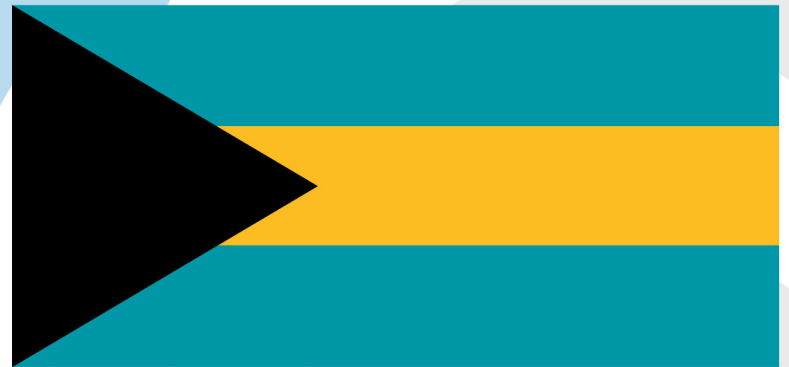


THE LIONS' PRIDE



THE LIONS' PRIDE
MEDIA GROUP

Hurricane Dorian Issue



THE BAHAMAS

Meet the Editors

Take a look inside and meet the team behind the The Lions' Pride Media Group.



The Lions' Pride



About The Pride

During the 2018-2019 Academic year, The Lions' Pride Newspaper underwent a name change.

As of Aug. 24, 2018, The Lions' Pride Newspaper has been changed to The Lions' Pride Media Group.

The name change reflected the change in the operation of the organization and sought to encompass all of the platforms which it represents.

Over the past three years, numerous platforms have been engaged to stay relevant within a growing global presence.

Some of the new additions have included but are not limited to an Instagram, Twitter and Snapchat account, where subscribers can see behind the scenes work of The Lions' Pride staff.

Our readers are also updated daily on new articles set to be published in print and direct to online publications. The available content includes articles, time-lapse, and standard video clips.

The addition of the movie review channel on YouTube, Lions' Pride Watch, has allowed us to engage with students, members

of faculty, and staff on current and past cinematic releases.

The weekly publication of the paper that was practiced in previous years, has also been changed.

This was made in favor of providing longer more relevant articles and in support of environmental prudence.

The Lions' Pride remains committed to providing timely, accurate, and relevant information within and around The Saint Leo community while providing an awareness of the world and the influences around us.

We promise to remain the student voice of the Saint Leo community while exemplifying the Benedictine Core Values.

We are not a group of students representing anyone major at the University, but a subset of the wider community hailing from diverse backgrounds with an even more extensive range of talents.

In the upcoming issues, we offer the Saint Leo Community the opportunity to meet and dialog with our editors, staff, and affiliates.

Thank you for your continued support.

NEWSROOM

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Student Activities Building, Office 106

(352) 588-8316

Letters To The Editor

- 500 word maximum
- No profane or slanderous language
- Students: Include name and year
- Faculty: Include name and rank
- Please include a phone number to verify authorship
- We reserve the right to edit for grammar/spelling/libel or publish.

- Send submissions to

thelionspridenewspaper@gmail.com

John Hall <i>Print Editor-In-Chief</i> <i>Layout Editor</i>	Farida Hassan <i>Managing Editor</i>	Jade Bastian <i>Worldly Education</i> <i>Editor</i>	Christian Silva <i>Digital Editor</i> <i>In-Chief</i>
Nicholas Fox <i>Snapchat</i> <i>Manager</i>	Madison Whatley <i>Editorials</i> <i>Editor</i>	Bernard Ramos <i>Arts and Culture</i> <i>Manager</i>	Carlos Gonzalez <i>Youtube</i> <i>Manager</i>
Dr. Valerie Kasper <i>Advisor</i>		Brianna Pearson <i>Campus News Editor</i>	

Meet The Editors



John F. Hall Jr.
Print Editor-in-Chief/Layout Editor

My name is John Hall; I am a senior and Biology major with

a specialization in biomedical and Health Science minoring in Chemistry. I hold both roles of Layout Editor responsible for the monthly design of the paper as well as Editor-In-Chief.

I am a nontraditional student, and before attending Saint Leo, I was a sworn police officer and forensic ballistics technician in The Royal Bahamas Police Force.

I chose Saint Leo and The Lions' Pride to enjoy a deeper sense of Community, during my college experience and I am grateful for the opportunity to serve you.



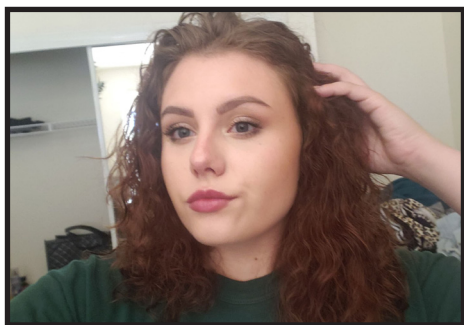
Christian Silva
Digital Content Editor-In-Chief

Hello there! I'm the Digital Content Editor-In-Chief at the Lions' Pride Media Group, where I create and edit graphics, videos, photos, manage all content on the digital platforms as well as the Instagram account.

I am a junior in the Honors Program studying computer science with a minor in multimedia management and have been a part of this Group since fall 2017. I'm a huge soccer fanatic, artist and guitarist originating from Fort Myers, Florida.

If you see one of Our Editors ask them about becoming a member of The Lions' Pride.

Meet The Editors



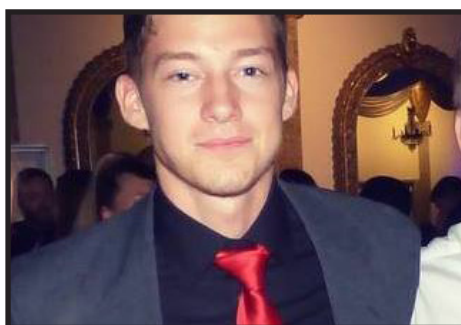
Haley Robinson

Layout Editor

Hi, my name is Haley Robinson and I'm a Junior double majoring in Criminal Justice: Homeland Security and English: Professional Writing. This is my first year working for the The Lions Pride Media Group.

I'm an the Marketing Chair for Campus Activities Board and am a member of LEAD Scholars.

After graduation I want to pursue a graduate degree in Creative Leadership Management or Social Media Marketing.



William Burns

Sports Editor

"Hi, I am William Burns. I am a senior Marketing Major and am in the Honors Program. I am the Sports editor for the Lions Pride Media Group and this is my second year working.

On Campus I am the Social Chair of the Sigma Lambda Fraternity. I am originally from Missouri but as soon as i started freshman year I knew i would never leave Florida.

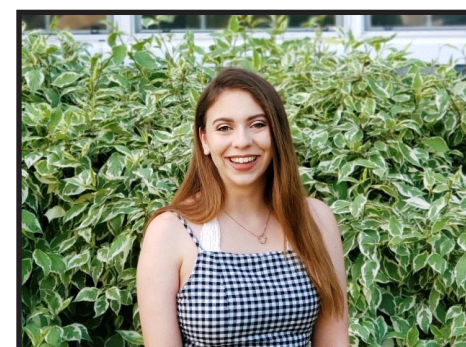
Once I graduate I plan on living in Jacksonville and working for Gate Petroleum."



Nicholas Fox

Snapchat Manager

Hi, I'm Nicholas Fox. I'm an international student from The Bahamas studying English with a minor in Biology and Philosophy. I am the Snapchat Manager and Office Manager and my job is to ensure that the office has all the necessary items for daily operation. Additionally, with the newly added Snapchat platform I hope to engage as many students as I can with updates on the cafeteria menu items, new programs on campus and any activity happening on campus that may not be advertised. I love The Lions' Pride Media Group and hope you will too.



Brianna Pearson

Campus News Editor

Hey Y'all I'm Brianna. I am from Wesley Chapel Florida and I commute.

I am the Campus News Editor for the Lions' Pride Media Group.

I am involved in many things on campus like Intramural sports, FFEA, Orientation Leader, student mentor and I am a member of Alpha Sigma Tau sorority.

I am a junior Elementary education major and I eventually would love to teach 2nd grade.



Bernard Ramos

Arts and Culture Editor

Hey, my name is Bernard Ramos. I am the new Arts and Culture Editor for The Lions' Pride Media.

I have lived in New York City for 17 years but now I have been living in Tampa for about five years.

I am a senior, studying marketing with a minor in communications. My dream job would be to become a film/tv producer.

Outside of Saint Leo, I love going to the beach on the weekends, watching the latest movie releases, attending new events and going to Disney World.



Madison Whatley

Editorials Editor

Hello, my name is Madison Whatley. I'm a 21-year-old senior from Hollywood, FL. My major is English, and I'm pursuing the literary studies focus. I'm also a student of the Honors Program, and I belong to Sigma Tau Delta, the literary honor society.

I love being the A&E Editor for The Lions' Pride Media Group because my job is to do things that I enjoy like going to the movies and concerts as well as reading and writing.

My favorite place is the beach. I love getting to know all of you, so please interact with us on social media and on campus!



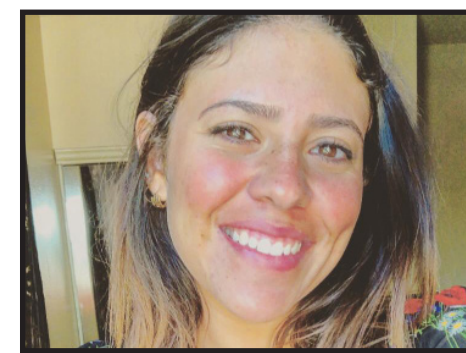
Jade Bastian

Worldly News Editor

My name is Jade Bastian, I am a Senior and I major in Criminal Justice with Specialization in Criminalistics

After graduation, I plan to pursue a career in Crime Scene Investigations. I also plan to continue on to my Master's Degree here at Saint Leo University.

My hobbies: Reading, Music, Volunteering, Binge-watching television series, Watching documentaries, Sudoku



Farida Hassan

Managing Editor

Hey, I am Farida Hassan. I am from Cairo, Egypt. I am a senior and majoring in Political Science and minoring in Economics. I am the Managing Editor for the Lions Pride Newspaper.

I am on the Saint Leo swim team. I am a cosmopolitan person who is very interested in politics.

I chose to work in the newspaper because it will give me the chance to meet new people who have different views, cultures and backgrounds. I also love traveling around the world.

Sitting and Waiting: An International Student Perspective

By Nicholas Fox
Snapchat Manager

Venturing to a new country for education is probably one of the most desired things for young Bahamians. For many different reasons, of course. One may leave to gain a new form of independence, showing their parents that their teachings paid off, and their child is growing up to be responsible.

Leaving the small Bahamian islands for education may be the first time they've left the country without their parents or at all. This journey allows young individuals to make their conclusions of the new world around them, as well as coming to new conclusions about themselves.

As time goes on these young Bahamians quickly realize their admiration for their small islands, becoming homesick. Being homesick, coupled with the unfortunate events of natural disasters or loss of family, can cripple a student's ability to assimilate into a new culture. Hurricane Dorian, formed on August 24, 2019, from a small tropical wave grew to a category four hurricane in just seven days.

By September 1, 2019, Dorian had made landfall as a category five hurricane on Elbow Cay, Abaco. My father's side of my family originated from Fox Town, Abaco but migrated to Sandy Point, Abaco after Hurricane Four decimated Fox Town.

Personally, I've been fortunate enough to be out of the path of significant devastation when it comes to hurricanes; but watching my people suffer is one of the most heart-wrenching feelings I've experienced in my early adult life.

Besides the material possessions, these homes, and roads represent memories and safe havens for dreary students giving their best efforts. The pain I feel when my friends speak about their lost loved ones leaves me debilitated. I can't imagine how they feel.

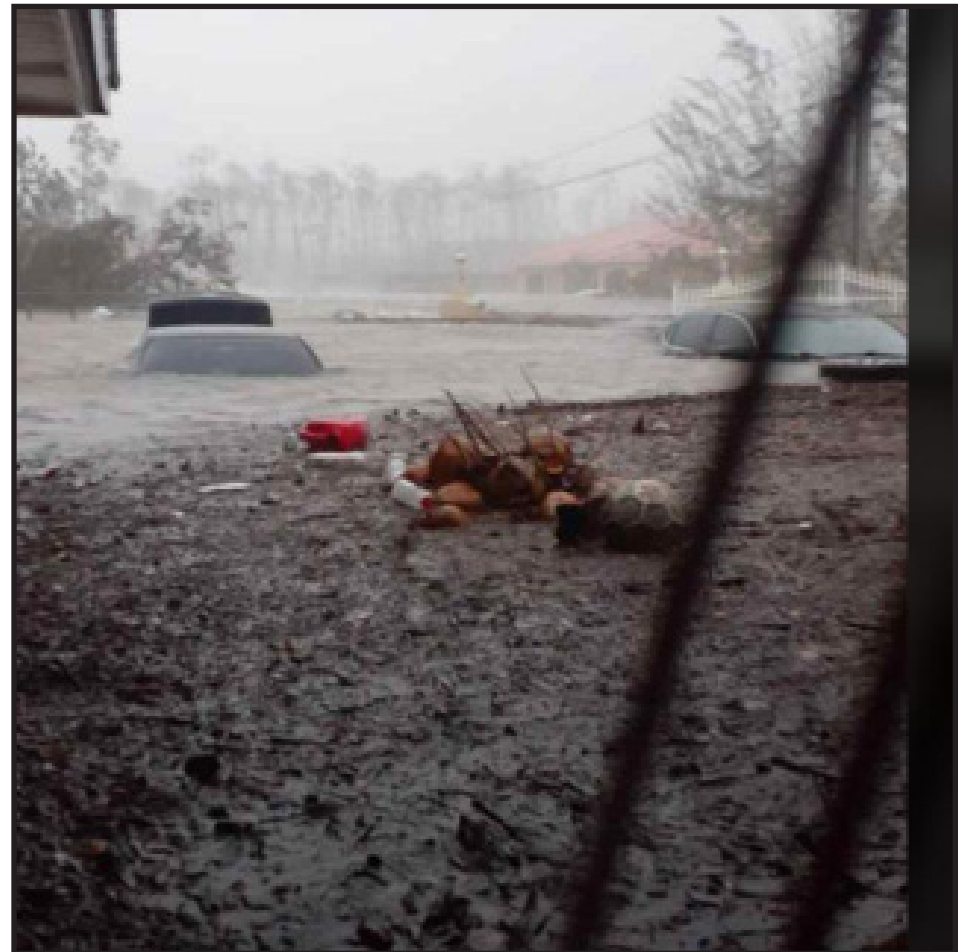
One of my friends described the feeling of numbness as her cousin's phone died mid-sentence waiting for rescue as

the water rose to their chin in the attic. Those feelings haunted me in my sleep last night. I know I'm not alone though.

Since this storm has started, twitter has been the hub connecting Bahamians with one another, international news services, the coast guard, the British navy, among others willing to help.

I, among other young Bahamians, feel an overwhelming sense of guilt, knowing that our fellow citizens are experiencing catastrophe. The only thing we can do is stare impatiently at screens waiting for updates trying to connect as many people as we can.

It's incredible to see followers on twitter getting the attention of professional news staff and coastguard personnel to coordinate rescue operations while getting attention to begin relief efforts. Without these efforts, I wouldn't want to think of how much worse things could've been.



The storm surge in Freeport took vehicles from one street and flung them along with debris into homes miles down the street.



Where streets stood were replaced with a sea in-land on the island of Freeport, Grand Bahama. The only hospital on the island experienced sever flooding and had to be evacuated after the storm had passed.

Photos provided by: @stronger

Dorian Was One For The Books

By Dahlia Cash

Special to The Lions' Pride

Dahlia Cash is an alumni of SLU University Campus class of 2018 and an SLU online graduate student in the Masters of Psychology program, currently living on the Island of New Providence, Bahamas.

"They said that we were not going to get a direct hit", is what I kept telling myself. Many other persons and I from the Capitol of New Providence underestimated the strength and damage hurricane Dorian would do.

First, I would like to say that my heart aches for the islands of Abaco and Freeport because they have experienced the worst of this storm. Though the island of New Providence was not directly hit, we have experienced flooding from the king tides and heavy winds.

It was honestly hard to sleep in such a storm knowing that others were now homeless, or people were crying out for rescue. For the past few nights, I would find myself panicking in my sleep because the winds were so strong. I honestly thought that the roof would be destroyed with my grandmother and me in it or the trees from the yard collapsing on my house from the winds.

Living in an area that has a high chance of flooding can have a person on edge. During the late hours of the night and early morning, my grandmother and I were salvaging through clothes to secure the doors around the house.

We knew that this would not hold for long, but it was either watch the water come in and do nothing or try to slow it down the best way possible. Water has been in our home for days and rose a bit higher because of the constant rain fall. Because of this, the chances of our appliances being damaged are extremely high. There were constant prayers for Dorian to dissipate so that recovery could have started.

I haven't experienced a major hurricane in a very long time, so this is one I can never forget. Yes, I have experienced flooding and yes, some items may need to be replaced. However, my Bahamian people are strong and resilient, so I am confident in how we will

recover. Material things can be replaced, but life can not

I would like to give a heartfelt thank you to the Saint Leo

Community for the prayers and sympathy for my nation. Such gestures do go a long way, which makes me proud for making Saint

Leo my choice. Some of our fellow Lions are hurting and the support from the Leo community is greatly appreciated. Some lost small



Despite being indirectly impacted by the storm, New Providence- the capital of the Bahamas experienced substantial flooding in land and on the coastal areas of the island.



Cash's home was directly impacted as trees in her yard were rooted up by the gusting winds. Water from the outside poured into her living room as the outer bands of the storm whipped the capital of The Bahamas.

Photos provided by: Dahlia Cash

Climate Change and Hurricanes

By Nicholas Fox
Snapchat Manager

Whether or not you believe in climate change, someone has to ask the question, does climate change affect natural disasters? And if it does, to what degree?

Climate change is believed to be a human-made phenomenon resulting from the burning of fossil fuels and the release of greenhouse gases into the atmosphere.

These forms of pollution cause high amounts of carbon dioxide to rise into the atmosphere trapping heat from the sun due to its higher molecular density compared to oxygen. This trapped heat and excess carbon dioxide have horrendous implications on our planet.

Rising temperatures cause the oceans to become warmer, killing sensitive organisms and disrupting the balance of delicate ecosystems. Increased carbon dioxide also causes oceans to become more acidic, basically depriving fish of oxygen needed to survive.

Usually, this wouldn't be a problem with forests being banks for carbon dioxide to be deposited into with oxygen being created for withdrawals. But with the increase of deforestation and large-scale animal farming, there has been no way for the cycle to continue effectively.

A glimpse into the past few news articles this year shows major catastrophic level natural disasters laying waste to the world before it. Hurricanes are no exception. The increasing rate of evaporation makes the air more humid, which is fuel for hurricanes.

Professor Jacqueline Robbins, Instructor of Chemistry and Physical Sciences, offered her words on the matter, "In a warmer world the atmosphere will be more humid, and that means more rain and weather.

The storms are fueled and driven by the latent heat of evaporated waters, so the forecast is for more hurricanes in the future, and those storms are predicted to be stronger as the climate warms.

That forecast, combined with higher sea level from melting glaciers, causes higher coastal flooding and more damage to communities on the coast. When Super Storm Sandy hit the New Jersey coast in 2012, it was time to look at the consequences of building on the beaches and barrier islands.

We need to accept climate change as inevitable and make the necessary adjustments to our lifestyle."

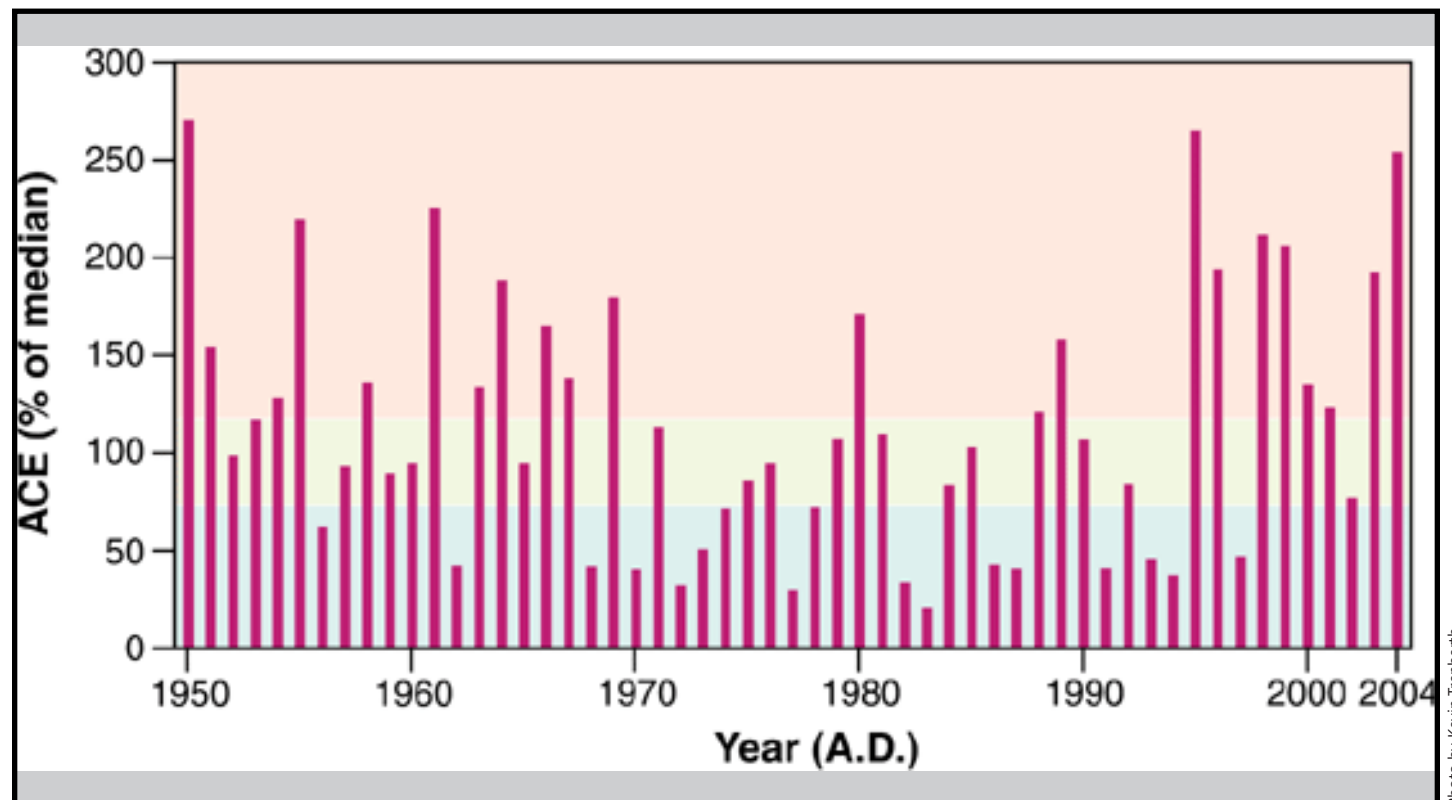
Kevin Trenberth's paper on: "The uncertainty In Hurricanes and Global Warming" also states that "Trends in human-influenced environmental changes are now evident in hurricane regions.

These changes are expected to affect hurricane intensity and rainfall, but the effect on hurricane numbers remains unclear.

The key scientific question is not whether there is a trend in hurricane numbers

and tracks, but rather how hurricanes are changing." It is clear that our actions affect this planet.

Saving the world and stopping climate change should not be seen as the latest trend, but a preventative measure to reduce the power of hurricanes in the future, ones like the powerful storms that flooded Texas, New Orleans, and The Bahamas.



Data showing the number of storms at category five status, compared to the year shows a progressive increase over the last 50 years.



The warm air produced through climate change has allowed warmer air to hold more moisture, allowing warmer oceans to increase the power of hurricanes.

SLU Keeps A Light On For The 242

By Maliek Watkins
Contributing Writer

In the wake of sudden tragedy, it has taken the efforts of many individuals to come together to assist in the restoration of those greatly affected. During the weekend of August 30 through to September 1, the Caribbean archipelago, known as The Bahamas, was struck by a devastating storm named Dorian, classified as a Category 5 Hurricane. The category 5 hurricane destroyed the lives of many with the destruction of homes, displacement of families, and worst of all, the loss of lives.

This natural disaster has left many students of Saint Leo University heartbroken, in a frenzy, and in a state of complete disarray because of the destruction with many not knowing where their loved ones are.

It is clear that many students are struggling to hold themselves together during these trying times. Thursday, September 5 Saint Leo University hosted a candlelight vigil in honor of those that were affected by this disaster. This event consisted of prayer for those whose lives were lost and comforting words to help those currently struggling to hold on to hope.

Among those who spoke, was President of the University, Dr. Jeffrey Senese who gave words of encouragement, letting the student and faculty body know that Saint Leo is standing with them, and willing to do whatever it takes to help those affected. Not only did the President give words of encouragement, the Caribbean Students Association and Student Government Union showed their full support.

Ashley Butler (President Of CSA), Celion-Dion Palmer (President of SGU), Kenisha Sands and Kenrinique Morris (both Bahamian students)

shared the different ways that everyone can help to support the Bahamas in recovering under their Mantra "Bahamas Strong."

The duo spoke about where people can donate food items, clothing, and sanitary items to be sent to the Bahamas. They also mentioned the counseling options being provided to those who are unable to maintain themselves emotionally and need that extra help to keep strong.

With the inspirational speeches given, the emotions of those who attended the vigil were very evident in the atmosphere as some students and faculty were unable to hold back the tears caused by the pain that they are feeling.

Needless to say, this event was a success as the turnout was spectacular as the vigil was well attended by students, faculty, parents and even alumni who were serenaded with soothing music by the school's musical ensemble and was calmed visually by the solemn scene of the lit candles.

This event was successful in demonstrating immense support to the Bahamian community through Saint Leo University as it is one of the core values of the institution. Kiara Hawthorne, a student at Saint Leo University, said, "I think it was a great gesture and you can tell it was genuine, and you could see the Bahamian community could appreciate the efforts put forth by the school especially by providing counseling and donations."

Hawthorne continued, "The school tries its best to help the community in any way possible because it is believed one should help thy neighbor." The university is urging all of its students who are able to please and donate whatever they can to the organizations involved in helping to make "Bahamas strong."

Bahamas Strong Dinner

By Ian Brehaut
Contributing Writer

For two and a half hours from 5:30 p.m. until 8 p.m. on Sept. 10, the Multicultural and International Services Office hosted Bahama Strong, a Bahamian dinner to help support the Bahamas.

On Sept. 1, Hurricane Dorian, category 5 hurricane, hit the Bahamas and destroyed many homes and businesses. As of the writing of this article, 50 people were confirmed dead. This had led many families to be displaced. Following Hurricane Dorian, the staff and the students had quickly planned the event a few days ago to help commemorate those who were affected by Hurricane Dorian.

The Bahama Strong dinner was hosted to help with the efforts to help the Bahamas by hosting a dinner on campus in the dining hall. The dining hall staff, student volunteers, international students, Giana Fernander, Paige Hamacher, and the Multicultural and International Service staff made this event possible.

Bahamian students brought their recipes and volunteered during this event. They prepared their recipes in support of their homeland. The dining hall had purchased the ingredients that were needed to prepare these dishes. Each of the students then prepared their meals before the dining hall had opened. Paige Hamacher, the director of the Multicultural and International Staff Service, really was loved the idea of this event.

"I'm excited about it, and I am really glad that the students were really interested in it," Hamacher said. In addition, she mentioned how the planning came into place quickly and how planning and teamwork made this happen.

"I would love it to be interactive

where it's going to be the students who are going to be cooking and serving the foods and talking about their cultures," she said.

When the community gathered, they were also provided with the opportunity to ask questions and socialize with the students who were from the Bahamas and get to know them better.

When the Saint Leo Community gathered in the dining hall, there was a long line of students getting ready to taste the food. In addition, many students were discussing how they can help support the Bahamas and what they can do to commemorate the Bahamas after Hurricane Dorian.

During the event, there was Bahamian music playing in the dining hall and there were tons of students at this event socializing. When people went up to grab some grub, they were able to talk to the students who were serving the food and talk to those who had made the traditional Bahamian foods. At the event the following foods were available, peas n' rice, macaroni, cracked conch, potato salad, coleslaw, guava duff, chicken souse, Johnny Cake, and fried chicken wings. At the end of the line, there was a cake in the design of the Bahamian flag to quench one's sweet tooth. These Bahamian foods allowed students to get the taste of the foods from the Bahamas and allowed to students to get the Bahamian experience.

This event ended up bringing large crowds. Giana Fernander, a graduate assistant with the Caribbean Student Association who is from Nassau, was at the event.

"Saint Leo is the home away from home and it still is," she said.

Students can show support by making donations to relief bins around campus, by collecting supplies to help provide aid, and by supporting those who were affected by Hurricane Dorian.



Photos by Nicholas Fox

Photo by Maliek Watkins

In the Aftermath of Hurricane Dorian, The Saint Leo University Community has stood firm with the Bahamian students hosting a dinner and Candlelight Vigil in their honor.





Paws Up and Raise The Flags

By John Hall
Editor-In-Chief

With Renaissance 2021 underway, numerous changes are occurring externally and within the Saint Leo University Community.

Pushing the brand and advertising the Saint Leo community's culture is a large part of the process, as Saint Leo became the Exclusive Education Partner of the Tampa Bay Buccaneers football team.

The agreement which came about in summer 2019, signifies the commitment of the University to grow its presence within the Tampa Bay area.

While most of the intricacies of the deal are still being tabled, the benefits to Saint Leo include in social and digital features as well as in-stadium and market advertisement.

In keeping with the University's commitment to Veterans, the University will also provide at each home game a "Hero of the Game Award" recognizing the brave amongst us.

Business Education Collaborative Partnerships such as this are not uncommon. In Apr. 2014 DeVry University was established as the exclusive education partner of the National Football League Alumni Association. The agreement allowed the Pro Football Legends members and their families unique opportunities to attain higher education.

Similarly, members of the Tampa Bay Buccaneers organization will be given a discounted rate to Saint Leo University and its centers. Every particular detail of this arrangement is still under discussion; however, it is expected to yield a mutual advantage to both Saint Leo and The Buccaneers.

With the increased exposure, the Saint Leo community is expected to grow exponentially over the next 3 years.

According to Dr. Melanie Storms, Sr. Vice President for Saint Leo Worldwide, "it's very much a marketing relationship. So, it's going to give us a



The partnership drew alot of attention of persons passing University Campus as signs and flags were posted around campus of the Tampa Bay Football Team.



Photo ops were apart of the day as staff, faculty and students posed for photos with Captain Fear- the Tampa Bay Buccaneers mascot.



Photos by Brianna Pearson and John Hall

Paws Up and Raise The Flags

tremendous amount of Market exposure in the Tampa Bay Community, but also across the State of Florida.”

Dr. Storms continued, “As part of the partnership on the marketing side, it's very expansive. There's digital, social media and in-stadium marketing. So, we'll be on the LED ribbon board, sponsoring the in-game trivia and sponsoring the military hero of the game, which we're very excited about that such a great tie-in for Saint Leo.”

A myriad of game-related activities is also slated around game time, that will continue to push the name of the University.

Dr. Storms says, “We are sponsoring the “Meet the Rookies” series. If you go on the Buccaneers website, you'll see one of our commercials attached to that. They're going to be doing Instagram trivia Tuesday as well, which will be sponsoring.”

Dr. Storms also mentioned that the University would receive several TV commercial spots within the preseason game. Students welcome the new agreement with their eyes fixed on the prospect of receiving cheap or Free Tickets to attend games.

The Campus Activities Board, along with the Student Activities yearly, create opportunities to visit a myriad of games in the area; however, students have anticipated that the agreement would allow more frequent trips to the Raymond James Stadium.

With the extravagance of this agreement on the table, the natural thought arises to ask, how much does it cost? Dr. Storms explained that it is no more than what the advertisement budget allowed in years prior.

“We have a certain budget that is dedicated to branding initiatives like T.V., Radio, Billboards, all of this is coming from that budget because it's the same type of exposure.”

This exposure has the potential to reach over 12 million viewers as reported in the New York Post, Sept. 6, 2018, where the Pittsburgh Steelers faced off with the



University Campus was ignited with the flames of excitement as Captain Fear and Fritz the Lion made special appearances at the launch.



Photo ops were apart of the day as staff, faculty and students posed for photos with Captain Fear- the Tampa Bay Buccaneers mascot.

Buccs on Monday Night Football. Despite viewership reported being low during that period for NFL games, the regular season audience has enough of a base that will propel the University's name to higher heights.

The launch event that was held on University Campus Aug. 8 appeared to fan the flames of excitement for University Campus and the wider Saint Leo community.

Melinda Rogers-Simpson, Adjunct Music Professor is excited about the partnership. As a Tampa resident and Buccs fan, she intends to spend time, either in stadium or tailgating with pride, knowing her school is a part of the Buccs family.

Although she was not able to attend the launch party, she participated online by entering the raffle to score Buccs game tickets. Ms. Simpson expressed, “Tickets are expensive! I hope they are able to give a substantial discount to faculty and staff so that we can support the team and the community.”

The launch party saw special appearances by the Buccaneers cheerleaders who joined Saint Leo's Cheerleaders on the veranda of the cafeteria.

The Buccs Mascot Captain Fear and Saint Leo's mascot Fritz posed for photo ops and brought vitality to the event by conjuring the good spirits of both organizations.

With the exposure and publicity that will be garnered by the new partnership, Saint Leo University can continue the trend of being a viable contender in the decision to pursue higher education.

On Sunday Sept. 8 the first Saint Leo sponsored Military Hero of the Game, Tommy Schlabach was honored and presented with the award during the game at the Raymond James Stadium. During the game, replays and several banners displayed the University's name.

Saint Leo Volleyball Welcomes New Head Coach to the Block Party

By Noah Dombroski

Contributing Writer

The Lady Lions volleyball team is looking to go all-in this season after turning in an above-average record last year. Finishing 5th place in the Sunshine State Conference in 2018, the team won 17 of their 32 total matches, and 12 of their 20 matches against other teams in the SSC, turning in a respectable record and a clip above .500. Now, with a new head coach at the helm, and several returning players of excellent caliber, the Lions are on a strong path to top the SSC this upcoming season.

Saint Leo Volleyball welcomes back twelve players this year, including six seniors and the entire starting lineup, all of whom will surely bring plenty of experience and talent to compliment the six hungry freshmen and sophomores on the roster.

This is virtually the same core squad that has taken the team to the NCAA South Regional all of their last three seasons. However, the real excitement in the air comes from the hiring of the team's new head coach, Jason Skoch.

Acquiring the position at the end of the last season in January of 2018, Coach Skoch brings with him a fantastic resume. Skoch has been a Division II head coach for the last 14 years, and carries an astonishing career win percentage of 79%!

A five-time conference coach of the year, Skoch has been to the NCAA postseason 11 out of his 14 seasons, and advanced various teams to the NCAA Elite 8 five times.

It's no mystery as to where his coaching prowess comes from. Skoch himself is a former club volleyball player at multiple Division I universities, including Penn State and Oklahoma State, and has a master's degree in statistics. Combine all of that with his extensive experience and impressive resume, and it would appear that the Lions have found the right guy for the job.

I was fortunate enough to sit down with Coach Skoch

and ask him a few questions in advance of the 2019 season.

When asked what he was looking to change this season compared to how the team operated last year, he replied, "There's really not [much change], long story short is that more than half the team is juniors and seniors, so we have been very careful about what we changed, because they have a great window of productivity left...."

We told them that the goal is to value first and second contact a little bit more... they're naturally really aggressive players, so we want them to stay aggressive, but we want them to learn a little bit more of the finesse game to go along with their power."

The next question was whether or not the team did anything extraordinarily well in any areas last season that the coaches are intent of keeping the same this year, to which Skoch replied, "When they play, they're aggressive, but it needs to be controlled, and that's the trick."

I've had teams where we're so disciplined and controlled... but then sometimes you have to just throw caution to the wind and just ball, and [the Lions] have done that exceptionally well."

It certainly seems like the Lions organization has made a solid choice for a new head coach to take the helm at the right time. Skoch will be joined by Assistant Coach Abigail Moser, a former coach at Quincy University with a few years of Division II coaching experience already under her belt. Skoch, in an interview with the SLU Athletic Dept., cited that despite her young age, she has a plethora of experience and a specialty in first-ball contact, both critical assets that should be able to help get the team in top gear as quickly as possible this season.

We wish Coach Skoch and his Lady Lions the best of luck in his inaugural season. Make sure you come out to support the team in their first home match against SSC rival Florida Southern on September 20 at 7:00pm!



Finishing 5th place in the Sunshine State Conference in 2018, the team won 17 of their 32 total matches, and 12 of their 20 matches against other teams

Rank	Team
1	TAMPA
2	BARRY
3	PALM BEACH ATLANTIC
4	FLORIDA SOUTHERN
5	SAINT LEO
6	LYNN
7	EMBRY-RIDDLE
8	ECKERD
9	NOVA SOUTHEASTERN
10	ROLLINS
11	FLORIDA TECH

Saint Leo Volleyball welcomes back twelve players this year, including six seniors all of whom will surely bring plenty of experience and talent.

Photos taken from Saint Leo Lions

Saint Leo Women's Soccer Seek to Rebound Under New Head Coach

By Noah Dombroski
Contributing Writer

There is no getting around the fact that our Lady Lions simply had a tough season last year. The team finished with an overall record of 3-10-2, and just 1-7-2 in the Sunshine State Conference.

However, the Lions cannot be judged on the surface based solely on their record from last season, as four of their losses/ties came after at least one grueling overtime (two went into double OT), and a couple of late-game goals could've been the difference between a 3-10-2 record and a very respectable 7-8-0 record. Anyhow, the good news is that the program has put newly-hired head coach Peter McGahey at the helm of what should be a completely new and improved Lady Lions squad.

McGahey arrives at Saint Leo after eleven years of coaching various NCAA Division I and Division II teams, and he has even assisted the US Soccer program in the past.

He spent the last six years with the Central Michigan Chippewas, where, in 2016, he led his squad to a career-best 15-3-3 record. In his eleven years as a head coach, his teams have achieved a combined record of 124-76-25, and he has led a program to an NCAA postseason appearance four times.

Our Lion's Pride Media Group's sports editor, William Burns, got the opportunity to sit down with McGahey and ask him some questions about this upcoming season, and McGahey's responses are sure to get you excited for this upcoming season. Speaking of excitement, Burns' first question was about just that: "Who are you excited for this year?". McGahey replied, "There is no one person that I am excited for. I am excited for the team.

I'm excited for all the new staff and I know we are excited to implement our style and the players are excited to get to work." Following the exhibition game against the University of South Florida Bulls recently, Burns asked, "At the exhibition game was there anyone that stood out?", to which McGahey said, "The whole team stood out a lot!

There was so much energy that came from both the starters and the bench and everyone was very enthusiastic to do their part." Burns then inquired about the core values of Saint Leo University, and how McGahey will seek to implement them into the team's mentality. McGahey mentioned our core values of Personal Development, Integrity, and Community, stating, "Character development has always been my main focus, so the core values fit right in with that. Our team saying is 'we is



Photos by Noah Dombroski

Coach McGahey said, "By coming and filling the stands you are adding a positive energy and becoming part of the team and building momentum for the players."

greater than me'.

We stress community and bringing the team together by holding each other accountable, and we also stress playing with integrity." Speaking more on the value of Community in Saint Leo, McGahey had something to say to the students on campus who may not have a desire to attend games regularly: "Please come!

By coming and filling the stands you are adding a positive energy and becoming part of the team and building momentum for the players. Fans need to realize that by coming they are joining the community that we have built and are having a positive effect on the players and the organization."

Coach McGahey will be joined this year by assistant coaches Dave Phillips and Sarah Leiby. Phillips is a 21-year veteran of the Coast Guard, and has been coaching for Florida Premier FC for the last decade. He has been brought on as the Lions goalkeeping coach for the 2019 season. Leiby, a former Division I goalkeeper herself, has four years of Division II coaching experience.

In an interview with the Saint Leo Lions Athletic Dept., McGahey spoke on his excitement for Leiby to join him this season: "Her passion for the game and mentoring student-athletes are directly in-line with our program mission and values. Sarah's ability to coach both field players and goalkeepers helps us immediately raise our expectations and standard of play.

The team and I both are looking forward to working alongside Sarah to grow our student-athlete centered culture and commit to improving every day." On behalf of the Lion's Pride Media Group, I would like to wish McGahey, Phillips, and Leiby the best of luck this season, and to thank Phillips for his service to our country.

Weather permitting, the Lady Lions' season is set to kick off this Friday, September 6, @ 7pm on the SLU Soccer Field. Make sure to bring your friends and come out to represent the Green and Gold. Good luck to the Women's Soccer Program this season and Go Lions!



Photos by Noah Dombroski

With a new coaching staff, the Lady Lions are going all-in to have their first winning season since 2016.

Staying Active This School Year

By William Burns

Sports Editor

With everyone leaving their summer routines and activities, many new and returning students are looking for ways to stay active and make new friends now that they are back on campus.

The school's recreation department has everything that one could be interested in. Conner Kilpatrick, the assistant recreation manager, has a fun and action-packed year planned whether it be intramural sports or paddle boarding at the lakefront. Kilpatrick is in charge of all the recreation areas including the Fitness Center, intramural sports, open rec, the pool, and the Lakefront.

The Fitness Center, open from 11a.m.-11p.m. on weekdays (-7p.m. on Friday), and 12p.m.-5p.m. on the weekends, is a great place for past and present athletes to get a workout or for a student to start a new trend in fitness in his/her life. With a wide variety of free weights, machines, and cardio equipment, there are many options to get fit.

"The Fitness Center is very convenient and well equipped," David Craig, a Senior Management Major quipped. "I was never really into fitness until I came to college and with a little motivation, I was able to start a new lifestyle."

Intramural sports offer an entertaining but competitive area of the recreation department. Students form teams for whatever the current sport is at the time and compete against other students. The sports played normally line up with the school sport season, but do not last for as long.

"I've loved being able to participate in intramurals the last few years and get to know people from all types of groups." Sarah Bermudez, a Senior Elementary Education major said.

Indoor co-rec volleyball and slow-pitch softball are the current seasons, and

registration is open. The winning teams of each sport also get Saint Leo Intramural Champion t-shirts.

The winners are determined by an end of season tournament for all teams to participate in.

At night during the week, when the teams are not in season, the lacrosse field, soccer field, and basketball gym are also open for non-athlete students to take advantage of.

The lacrosse field and the basketball gym are currently open for all students to use because the sports are not in season. Whether you want to get a squad together to hoop it up or throw a frisbee around on the field, they have you covered.

The pool is now open Monday through Friday from 11AM to 3PM and Saturday and Sunday from noon to 4PM. The Lakefront is open on the weekends and offers students the option to sign out canoes, kayaks, and paddleboards to take out on Lake Jovita. This area is located at the dock behind apartments 1-4.

This isn't the end of recreation though. Many days in the green grassy space between the Student Activities Building and Kirk Hall are filled with games set up to play to promote the next season. Jake Garro, a senior sports business major said,

"It's nice to get a break in between classes and play cornhole or KanJam in the yard. It really helps me de-stress from class."

There is no shortage of variety either as recreation's one day events include ping pong and billiards on campus. Also, recreation offers students the opportunity to go to Tampa for ice skating. New this year, recreation plans on hosting an E-sports tournament.

Recreation doesn't end with sports though. Recreation is in the process of adding group exercise classes. They currently have a step class and a butts and guts class. They are looking to bring back yoga and add a boot camp class, kettle bell class and a H.I.T.T

class.

This year the recreation department is welcoming Nathan Sevenish as the Graduate Assistant in charge of running Intramurals this year.

He received his undergraduate degree from University of Southern Indiana.

Nate hopes to increase the number of participants in recreational activities by starting a points system for teams who play multiple sports together throughout the year. depending on your placing at the end season, you will be awarded points and the team with the most points at the end of the year will receive a trophy. This system will be

known as the Campus Cup. Nate is also looking into starting club sports at Saint Leo to compete with other school's club sports teams in the area.

Kilpatrick is very excited for this year's events and hopes to get a lot of participation from the student body. He urges all interested student to sign up for their favorite sports at www.imleagues.com/saintleo.

"My goal is to see kids active and healthy in mind, body, and spirit and staying out of trouble," he said. He really puts an effort into supplying the students with activities they will enjoy all throughout the year.



Flag football always draws a lot of teams, and is played in the fall once the softball and volleyball seasons have ended.



The slow-pitch games are played on the University field and are a great time to hang out with and watch your friends play.

Soccer Coach Joins The Pride

By William Burns
Sports Editor

Saint Leo University welcomed a new men's head soccer coach in January and Brett Parker is extremely excited to lead the Lions in his first season here. Parker is the ninth head coach the Lions have had in the 51-year program history. Parker is coming off of a strong run in the NCAA DII tournament last year with his previous school, Fort Hays State.

Parker has coached for eleven years and has reached the NCAA tournament in seven consecutive seasons. During his time at Fort Hays State he put together and impressive 100-40-18 record in over eight years. Earlier this month, Parker hired Jack Roberts to be his full-time assistant coach.

Roberts competed at the DI level with Missouri State where he obtained his bachelors and master's degrees. He has spent his short coaching career across the ranks of high school and NCAA DI teams including at his alma mater, Missouri State. Roberts has also coached overseas in the United Kingdom. Roberts had an impressive playing career, and spent time with Leicester City Football Club, Republic

of Ireland U19 National Team, Lincoln City Football Club, Hinckley United FC, Missouri State University and AFC Telford United.

These coaches are taking over a team that went 3-13 last season and 0-10 in the conference. It is no small feat to turn that team into a tournament contender, but the staff is up for it. By creating a strong work ethic and good team culture, they hope to have program firing.

The Lions opened up their preseason on August 23rd against Weber international and put on a strong showing with a win by the score of 1-0. In an interview with Coach Parker, he had a lot of praise for his team.

"The returners were all very solid across the board. They came out of the gate hot and set the tone for the game and the energy level never went down."

Parker also had good words for a few of the freshmen players as well.

"Federico Tellechea is a freshman that stood out and scored the game winning goal for us, which was huge, and Mauro Diaz also got a lot of minutes and looks to get a lot of playing time this season.

Coach Parker went on to talk about the overlap between



Packed stands at the exhibition game fueled the Lions to a victory. The energy in the crowd plays a crucial part in the energy on the field.

his values as a coach, and the core values that Saint Leo holds so high.

"Every coach has their own keywords that they live and coach by, and one of my main ones, even before I came here was excellence. we are not just training these young men to be excellent athletes but excellent students, excellent people, and excellent sons."

Coach Parker continued talking about how excellence is a lifestyle that must be applied to all areas of your life, not just what you chose. He hopes to form close bonds with his players and foster an attitude of excellence across all aspects of their lives so that they are role models on and off the field.

Coach Parker was thrilled that there were packed bleaches and stands for the first preseason game. He talked about how the fans are an important aspect of the game and the effect they had on momentum. He hopes that fans will continue to come

to the games throughout the season to support the team.

"Since the field is right on the middle of campus and so convenient, it's a great way to see the hard work that the players put in and help create a fun environment for everyone involved. The players really appreciate it and I do too."

Coach Parker stresses the work ethic that the players need to have. "My goal is to have a championship mentality all around, not just on the field during games but during group and individual training as well as in their everyday lives." he quipped

You can't only have a championship mentality when you are on the field playing, it's something you have train and focus on. When you keep practicing over and over with everything you've got, then once the game comes around you will be prepared.

Saint Leo's next home game is on Thursday, September 19th against Pensacola Christian at 7:00p.m..



The Lions' uniform is an elegant design that many supporters believe fuel a sense of Pride in the community.

Arts & Culture



Sustainability in an Unstable World

By Zachary W. Pottle

Contributing Writer

“Give a man a fish, he eats for a day. Teach him how to raise aquaponic fish & vegetables and the whole community eats for a lifetime” said Hans Geissler, founder of Morningstar Fishermen Aquaponics located just down the road in Dade City, Florida.

For over 20 years Hans and his team have educated hundreds of local communities on the importance of sustainability, as well as helping them set up their own aquaponics facilities.

Yet, to this day, even after two decades of hard work and countless lessons given to the public, many are unaware of what aquaponics even is.

Aquaponics is the process of combining aquaculture and hydroponics to create a symbiotic relationship between the two.

To put it simply, they grow plants on top of fisheries.

How does this work?

By growing the two together, each benefits from the other. The fish waste provides a natural, organic

food source for the plants, and in return the plants filter the water that the fish lives in.

By combining these two methods, the amount of labor required to grow plants is dramatically reduced, and this in turn lets both plant and fish take advantage of each others natural benefits.

Why is this important?

Because, as Hans and his team have told so many before, this relationship between both plant and fish not only reduces the amount of water needed to grow plants, it also minimizes the environmental impact, and increases total productivity.

A normal land based agriculture system has numerous drawbacks. For one, they require a

staggering amount of water.

The volunteers over at Morningstar Fishermen explained that land based agriculture uses 80-90% of all water consumption in the United states.

Aquaponics, when scaled, uses only 1-3% of the normal water supply of traditional agriculture.

Another major problem facing today’s agricultural systems is the use of harsh, environmentally harmful chemicals, which are used to keep plants healthy and prosperous.

With the use of aquaponics, the need for these chemicals is completely unnecessary, as the fish waste provides a natural, safe food for the plants, which Hans has

explained actually mimic many of the benefits found in the chemicals being utilized. Yet, to many this process seems daunting.

It seems out of reach for the everyday gardener who just wants to grow a few vegetables in their backyard.

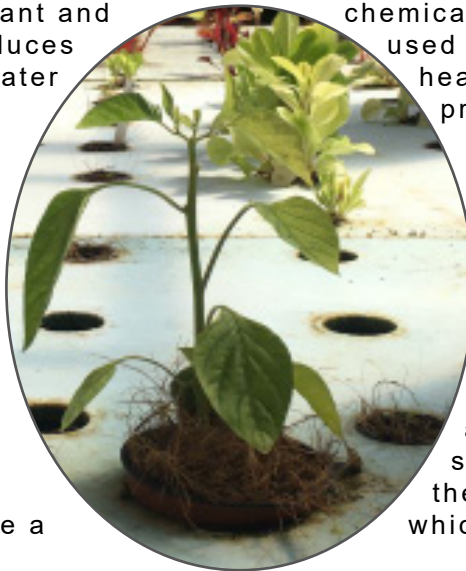
“This is not the case” Hans explained, “We are all about education here, and what we do is teach people how to do this in their own communities and backyards”.

One need look no further than across the street from Saint Leo University, to the sisters that have lived alongside the school for years.

They have started their own aquaponics facility, with the help of Hans and his team. Their facility resembled that of so many others over at Morningstar. Here, the sister have started to cultivate their own food, on top of a small tilapia tank.

When asked why the sisters have taken an interest in such an unique form of agriculture, many shared the same thoughts, “To help reduce our impact on the environment”.

The sisters of Saint Leo have taken it upon



Aquaponics, when scaled, uses only 1-3% of the normal water supply of traditional agriculture.

Arts & Culture

safer, chemical free food. Aquaponics does not need to be a massive, money making operation. In fact, it is quite the opposite.

As Hans has stressed so many times, it is for everyone. From big corporations, to the sisters, and even to the backyard enthusiast growing tomatoes.

"If everyone in Dade City utilized aquaponics, the city could support its produce consumption entirely" Hans stated.

So what does this mean? Should America stop land based agriculture? That is unlikely say the people at Morningstar.

This type of operation scaled to that size would be almost impossible, as a facility of that size would be extremely expensive compared to the cheap irrigation systems used today.

Those facilities only need to dig holes in the

ground, and run lines of water along them, much more cost efficient than building a massive facility; even though that facility would, in time, become self sustaining and ultimately much less expensive to keep up.

No, the push for aquaponics needs to be in small communities and backyards.

This is where great change can occur. Towns can become self sustaining, communities that don't have access to major produce suppliers can become mini farmers markets of their own.

The average person who grows fruits and vegetables can dramatically reduce their impact on the environment, by easily setting up their own facility.

For many, this task may seem like more work, but Hans and his team beg to differ, and they encourage people to let them prove

their point.

Morningstar Fishermen offer classes teaching people about the benefits of aquaponics, and how to set up their own small

scale systems at home.

This is the direction that agriculture needs to go, but change has to start from the bottom, if it is ever to rise to the top.

"Give a man a fish, he eats for a day. Teach him how to raise aquaponic fish & vegetables and the whole community eats for a lifetime"

Hans Geissler, founder of Morningstar Fishermen Aquaponics



The Fun Around Campus

By Brianna Pearson
Campus News Editor

It's the time of the year when students come back to Florida for graduation and get settled onto campus. There is no need to sit around, but make the most of it. Here are some ideas for fun places to go near Saint Leo.

In Zephyrhills, there is a fun park full of ducks, exercise equipment, and merry-go-rounds. Pack a picnic lunch and feed the ducks while relaxing after finals. Zephyrhills park has a one-mile trail around the entire park that has exercise equipment along the path.

St. Petersburg is home to the beautiful Dali museum. With a large glass exterior, the Dali museum is home to some of the most famous Salvador Dali paintings including Apparatus and Hand. The first floor is the gift shop and the restaurant that serves drinks, sandwiches, and desserts. The second floor is home to Dali's famous



You can shop until you drop the Disney way as Disney Springs offers multiple stores for all.

Photo provided by: @DisneySprings

painting, sketches, and objects, including the Lobster Phone.

Outside of the museum is a wishing tree that everyone ties their wristbands to and makes a wish. Behind the tree is a labyrinth that is fun to walk through and find your way out. Other picturesque

spots would be the mirror wall on the outside of the building, the famous Dali mustache outside and the bay behind the labyrinth.

If you want to get a little bit further off-campus, Disney Springs is a bit over an hour drive from Saint Leo. At Disney Springs, formerly called Downtown Disney, families can spend quality time together walking, shopping and eating.

Unlike Disney parks, parking is free at Disney Springs so that'll save you a little bit of money. There are many different shops, including Vera Bradley, Lilly Pulitzer, the Disney store, Pandora, Alex and Ani, Under Armour, Anthropologie and many more. When it is time to eat, Disney Springs has an extensive amount of options. A personal favorite is TREX. Similar to the Rainforest Café, TREX has animatronics that moves and makes noises making it a very interactive restaurant.

Another restaurant would be Planet Hollywood, which submerges you in pop culture. There are giant screens that cover the wall and ceiling playing both Disney sing-along songs and pop music videos.

For those that want to stay near Saint Leo and want a relaxing visit, try some retail therapy at the Tampa Premium outlets. About 20 minutes and two exits south of the University, the Tampa Premium

Outlets is Tampa's newest and most beautiful mall.

This outdoor mall is home to many outlets including Nike, Adidas, Coach, Michael Kors, Fossil and Armani Exchange. This is the best place to get a new dress, shoes or just a bite to eat on a budget. At the center of the mall are some beautiful fountains, a bridge and some comfortable lawn chairs in case you need a break from shopping. At night, the fountains light up, and it truly is a beautiful sight. The fountains are another tremendous picturesque spot for family photos. There are endless things to do around Saint Leo.



Located in St. Petersburg, the Dali Mesuem is a great way to bring out your love for art and take instagram worthy photos with the wishing tree.



Photo by: Tampa Premium Outlets

The Benefits Of Tutoring

By Keirra Gordon

Contributing Writer

Getting a college education gives us a chance at having better job opportunities, becoming financially secure, and broadening our horizons. Furthermore, being educated in general is essential. School provides us with the chance to make a life for ourselves and to shape our perspectives.

Education is defined as the process of learning or gaining knowledge. In college, we mainly learn under the direction of educators. When our professors are unavailable, we reach out to tutors.

A tutor is defined as an instructor or guide. Tutors are beneficial because they allow students to refine their academic performance and personal development on a more personal level.

There are many benefits of tutoring. College classes can become overwhelming as the semester progresses. Some students avoid tutoring because they are shy or feel like they will be judged.

Others suffer from anxiety and are afraid they will not be able to focus. Tutors are prepared for anxious students through training before assisting students. It is their job to be sensitive to the needs of students. A way to combat this is being upfront about your nerves and allowing them to understand you as a person before knowing what it is you need.

This allows tutors to give you an experience suited explicitly for you. Once they see how you learn, they will accommodate you and teach accordingly.

Other students are more comfortable learning from a peer, someone on their academic level. It is like having your private professor. When professors assign homework, they expect you to practice what you were taught to grasp the concept. Tutors are useful because they ensure you master the idea for future reference. Getting help can also be effective because it boosts your confidence.



Photo by: understood.org

When professors assign homework, they expect you to practice what you were taught to grasp the concept. Tutors are useful because they ensure you master the idea for future reference.

When chiming in on a class discussion or taking a test, being sure of what you were taught is a relieving feeling. Your grades also improve as you grasp an understanding of subjects.

Tutoring can also be useful for students that learn better in a one on one environment. Classroom lectures are not always ideal because not all students learn the same.

Some students can get left behind in lectures or are caught up and choose not to ask questions when they are confused. When visiting a tutor, they go at your speed.

Since it is a one on one session, they tend to your academic needs and go over topics as many times as you need them to.

Private settings also help students feel more comfortable because they do not feel any pressure from other students or professors. There are also no distractions from other students, which allows you to focus more on working than your surroundings.

Tutors are hired because of exceptional grades and high potential. These are practices that rub off on students. When tutees are around tutors long enough, they start to develop their good study habits.

For example, if a math tutor shows you how to solve a problem by breaking it down step by step, it becomes compulsory. To solve the

problem on your own, you will break it down step by step as well.

High school has given us tools that we sometimes misplace during college. Our memories are often not as active as they once were. Tutoring is useful because it allows students' brains to keep functioning. Even when

we are not in a class, we are continuously learning. This prevents students from becoming lazy or dependent on our professor.

Tutoring allows you to be at the forefront of your learning process. Tutors help students to become individual learners and to be more confident in their knowledge.



Photo by: Creative Commons

There are many benefits of tutoring. College classes can become overwhelming as the semester progresses. Some students avoid tutoring because they are shy or feel like they will be judged.

