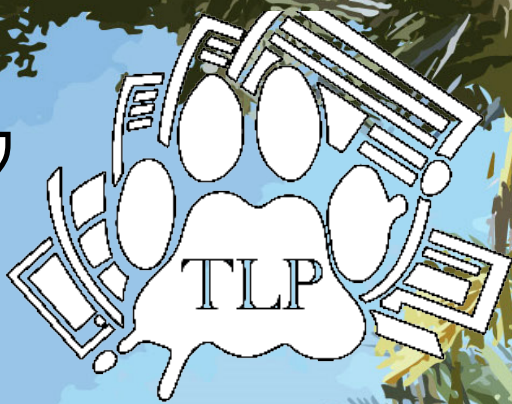


THE LIONS' PRIDE



THE LIONS' PRIDE
MEDIA GROUP

Freshman Issue



View a copy
of the campus
Map inside

PAGES 4-5



Want to keep up
with The Lions' Pride
news stories?



SCAN
FOR OUR
WEBSITE

Welcome by Editor

Take a look inside for a message
from the Editor-In-Chief, where you
will learn how to
embrace your college experi-
ence.

PAGE 2





The Lions' Pride



Welcome Class Of 2023



By John F. Hall Jr.
Editor-In-Chief

Welcome newest Lions. Today initiates the first day of a four-year-long journey. At the end of the journey, you will receive a document that shows your proficiency in a craft of your choosing, but most of all, your dedication to your future. Some days will be hard, most days you will encounter new experiences, but every day you will have a support system on campus that will help you with any and everything that you need. The Saint Leo family is one of the most diverse that you will ever find in the state, where students, faculty, and staff hail from different countries and backgrounds and create the melting pot that you will come to call home. There is no one message for every student as you are as unique as we are and so to welcome you, I will split my words into different groups.

Florida Residents

This may be one of the first times in your lives that you are away from your parents, who may not be around to wake you up in the morning or make breakfast as you crawl into the shower on a Monday morning (I know I've been there). If you're from Miami, Tallahassee or right here in Tampa, you will find yourself away from the watchful and sometimes overprotective eyes of your parents, which

seems like a good thing until you realize you have to manage your finances and mitigate conflicts on your own. The most comforting aspect is your family, who are closer than other students. Take advantage of their support but don't run home every weekend. College life is about immersion and finding yourself, the time away will help you to grow as an individual.

Out-of-State Students

Homesickness is real! Your parents, friends, and even pets will all seem to mean so much to you as the weeks pass on. The stress of a new environment and being away from all that is familiar will weigh on you significantly between the time your family leaves and during the first month of classes. Put up a lot of pictures, call/video chat with them whenever you can, but most of all, make new friends.

You will be surprised to learn how many of the students in Saint Leo will be from your state or even city. Through the journey of meeting new persons, you will learn how they cope with being away from everything they have grown up amongst. Don't be afraid to make new friends; you will grow as you become exposed to persons from similar but also different backgrounds and learn even more about yourself than you had ever thought.

International Students

Much like the out-of-state students, you will be far away from the watchful eyes and protective arms of your family members. While that seems like it's the best idea ever, you must be careful to make every decision as if you're an adult. Yes, adulting starts now! Like every other student, you will be tasked with making daily decisions that will affect your school career and financial life but with even harder consequences. Find



The four years that you spend here will go by faster than you think, embrace the challenges and the wonderful new experiences that you will encounter.

persons who are a part of your country's diaspora in the school but also take the time to connect with students from everywhere represented on campus; you will find that our collective stories are what will make us stronger.

There are multiple groups that are on campus that will give you support as you transition, such as I.S.A. (International Students Association) and C.S.A. (The Caribbean Students Association). Consider what your life will be like beyond Saint Leo and make moves to secure your future within the country if you choose to stay or make connections that will help you accomplish your goals in your home country.

As everyone transitions into college life, rest assured that your experience at Saint Leo will not be overwhelming for various reasons. The class sizes are smaller than other universities which allow you to know your classmates but also your professor on a deeper level. Learning occurs within and outside the confines of the classroom as your professor will always make themselves available and there are multiple resources available to you like

the C.A.V.E. (Center for Academic Vision and Excellence) where you can receive tutoring, as well as key study tips from classmates for specific classes.

There will be multiple opportunities under the guidance of the University for you to break free from the school environment and see baseball, basketball, soccer games and a myriad of other events in and around the Florida state. Take in as many opportunities as you can as it all will lend credence to your overall freshman experience. Remember always to exercise sound judgment when it comes to making decisions regarding studies and your downtime. Many students neglect to make the right decisions at the beginning of a semester regarding study times, creating proper schedules for classes, deciding to attend parties and other social events which sometimes create difficult pathways for them throughout their college careers. Class of 2023, get ready to learn not just about Sciences, Humanities, and Arts, but learn about yourself. You will certainly love the person you become here.

Surviving Your First Year: Budgeting 101

By Erin Gaylord

Former Online Editor

You are officially a college student. Moving out can be exciting, but taking on the responsibility can be daunting as well. Be sure to budget while you are in college to have some extra spending money, but also be able to get everything you need. If you spend all of your money on going out and having fun with friends, you may not be able to afford your necessities such as textbooks and supplies for class.

First, decide if you are going to get a job on campus or off campus, or if you want to work over the summer and save up that money for the school year. If you decide to get a job while you are taking college courses, make sure the job you chose will not be too stressful while you are taking classes. Getting a job on campus is a good option if you are a first-time college student and do not know what to expect. These jobs do not take up too much time, but they are enough to give you some extra spending money.

If you decide to get a job off campus, make sure your employer understands how often you will be in class, and when you will be able to work outside of class. Off-campus jobs could pay more, but you will have to pay more for gas to get back and forth to work as well.

Another option is to work over the summer and save money from that job to have extra spending money for the school year so you can focus more on school. Having a summer job is a good option as long as there is a good budget set for that time and you followed the budget closely so there will be an adequate amount of money

left over for the school year.

Once you find out where your money is coming from, you can lay out your budget. The most efficient way to budget is to write it out whether that be on a piece of paper or an Excel



If saving money in a savings account is too tempting to spend, try using a jar or other container to put saved money in.

spreadsheet. This way you can see the budget, and it may be easier to follow and be strict on yourself with rather than just telling yourself what you should and should not buy. Also with writing it out, you will be able to set up exactly how much you need for each thing, food, clothes, supplies, etc., and know exactly how much you can afford to spend.

Get a job on campus to help with the expenses. Having a job on campus is ideal for students who would like to have a job, but do not want to travel off campus for work or stress about work and school. School jobs do not require as many hours of work as other positions off campus may. Also, there are

many different types of jobs on campus. You could pick a position that coincides with your major in some way.

Having a job on campus will help with a little extra spending money to enjoy more time off campus or

save up for the future.

Always try to save some money even if it is not a lot. Twenty dollars a paycheck is better than nothing, and soon, that little bit of money each month will add up to a decent amount of savings.

"If your car breaks down or you have an unexpected medical expense, you'll be way ahead of the game if you have money saved in an emergency fund," according to College in Colorado.

If you have money in a savings account, you have some fallback money in case of emergency. This way, you will not have to borrow money, use a credit card, or go without a car or food, etc.

If there is not an emergency where you have to spend part or all of your

savings, it can be saved for a place after graduation, a new car, or anything else that you will want or need.

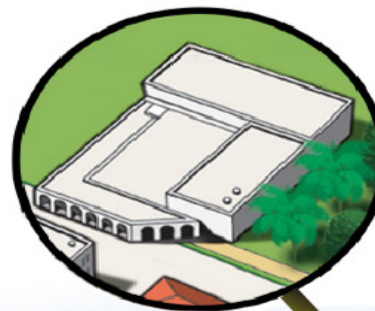
Another way to save money and help your friends out as well is carpooling. If you have a group of friends and several of you have cars, trade off on who drives each time you go out. Dedicate each week in a month to a different person, or keep a list written down of who drove last and keep rotating drivers. By doing this, each person will be saving gas and it will be fairer rather than one person driving most of the time or taking separate vehicles and everyone wasting gas.

By not buying everything you think you need and only getting the bare minimum to start off with, you will avoid wasting your money. If you only buy what you know you will need for class or your dorm room; you could save money for other things. If you end up needing something later, buy it then, but do not buy everything to start off with. You may not even use it.

If you have the unlimited meal plan, do not bother buying a lot of food for your dorm room. You could save that money for something else. Take advantage of your meal plan. Do not eat out very often. Allow yourself one meal off campus a month or do not eat out at all, if possible. This way you will not throw away spending money when you have already paid for a meal plan on campus.

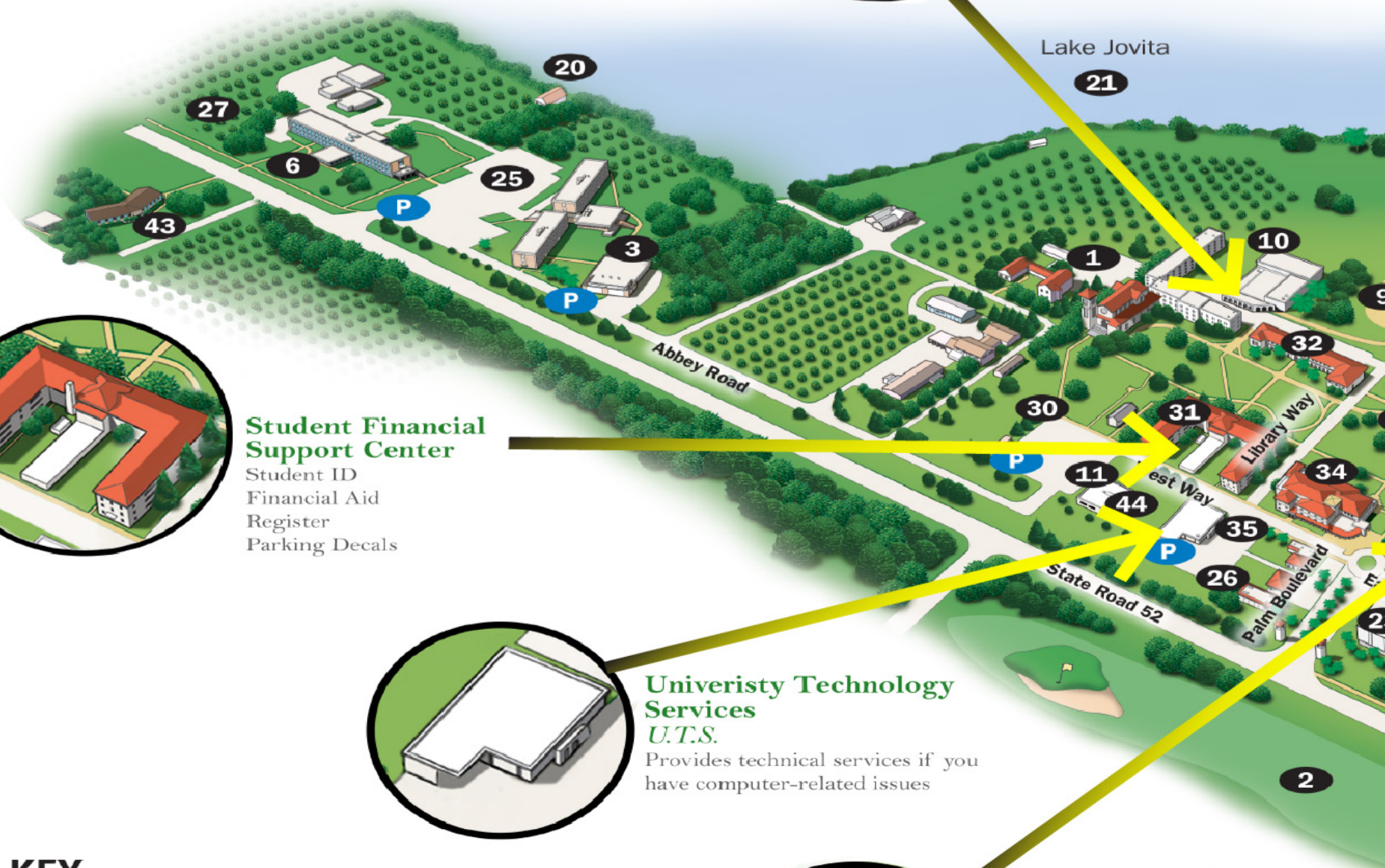
Also, selling your textbooks when you are done with them could give you some money back. There are several options for selling your books. You could sell them back to the bookstore, sell them online, or sell them to someone you know will take that class. By selling

Picture from @AmericanActionForum

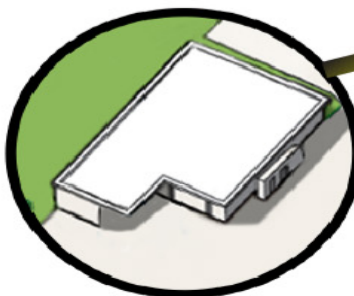


Daniel A. Cannon Memorial Library
 Computer Lab with Printing Service
 Inter-library Loans
 Writing & Research Support
 Classrooms CCIC1/2 & IT
 VTT Conference Room

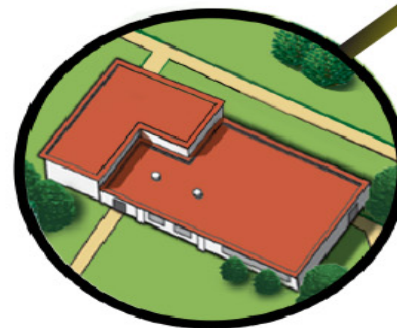
Lake Jovita



Student Financial Support Center
 Student ID
 Financial Aid
 Register
 Parking Decals



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



Kirk Hall
 The Office of Accessibility Services
 Computer Labs with Printing Service
 Center for Academic Vision & Excellence
 Military & Veterans Student Services

MAP KEY

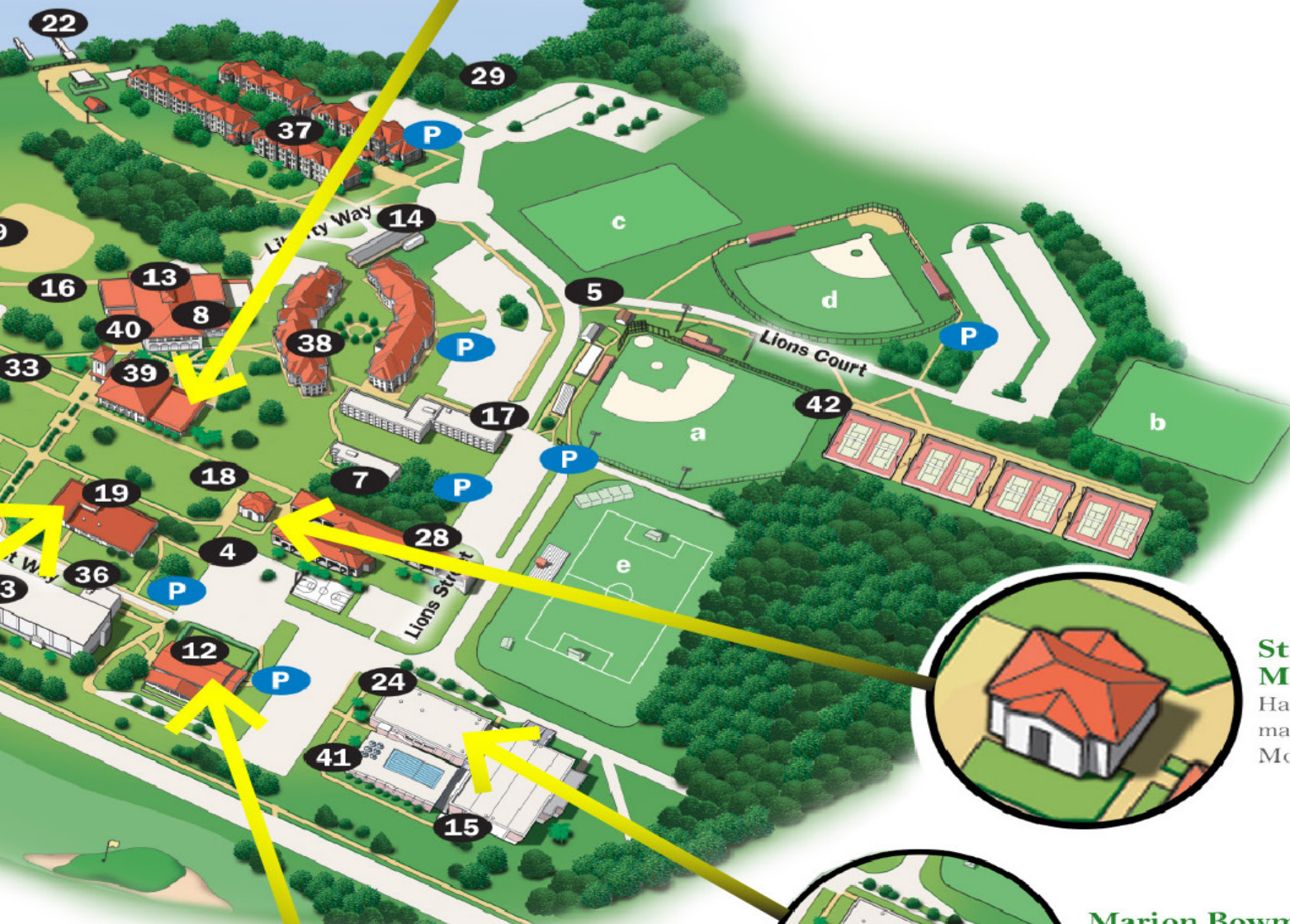
- 1. Abbey Church
- 2. Abbey Golf Course
- 3. Admissions (Undergraduate)
- 4. Alumni Residence Hall
- 5. Athletic Fields
 - a. Baseball Stadium-Thomas B. Southard
 - b. Intramural Field
 - c. Soccer Field
 - d. Softball Stadium
 - e. Turf Lacrosse Stadium/Parking Garage
- 6. Benedictine Hall
- 7. Benoit Residence Hall
- 8. Bookstore
- 9. Bowl
- 10. Cannon Memorial Library
- 11. Chiller Plant
- 12. deChantal Hall
- 13. Dining Hall
- 14. Fine Arts Building
- 15. Fitness Center
- 16. Greenfelder-Denlinger Boardrooms
- 17. Henderson Residence Hall
- 18. Herrmann Mail Center
- 19. Kirk Hall

P Parking

- 20. Lake House
- 21. Lake Jovita
- 22. Lakefront
- 23. Lewis Hall
- 24. Marion Bowman Activities Center
- 25. Marmion/Snyder Residence Halls
- 26. Music Building
- 27. Plant Operations
- 28. Roderick Residence Hall
- 29. Ropes Course
- 30. ROTC
- 31. Saint Edward Hall
- 32. Saint Francis Hall
- 33. Saint Jude Chapel
- 34. School of Business Building
- 35. Security
- 36. Selby Auditorium
- 37. Student Apartments 1-4

- 38. Student Apartments 5-6
- 39. Student Activities Building
- 40. Student Community Center
- 41. Swimming Pool
- 42. Tennis Courts
- 43. The Villa
- 44. University Technology Services

ices



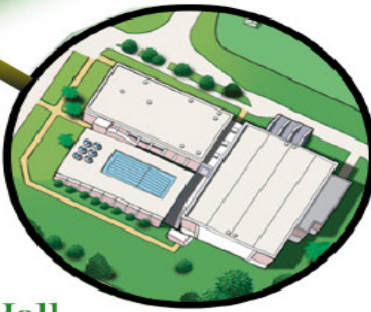
Student Activities Building
S.A.B.

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



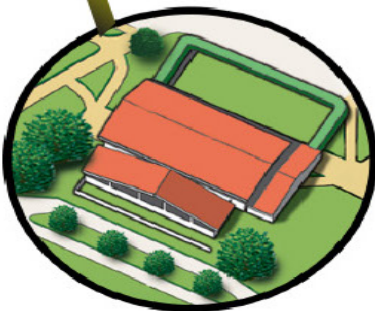
Stephen Herrman Mail Center

Handles all incoming & outgoing mail for Saint Leo and its residents
Mon - Fri 8AM to 5PM



Marion Bowman Activities Center

- Basket Ball Court
- Volleyball Court
- Fitness Center
- Pool



De Chantal Hall

- Health Center
- Counseling Services
- University Ministry
- Green Dot

es
ence (C.A.V.E)
sVolleyball Court



Save More With Student Discounts

By **Bernard Ramos**

Arts and Entertainment
Editor

Being a college student means we are all broke and tired. Sadly, living off or on campus, most of us are on a budget since we work part-time (bless those full-timers) or some of us don't even have time between classes and studying to work at all. But that's OK because I am here to give you a list of places that offer discounts to help save money!

Music

I don't know about you, but I cannot live without my music. I listen to music while I do homework, walk to class, and to give me the motivation to get through a workout in the gym. Apple lets college students enjoy their music subscription for only \$4.99.

The best part is that all you need is your student email and you can even try it for free. If you aren't a fan of Apple Music, you can also try Spotify Premium. The same as Apple Music, just for being a college student you can enjoy unlimited music for only \$4.99!

Apparel and Accessories

Campus Gear which is right down the road off campus sells Saint Leo merchandise for students, families, faculty, and staff. We all know how the campus store can be a bit expensive, but Campus Gear is cheaper and offers almost the same merchandise. What's better is that if you show your student I.D., you can get 10 percent off.

Stores such as J. Crew, Banana Republic and Kate Spade (located just 20 minutes from campus) all offer 15 percent discounts when shown student I.D.'s; however, these aren't the only places that offer discounts. When students join the website for UNIDAYS, they can save even more on brands like Calvin Klein, American Apparel, H&M, Levi's, Under Armour, Adidas and the list

keeps going on; check it out at www.unidays.com.

Food

As college students, we can get tired of eating at the cafeteria for breakfast, lunch, and dinner, and sometimes we want to eat something different like fast food. Although not a lot of fast food locations offer discounts, it's still worth a try. If you show your student I.D. at Subway, Burger King, Firehouse Subs or Waffle House, you might get 10

percent off your meal. If you go to Chipotle or Chick fil la, it's possible that you could get a free drink to wash down your meal.

Many of these food chains also have apps, and when you sign up through your email, you can sometimes get free menu items. One app, in particular, is the Chick fil La One app; they will randomly send free item offers, gift a free mystery item for your birthday and you scan your phone's app to collect points with purchases, at the end of the day you will get have

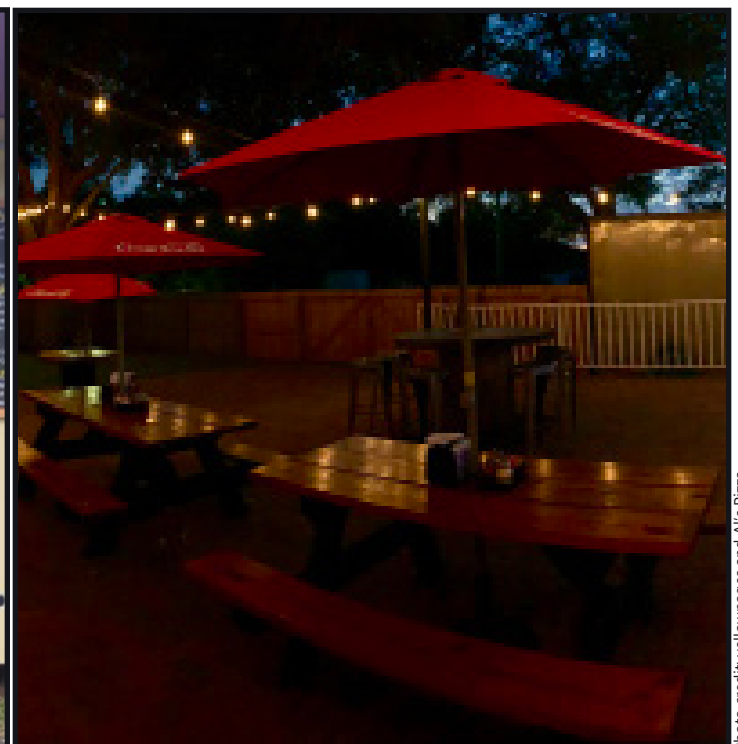
enough for a free sandwich or fries. McDonald's, Moe's, Starbucks, Dunkin' Donuts, and Sonic are all some examples that offer similar rewards apps. Now the next time you go to Chick fil La or purchase a new shirt, you can walk into the store with your student I.D. knowing that you will be saving some money.

Now is the time for us as college students to take advantage of all of this before we graduate and can no longer utilize the benefits of a student I.D.

The image shows three pricing tiers for Apple Music:

- Individual:** \$9.99/month after trial ends (marked with a checkmark icon).
- Family:** up to 6 people, \$14.99/month after trial ends.
- College Student:** \$4.99/month after trial ends.

Apple Music features a college student discount with their premium music platform. Using your saintleo.edu address gives you the discount at \$4.99 per month after trying the service for FREE for a month.



Both A Cup Of Organic and Al's Pizza are within walking distance from University Campus. Both establishments offer a 10% discount to all Saint Leo students when you present your I.D. at the time of purchase.

Oh The Places You Will Go

By Emily Kochanski

Former Campus News Editor

At first glance, the tiny town of Saint Leo and the surrounding area may not appear to have much to offer in the area of entertainment for incoming university students. Don't let its size fool you, Pasco County, especially San Antonio, Dade City, and Zephyrhills, have plenty of interesting places to visit and fun things to do.

Just a short walk from the Saint Leo campus lies the historic town of San Antonio. Here, students can find a couple of barber shops when they are in need of a trim, a quaint park that has set ups for a game of basketball, baseball, and soccer, and a couple of tasty restaurants, including the popular Mexican gem Pancho's Villa.

Prior to entering San Ann, students will also pass a drive-up coffee shop called A Cup of Organic and a tasty BBQ restaurant by the name of On Q. Continuing on SR 52, students will also come across a bicycle shop and Al's Pizza Shop. Both businesses offers discounts on food items to University students.

Heading in the opposite direction on 52, after passing Pasco High School and taking a right onto Meridian Avenue, students will find themselves in the heart of Dade City.

Taking a left on 301, leads to popular eateries Del Carmen, Mallie Kyla's Café (which also doubles as American Eagle Antique Mall), and Francesco's New York Style Pizzeria.

If one is looking for a little entertainment to accompany their meal, then travel a short way down 301, away from Dade City, and there sits the nostalgia inducing Joy-Lan Drive In Theater.

Down town Dade City is mostly for sightseeing and dining. The historic courthouse, the jewel of the city, is a major



Photos provided by Kimberly Scott-Williams

Downtown Zephyrhills has a rich history that can be explored during the day or night

tourist attraction, along with multiple antique shops. Patrons can visit several quaint little shops, such as Lori Ann's, Annetta's Antique's, and Another Man's Treasure to name a few, and find various collectibles, curios, and oddities. Also of note is a handy little shop called the Book Shack, a cheaper alternative to Barnes and Noble.

The avid reader can find and purchase novels, some textbooks, and other forms of literature of varying categories and genres or exchange their own books for store credit.

When hunger strikes, there is also a diverse selection of eateries to choose from. Some restaurants include TJ's Deli and Ice Cream, Café Kokopelli, Lunch on Limoges, a Matter of Taste, Beef 'O' Brady's, Truly Mediterranean Grill, and Orleans City Market, which serves authentic cajun cuisine. After lunch, patrons can grab desert at Olga's Bakery or enjoy a cup of joe at Perk's Café.

Continuing on 301 away from, down town, leads to more familiar locations. The city is home to a couple of sit down restaurants, such as IHOP, Bubba Q's, and ABC Pizza, as well as several fast food stops, like Wendy's, Dunkin' Donuts, McDonald's, KFC, Taco Bell, Subway, Checkers, and Burger

King. Students can stock their dorms with food and supplies from Publix, Winn Dixie, or Walmart, as well as other smaller recognizable chain stores.

Just up 301 sits the town of Zephyrhills, popular for its plentiful restaurants, shops, and entertainment. Zephyrhills has all of the same grocery stores, drug stores, and fast food restaurants that can be found in Dade City, but with a few new interesting stops thrown in.

Chili's, Ruby Tuesday, Panera Bread, Sonny's BBQ, Pizza Hut, and Happy Cow Frozen Yogurt are only a few of the popular chain restaurants that dominate the small town; but Zephyrhills also has a number of privately owned eating establishments, including Terra, a gluten-free option, Dimaggio's That's Amore, Sunrise Eatery, and Coney Island, a small restaurant famous for their foot-long hotdogs. Zephyrhills and Dade City alike are also home to several Chinese, Mexican, and Pizza restaurants.

Zephyrhills is also a popular place to shop 'til you drop. Shops include Walmart, GameStop, Bealls, Ross, T.J. Maxx, Hobby Lobby, and, if your low on funds, several thrift

shops and discount stores like Family Dollar, Dollar General, Dollar Tree, and the highly unique and affordable Ollie's Bargain Outlet. If trying on clothes isn't enough fun, then students can catch a flick at the Zephyrhills Cinema 10, roll a few balls and topple some pins at Pin Chasers bowling alley, get a blast from the past with vintage games at Classic Contagious Games, or, for the nature lovers, take a scenic walk or jog around Zephyrhills park.

Downtown Zephyrhills is rapidly becoming a hot spot for high school and college age residents. New eateries, clubs, and live music venues are being added frequently and offer a wide array of daily entertainment for people of all ages. If you are looking for some evening excitement, take a stroll down scenic fifth avenue and venture inside the Zephyrhills Brewing Company or the Creative Souls Café.

Students don't have to go all the way to Tampa to have a good time; between San Antonio, Dade City, and Zephyrhills, there are a number of fun local hot spots to choose from to spend some free time without spending too much cash. And new fun features are being added all the time.



Photo credit: yellowpages

Pancho's a popular Mexican eatery in the heart of San Antonio Florida, is a popular place to grab a meal at a cost efficient price.

