's Athletic programs have already shown great promise this school year.

The Lions are 6-3 against teams in the Sunshine State Conference (SSC). The team has 14 matches remaining in the season, with their next ones being this Friday, October 18, at 12:15pm and 5:45pm. Anilise Fitzi, a senior middle blocker from New Zealand, is having a fantastic year and currently leads the team in blocks (75), kills (182), and service aces (21). Sophomore defensive specialist Payton Bellano leads the squad in digs with 283, and junior setter Anna Garrett is the current leader in assists with 662. Junior outside hitter Ashley Quero is in the top five on the team in all five major statistical categories.

The Saint Leo Women's Soccer team, while coming off a two-game losing streak, stands at a respectable 5-5-1 record, and also hold a 2-2 record in the SSC. After finishing just 3-10-2 last season, there has clearly been improvement to the squad's performance. Sophomore midfielder Carolina Solis-Deleon currently leads the team in shots (21), shots on goal (11), points (8), and goals scored (4).

Junior defender Briana Yamamoto remains first in assists with 3, and senior defender Rebecca Anderson spends the most time on the field (currently at 1010 minutes) and is second in assists for her teammates with 2. Senior goalkeeper Julia Ortiz holds a personal record thus far of 3-5-1 with a 76% save percentage. The team plays at home this Saturday, October 19 at 7:00pm against Florida Tech, one of their final 6 remaining games.

The Women's Cross-Country team wrapped up their four-meet season last Friday when they placed 19th out of 63 teams at the Royals XC Challenge. Senior Ashley Lindeman led her runners with a 5k time of 18:42, putting her 60th out of 551 total racers.

The team's previous meets include a 1st place finish out of 7 teams at the Florida Tech Invitational, a 10th place finish out of 35 teams at the Mountain Dew Invitational, and a 3rd place finish out of 8 teams at the FLRunners Invitational. On Saturday, October 26, the squad will head to Boca Raton to take part in the Sunshine State Conference Championships. Last season, the Lions placed 3rd out of the 9 conference teams, earning them a trip to the NCAA South Region Championship where they placed 6th out of 18 teams. With momentum on their side, they surely hope to top that performance this year and end the season on a very high note.

The Women's Golf Team has just started their season and are off to a very promising start. So far, the Green and Gold have placed 1st and 3rd out of 15 teams at the UIndy Invitational, then 10th and 7th out of 13 teams at the Bubba Burger Jacksonville Classic, and last Monday and Tuesday placed 3rd and 1st out of 12 teams at the Golfweek Fall Invite.



Last season, the Lions placed 3rd out of the 9 conference teams, earning them a trip to the NCAA South Region Championship where they placed 6th out of 18 teams.

At the Golfweek Invitational, Saint Leo Junior Francesca Santoni placed first out of all contestants, gaining the first win of her collegiate career. Santoni would be named Sunshine State Conference Golfer of the Week for her efforts. After the team plays their home tournament on October 14th and 15th, they will head to Orlando to compete in the Rollins Legends Invitational on October 28th and 29th.

The Women's Tennis program has already partaken in four tournaments this year and has performed with excellence thus far. In their first tournament of the season, Kristyna

Jurkova and Nasasia Jedrychowski won the #2 doubles bracket, while Kortney McHale and Ashley Griffith (both freshmen) came first in #3 doubles. Last week the squad defeated all three of their double's opponents in the Hidden Duals Tournament. The program currently boasts a 107-45 combined singles record.

The Women's Swim team begins their season in just four days on October 19. Similarly, it is less than a month until the Women's Basketball team suits up for the first time on November 2. Make sure to keep an eye out for the exciting starts to these upcoming seasons.



The Women's Golf Team has just started their season and are off to a very promising start.

