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THE LIONS' PRIDE  
MEDIA GROUP

February



# Love Languages: How to love yourself and others better

**Emily Hernandez Dominguez**  
*Campus News Editor*

As February arrives, so does all Valentine's Day merchandise in stores. Love is inevitably in the air. Whether you feel happy at the sight of flowers and stuffed animals or roll your eyes in disgust, love is one of the most important concepts in existence. Psychologists believe that the need to feel loved is a primary human emotional need. We needed love before we ever "fell in love," and we'll need it forever.

How love is shown and received is now described as a love language. The idea is that everyone has a primary love language that they respond to the most. The concept was introduced by author, speaker, and counselor Dr. Gary Chapman's book *The 5 Love Languages: The Secret to Love That Lasts*. In the book, Chapman reflects on his early encounters with couples during his time as a marriage counselor.

According to Chapman's research, love is given and received in five different ways: words of affirmation, quality time, physical touch, acts of service, and receiving gifts.

"Your emotional love language and the language of your spouse may be different as Chinese

from English," says Chapman. "No matter how hard you try to express love in English, if your spouse understands only Chinese, you will never understand how to love each other."

Chapman suggests that knowing the love language of others can help improve relationships significantly. An example would be if one partner likes holding hands (physical touch) and the other does not, or if one partner likes receiving compliments (words of affirmation) and the other doesn't give them.

Cole Washko, a junior majoring in English, claims his three-and-a-half-year-long relationship has benefited from Chapman's research even before knowing what love languages are.

"During the talking stage, we discussed those kinds of things, such as what makes each other happy," Cole says. "We made sure to talk about what makes each other happy and how we communicate."

After learning his love language is words of affirmation and his fiancée's acts of service, Cole believes it helped their relationship. "I think there are times we just get comfortable, but it's important to remember the best way to make them feel loved," he states.

Twin sisters Emily and Alicia Luecke both use love languages in different ways. They don't re-

strict love languages to just romantic partners- friends and family are also included.

Emily, whose top love languages are physical touch and quality time, uses them to show her friends how much she cares about them.

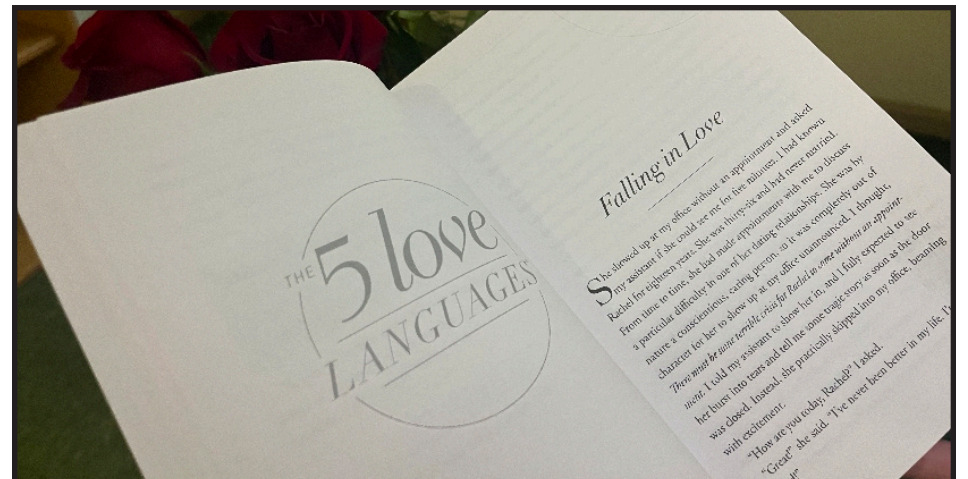
Emily shares: "A year ago, I would never be cuddly with my friends, but recently, I've been hugging my friends more. It's something that I didn't know I was missing. Now it's the highlight of my friendships, and quality time is so important to me too. It helps me bond with my friends more."

Similarly, her sister, Alicia, has a love language of physical touch. Coincidentally, her husband has the same one and enjoys words of affirmation too. Early on, knowing each

other's love languages and having similar ones helped build a strong foundation. "Once we had a conversation about it, we started holding hands more, and I've included more affirmations in conversations."

When you're with your partner, friend, or family member, it's essential to remember to speak their love language. The official quiz can be found on the love language website to identify your love language. You can take a test for romance, family, friends, and co-workers.

Although there are five official love languages, Chapman reminds everyone that the number of ways to express love within a love language is limited only by your imagination.



The book *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* gives a more in-depth guidance. (Photo taken by Emily Hernandez Dominguez)

## Newsroom

**The Lions' Pride Media Group** is the student-run publication of Saint Leo University, free from institutional interference from conception to print. We publish in print once monthly, and weekly online at our website and through our social media sites. It is the mission of The Lions' Pride Media Group to provide accurate news and diverse opinions that are important to the Saint Leo community, and our goal is to inform and entertain readers while providing thought-provoking journalism without fear of reprisal. We are located in the Student Activities Building in Office 106.

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# A campus connection: Anthony and Haley's Saint Leo love story

**Emily Hernandez Dominguez**  
*Campus News Editor*

Love is in the air, and in a classroom on the third floor of Tapia, two unexpected students found their way to each other during Foundations of English. Years later, alumni Haley Robinson and Anthony Martinez continue their love story outside Saint Leo University but still recognize how much the campus has contributed to their growth.

The story began when Robinson and Martinez shared the same class. As English majors with mutual friends, they found themselves sitting together.

Upon meeting Martinez, Robinson recalls thinking he wasn't interested in her because of their opposite aesthetics. Unbeknownst to her, Martinez appreciated their differences.

Their different personalities led them to build a relationship beyond friendship. While Martinez used non-verbal ways to flirt with her, such as playfully bumping chairs into her, Robinson eventually approached him, asking him to put his number in her phone and inviting him for coffee after class.

During their first date at Benedict's, Martinez claimed to use an old-school flirting tech-

nique by throwing paper wrappers from straws at her while spending hours talking.

Throughout their relationship, the couple attributes their time at Saint Leo as an essential factor. After their first date, they spent a night together at the dock by Lake Jovita, leading to walks around campus and an attempted visit to the grotto, cut short due to Robinson's fear.

"I think the energy of the campus lends itself really well to mellowing both of our personalities together," Robinson remarks. "Our mutual love for the campus, our friends, and the community here helps foster our relationship."

During their time as students, the lockdown caused by the pandemic allowed them to put a label on their relationship by officially dating and living together. Despite initial hiccups, they strengthened their relationship over time.

"It was very sink or swim, and I feel like we swam pretty well," Robinson says.

As Robinson graduated with her bachelor's in English and criminal justice with a focus on homeland security, she wanted to pursue her master's abroad, posing another challenge to their relationship. For Martinez's senior year, she was abroad for ten months, except for surprise visits during holidays.

While the time apart was hard, the relationship only grew stronger.

"We were able to never really waver in terms of our love for each other," Martinez remarks. "So, I think that just showed that, regardless of how hard it is and how stressful it can be, I never put our relationship in doubt; I never once questioned anything."

Robinson agrees and adds how her perspective differs, having experienced a high school relationship that ended over distance.

"There's a lot of things that you come into new relationships with, especially from high school, a lot of preconceptions about what you think love is and what relationships are."

Years after graduation, both remain close, thriving in their relationship and careers. Robinson is an adjunct sociology professor at Saint Leo and a grant coordinator for Feeding Tampa Bay. Martinez is showcasing his writing skills through his new blog and podcast, "The Pinch."

Many seek to find a partner during college, but both say to let relationships come naturally and never force them.

"Don't overly search for it; that just leads to lowering your expectations and probably ending up with someone who isn't even worth your attention or time," Anthony says. "Just enjoy your school, enjoy your life; if that person is here, you're gonna run into them, and you'll just do it one way or another, if it's not class or an activity, it'll happen. And then if it does, then it'll be great. But it just takes time; don't rush it. That's the biggest thing I learned—just let it come."

The Saint Leo campus has allowed students, faculty, and staff from all walks of life not only to meet their partners but also to find friends that last a lifetime. Investing your time here on campus will allow you to flourish, but making sure you invest in yourself is crucial too.

"Make sure that you love yourself and that you love the person that you are," Robinson states.



Martinez and Robinson's selfie is a glimpse into their love story, where every moment spent together is cherished. (Photo courtesy of Anthony Martinez)



The dock, which faces Lake Jovita, holds a special place in both Martinez and Robinson's hearts, as they spent one of their first nights there getting to know each other. (Photo taken by Emily Hernandez Dominguez)

# The Black community's joy lies in celebrating Black beauty

**Hadassa Ferreira**  
Staff Writer

Only two centuries ago, Black people were reduced only to the labor force they could produce. After that, only one century ago, Black people were reduced only to stigmas and stereotypes that made them inferior in this society. Later, twenty years ago, Black people were reduced only by their struggles-- struggles to be recognized and survive in a world that tries to erase them and their culture.

Nowadays, Black people have the chance to be seen beyond a racial stigma by society, beyond the racial struggles. They can be seen as beautiful people. This is one of the greatest joys the Black community has conquered.

One of the most surprising understandings regarding the Black community is that Black people are beautiful, and the acknowledgment of that demands more reflection than people might think.

The racist system and the Eurocentric context in which people in Western society were raised causes them to view the white culture and aesthetics as rulers of beauty. This makes people disregard Black

people's features and cultures as elements of handsomeness.

People in Western society have been conditioned to perceive beauty through a Caucasian perspective. Therefore, people look for beauty at the same time they look for fine features and light skin. Nevertheless, it is important to understand that Black people and culture follow a different pattern, and to look at them expecting to find elements of whiteness is unfair.

"Definitely, the Eurocentric idea of beauty is still engraved in everybody's minds. Although I come from Haiti, in my country people still believe that for you to be beautiful you must be white. You need to have straight hair and white features," said Judrich Raphael, a sophomore majoring in computer sciences.

Second, the concept of beauty is constructed, meaning humans tend to find beauty in everything they see frequently. The racial structure in which the Western world was raised made it extremely easy for us to find several white people beautiful. However, the same does not happen with Black people. For many years, it was more difficult for them to look at ordinary Black people (the ones who were not extraor-

dinary) and find them beautiful.

"As a kid, I used to find specific people as beautiful, such as the ones with some basic features, like light skin, colored eyes, and long hair. Looking at them right now, I think they are just average-looking people," said Yvenie Desrosiers, a senior majoring in social work.

Today, Black people can celebrate the fact they can be seen and perceived! The biggest joy is that more and more, we can see Black people in spaces that provide visibility, not only for the racial cause but for all the aspects of Black people's lives and all the love they can share.

Thanks to the increase in representativeness, society can see Black people beyond the stereotypes and stigmas that racism created. This enables us to find beauty in several Black people, regardless of their specific and individual characteristics.

"By the time I started to grow up, build my identity, discover what my Blackness meant to me, and pay attention to the Black people I have in my life and how I admire them, my views of what is beautiful and who is considered beautiful became more subjective," said Desrosiers.

One of the biggest character-

istics of love is its capability to make people see the best in others, and for the Black community, one of the ways to show love is to acknowledge their beauty and greatness.

Therefore, the discussion of the moment should be regarding the importance of having more Black people and the content they create and share. This is what will change society's perspective on those people and help everyone see beauty beyond the white context.

Have you stopped to pay attention to how many movies and TV shows you watch that have a cast with at least 50 percent Black characters? Or how many Black people do you have around you as close friends? How many Black people do you admire? How many Black people do you love? If not, I invite you now to reflect on that and include more Black people in your intimate circle.

The number of beautiful Black people is vast. These are people who have lots of love to share, who are intelligent, creative, fun, and much more. It should be always easy to like, love, and find beauty in Black people's bodies, eyes, and souls. We just need to pay more attention to them. We just need to validate them as true possibilities of love.



Vitória is an Afro-Brazilian. She majors in biomedicine at the Federal Institute of Espírito Santo and is always finding small new enterprises in her free time. (Photo was taken from Instagram @vitoriapenha)



Judrich Raphael is from Haiti. She is 20 years old and some of her hobbies are singing and playing guitar. (Photo via Judrich Raphael)



Julya Maria is an Afro-Brazilian photographer who has a great eye for capturing the best of Black beauty. This is one of her photos that portrays the racial diversity of her country. (Photo taken by Julya Maria)



Bucky is an athlete on Saint Leo's baseball team. Currently, he is pursuing his master's in psychology. (Photo taken by Hadassa Ferreira)

# "Get in loser," it's time to start standing together as women: Mean Girls and intra-sexual competition

**Sophia Sullivan**  
Arts & Culture Editor

You may recall an infamous movie by the name of *Mean Girls* that came out in 2004. Now, 20 years later, with a new cast and updated plot, *Mean Girls* has once again taken the pop culture world by storm with the 2024 remake of the film, which was released in theaters on Jan. 12.

The movie stars Reneé Rapp as Regina George, Angourie Rice as Cady Heron, and Christopher Briney as Aaron Samuels, there were sure to be some faces that newer generations would recognize.

In a world where we still wear pink on Wednesdays and say phrases like "get in loser, we're going shopping" and "that's so fetch," it can be easy or even tempting to look past the true message of the franchise.

"This movie [...] perpetuates outdated stereotypes about women and at its core, the plot centers around pitting women against others and putting down women that deviate from the 'norm,'" said Kat Ward, a freshman majoring in history. "I enjoy the movie, but I can also acknowledge that it's an unfortunate example of how some women struggle with internalized misogyny."

But surely by now we've moved past the "mean girl" culture, right? In most cases, this does not seem to be a reality.

The movie, based on a book by Rosalind Wiseman called *Queen Bees and Wannabes*, highlights an ugly side of girlhood: the competition, hierarchies, cattiness, and tendency towards cliques.

Dr. Marissa C. Rhodes, assistant professor of history at Saint Leo University, and instructor of the History of Gender class, sees competition as natural for humans. However, in a patriarchal society, she says, this sense of competition among women is much more prominent.

Of course, we don't all experience it, but overall, it is a universal thing that girls and young women face. The prominence of social media that many of today's college

students grew up with didn't help, of course, but the question is: Does it go deeper than that?

"Sometimes women gain power in a male-dominated environment by betraying other women. Other times, women gain a sense of superiority for socializing with mostly men. I think it's hard for some women to value the importance of sisterhood depending on what they choose to do with their lives," said Rhodes.

Even for female college students, this feeling is prevalent.

"For too long, women have

been forced to perform for the male gaze, and in that, many women struggle with internalized misogyny. Today, there are women that put down other women for things they struggle with as well, such as body image issues, sexuality, and mental health," said Ward.

To counteract these feelings, it is key to get close to those in your circle and make strong connections with them.

"I connect with other women by wanting to have fun, and by wanting to find humor and share affection," shared Valerie "Ray" Eulett,

a sophomore majoring in English.

To others, this connection look more like relating to one's understanding of the woman condition.

"I connect with other women by talking about the shared experiences of womanhood. Women are subjected to many standards, criticisms, and hardships, it's nice to find solidarity with other women that are going through the same thing," added Ward.

This can look different to each individual woman, but the purpose is the same: Forming connections and reducing nefarious feelings and motives towards one another is incredibly important to overcoming barriers and walls as females.

"In a patriarchal society, it's important for women to have positive relationships with other women. Women are at such a disadvantage [for example, pay gaps] and socializing with someone who has similar experiences can be invaluable," noted Rhodes.

Now more than ever, women need to be able to form connections and show love to one another. College is a wonderful time to begin establishing those relationships that could someday turn into lifelong friendships.

"Lead by example. Surround yourself with and connect with women you admire and love. Not to the exclusion of the men in your life but as a complement to them," advised Rhodes.

Here's your challenge for today: Take a step to make a connection with other women in your life or introduce yourself to someone new. A compliment their outfit or hair, ask them to grab lunch or coffee with you, or even just give them a smile or a hug.

"Our differences as girls don't mean that we don't have the same cause," said Eulett.

While *Mean Girls* may be in, "mean girl" culture is not. Show love to women, as women, and build one another up. Give yourself the power to make it happen and watch your relationships flourish.

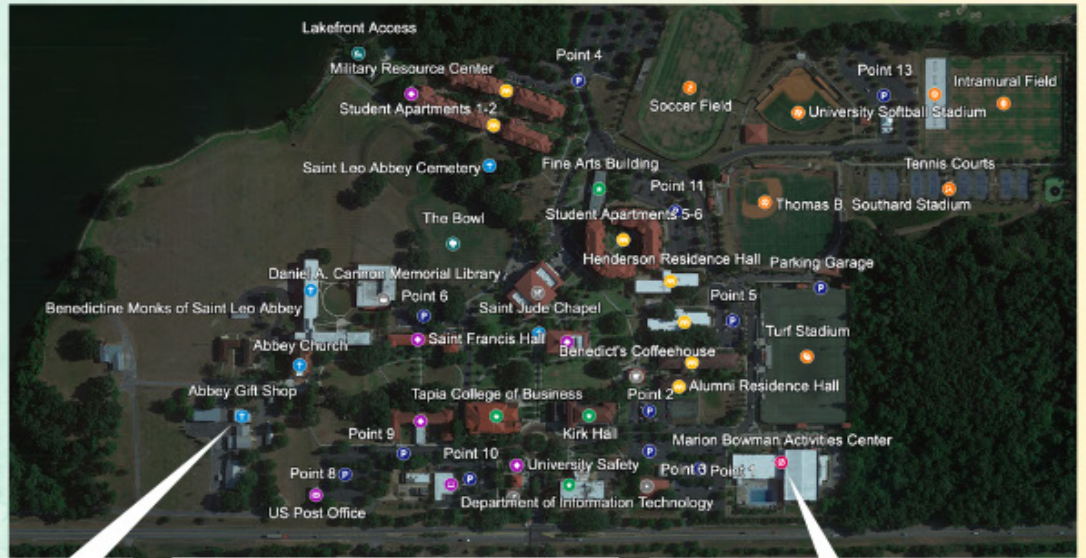
Now, "that's so fetch!"



2024's version of *Mean Girls* not only updated itself and incorporated the use of modern challenges for teenagers like social media, but it also boasts a much more diverse cast. (Photo from the official *Mean Girls* website)

# Interactive Digital Saint Leo University Campus Map

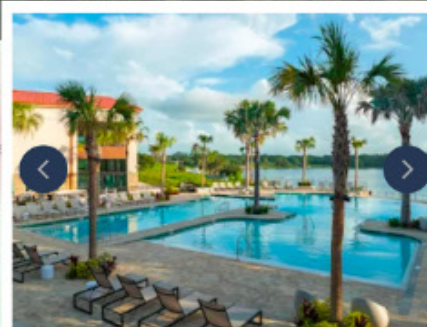
The Interactive Digital Campus Map was created for you - the campus and visiting community. It brings the original 2D map to life to enhance your campus experience. You can interact with the map through your device to discover every buildings' history, aesthetics, and services.



**name:** Facilities Management  
**description:** The Plant Operations employees from Sodexo are continuing to provide outstanding service and present a new level of technology to help us better serve our campus community. And they changed the department's name from Plant Operations to Facilities Management, which we believe better reflects the responsibilities and



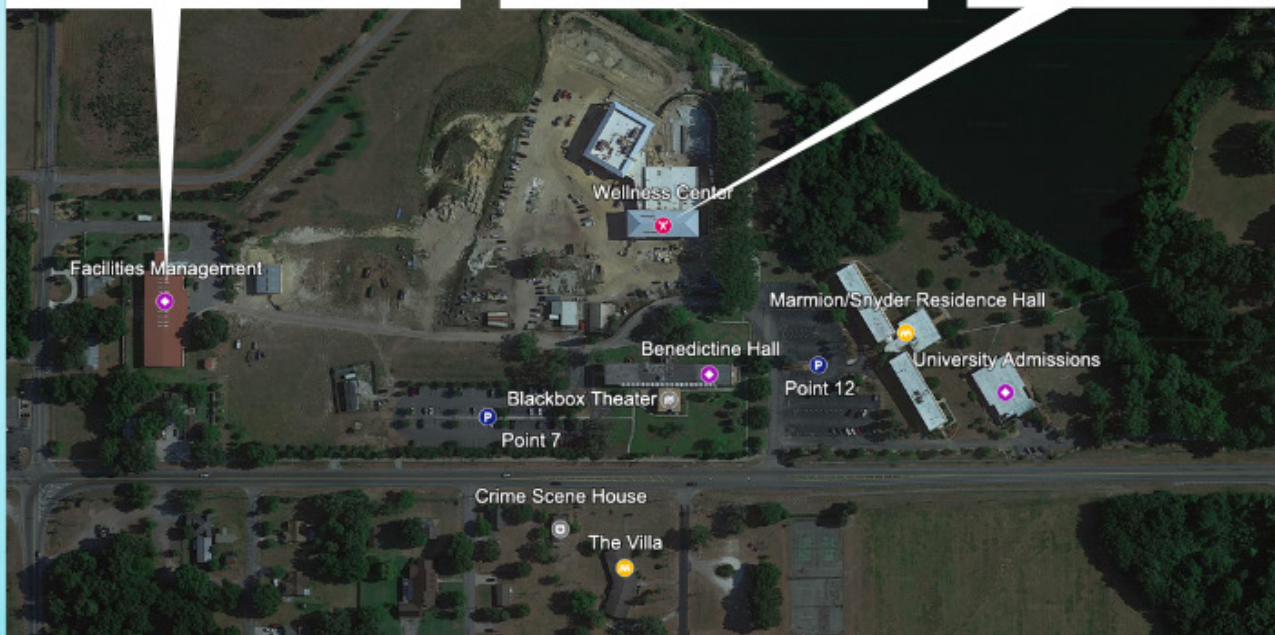
**name:** Abbey Gift Shop  
**description:** The Abbey shop (one of the largest in Central Florida) is across from the Church. The shop sells rosaries, bibles, spiritual guides, statues, and jewelry. All items have been blessed Hours: - Monday: Closed - Tuesday - Saturday: 9am - 11am & 1pm - 4:30pm - Sunday: 11am - 12pm & 1pm - 4:30pm Contact Info: (352) 588-2606



**name:** Wellness Center  
**description:** The Wellness Center, which debuted in the spring of 2022, embodies the university's mission by catering to the well-being of both students and the broader community, addressing the aspects of mind, body, and spirit. The facility is dedicated to providing various health and wellness services offered by the university. Alongside



**name:** Marion Bowman Activities Center  
**description:** The Marion Bowman Center is the "home base" for Saint Leo's athletic teams. The building has two full basketball and volleyball courts and can seat as many as 1,500 spectators for an event in cushioned, seat-back chairs. The Activities Center houses four classrooms, eight locker rooms, and the athletic department offices.



The concept of the digital campus map was inspired from the original print version, and now lives on The Lions' Pride newspaper website, so you can access it easily through your phone.

**SCAN ME!**



Special thanks to The Lions' Pride Media Group and students in ENG-205: Introduction to Professional Writing who collaborated on this project.



Alicia's twin sister, Emily Luecke, says communication and patience are the keys to a more meaningful, long-lasting relationship. (Photo via Alicia Sillen)

## The case for getting married young as a 'Gen Z'

**Satyne Doner**  
*Editor-in-Chief*

According to the United States Census Bureau, the median age of newly-weds sat at around 20 years old in 1950. As of 2023, this age has climbed to 28 years old for women and over 30 for men.

W. Bradford Wilcox, writing for the Institute for Family Studies, states that marriage rates have fallen by more than 60 percent since 1970, which is a staggering amount. Data shows that the number of working-class children growing up in a complete family unit has decreased by a startling 30 percent.

Chances are, if you're a 'Zoomer' born between 1990 and 2010, most of your peers come from divorced or single-parent families. Perhaps growing up this way has resulted in a generation full of young adults who are scared to tie the knot or have sworn off it altogether.

However, this doesn't always have to be the case.

Meet Alicia Sillen, a senior in marketing at Saint Leo University.

Her husband, Brandon Sillen, is a senior studying religious studies.

The two met through University Ministry, regularly going on retreats together or doing homework next to each other at Fuz. Their first official meeting was at a ministry laser tag event, and they hit it off right away.

"A small group of us went to get food afterwards and we ended up staying until 1 a.m.," Alicia says. "Me and Brandon started getting to know each other [...] everything felt so right."

Alicia hoped to be like her parents, who married at an early age. She never expected to get married before she graduated but stated that she knew Brandon was "the one" after only a few dates.

Her twin sister Emily Luecke, a senior studying digital communications, views her parents' and sister's relationships as a beautiful and normal union. While the statistics for young marriages currently might seem gloomy, she is hopeful for her peers.

"When you meet the person that you want to spend your life with, why wait? If you know, you know," Luecke says. "Watching how Alicia's relationship has grown has really shown me what's crucial to a good relationship."

Relationships like Alicia's certainly advocate for healthy, communicative relationships with long-term goals. They show that it's possible for Gen Z-ers to get married at an early age and build a life together – but that doesn't come without challenges.

"One of the biggest challenges with getting married young is time management," Alicia says. "It takes a lot of effort [...] but I wouldn't change a thing, and it was the best decision I've ever made."

Luecke echoes her sister's words, explaining that the younger generations are so used to instant gratification that getting married young could seem outdated or even difficult to commit to. She urges others her age to put more thought into their personal relationships and evaluate the commitments a

significant other requires. This, she says, is the key to improving the way we view marriage and commitment as a society.

Interestingly, a data study from Tinder entitled the Future of Dating Report 2023 revealed that 75 percent of Gen Z believe they are revitalizing the dating and marriage norms that were passed down to them by their parents, putting authenticity, loyalty, and open-mindedness at the forefront of their decisions.

In truth, it seems like while there is no set age to get married by, hope is not lost for the younger generations. While marriage ages might be rising, there are still healthy relationships out there that show it is possible to build a future with someone while you're still in your 20s.

"There will never be a perfect time to get married," Alicia says. "But there is nothing more powerful in life than having unconditional love and support [...] it makes you feel invincible, like your dreams become each other's dreams. There really is no time like the present."

# In

New Year's

and





# Resolutions and

# Out



# Dating apps: A blessing or a curse?

**Isa Riano**  
Advertisement Manager

With technology being on the rise, especially during the pandemic, dating apps have become popular. They allow for people to look through different profiles, get suggestions for who is a good match for them, and communicate with those that pique their interest.

There are different opinions about these apps. Some believe they are a blessing, as they are a great opportunity for those who have been in their shell for a long time to take the bold move and set a date up. However, others believe they can impose negative consequences due to the risks they possess. Follow along to learn more about the good, bad, and ugly of dating apps.

Hinge, Tinder, Bumble, and OkCupid are just a few examples of dating apps. These platforms allow people to create a profile where they can upload pictures and personal information such as their occupation, hobbies, and likes.

Although all dating apps provide single people with an opportunity to look for others who are also looking forward to being in a relationship, each app has its own unique feature, so it is important for those interested in using them to do research on how each app works. Some websites, such as Versus, provide users with a description of each app.

Some believe dating apps are a positive side effect of globalization.

“With the rise of technology, dating in the real world is harder,” said Natalee Steele, a senior majoring in criminal justice. “Dating apps seem like a natural progression to me.”

When using dating apps, some people think they help them overcome their shyness.

“I have used dating apps and overall have had positive experiences with them,” said Steele. “My social skills were poor, but dating apps helped me get myself out there.”

Although dating apps do not always lead to serious romantic relationships, they can help people understand what they are looking for in a partner.

“Dating apps helped me understand myself, what I was looking for, and possible red flags,” continued Steele.

Despite their benefits, dating apps also have some setbacks. A concern most people have with these apps is that it is easy to hide behind a screen. People can create a fake profile to take advantage of someone or portray themselves as caring even if they do not have the best morals.

“It is easy to hide what you do not want people to see online,” said Cora Charron, a freshman majoring in psychology. “Too many people only have the intention of taking advantage of others, especially on apps like Tinder and Hinge.”

Another concern with dating apps is cheating. Even if these platforms are supposed to be for people who are looking for a partner, some may be on the app when they have a boyfriend or fiancée and agreed to be in a close relationship with them.

“I wish people could just be honest about what their intentions are,” expressed Charron.

Some people make the decision to never use dating apps, as they prefer to talk to a potential romantic partner in person before making any commitments.

“I don't believe in dating apps. I think finding people the old-fashioned way is a better alternative,” said Charron.

It is challenging to answer the question of whether dating apps are a blessing or a curse. However, it is clear that they have pros and cons, depending on the person. Although they help those who want to get started in the dating world while adapting to our virtual shift, it is crucial for those interested in using them to be aware of their risks.



Most apps have algorithms to analyze people's preferences over time and personalize their matches. (Photo taken by Isa Riano)



With Valentine's Day coming up, it is not uncommon for those who are still single to try to find their "perfect match" on dating apps. (Photo taken by Isa Riano)

# Pope Francis gives blessing for same sex couples

**Sarah Gilley**  
Editor-in-Chief

On Dec. 18, 2023, Pope Francis, the head of the Catholic Church, the bishop of Rome, and Sovereign of the Vatican City State, extended his blessing to same-sex couples. This historic and compassionate gesture highlights a significant shift from the Catholic Church on their approach towards LGBTQ+ people and their rights.

Catholic traditions of blessings, or sacramentals, as it is more commonly known as, prepare people “to receive the grace of the sacraments and help us to grow to be more like Christ,” according to the United States Conference of Catholic Bishops (USCCB).

As mentioned in an article by AP News, this decision marks a “radical shift” to help allow the church to be more inclusive, while also keeping a strict ban on gay marriage. However, this decision has been seen by many LGBTQ+ advocates as undermining same-sex couples by keeping them in a place as inferior.

When it comes to the Pope’s blessing, this does not explicitly mean a blessing to be wed, as documents have arisen from a letter Francis sent back in October 2023 say that the Catholic Church still believes that marriage is solely between a man and a woman.

An article from the USCCB discusses this new decision in more detail. It states, “A Catholic priest can bless a gay or other unmarried couple as long as it is not a formal liturgical blessing and does not give the impression that the Catholic Church is blessing the union as if it were a marriage.”

Within these documents it is outlined the conditions that this blessing hold, as these blessings are prohibited from being tied to any and all Catholic celebration or religious services. Along with these conditions, the couple is prohibited from using their blessing in a ritual that involves clothing and gestures that belong to weddings.



Back in 2020, the couple pictured were pleading to hear something back from the Vatican. (Photo was taken from Instagram @jakubidawid)

However, ever since his election in 2013, Francis has always supported everyone. He remarked, “Who am I to judge?” about a gay priest, to his most recent comment in 2023 saying: “Being homosexual is not a crime.”

JP Schellenberg, a business management senior and part of University Ministry shared his thoughts on this news.

“I think where we get in trouble is we read just the headlines, and we don’t read into the stuff behind them,” said Schellenberg.

It is a common trend that most people see a headline and run with it; however, Schellenberg goes into more detail.

“The documents affirm that a priest needs to be stewards of blessings. Now, the tricky thing is that the church also cannot bless what it views as sin. Where we get in trouble is the church also, in the same document, reiterates the position of marriage, as something set apart only by God to be between a man and women. This entire document feels messy,” Schellenberg stated.

This new approval allows for same-sex couples to feel more included in the church, while being able to not be subjected to a moral analysis for being themselves.



While the Church still sees marriage between a man and a woman, people still find ways to show their pride. (Photo via Grzegorz Galazka)

# Athletes on Air: Charles Lefebvre – Baseball

**Pia Perthen**

*Sports Editor*

Saint Leo University visitors, students, and faculty can see the well-kept Saint Leo Thomas B. Southard Stadium as they drive onto campus and follow the road to the right. If they are lucky, they can observe the Saint Leo Baseball players pursuing their dream of playing college baseball and catch them practicing or playing a baseball match.

One of these baseball team players is Charles Lefebvre, a senior born and raised in Laval, Canada, majoring in biomedical science. Lefebvre, playing as a right-hand pitcher, is not new to the sport as he has played baseball since he was a little child.

“My dad first taught me the game of baseball when I was only four years old. I consider my dad as my idol, and he is also the best coach I have ever had,” Lefebvre said.

Lefebvre remarks that playing in the first game of his Saint Leo career is one of his favorite memories from Saint Leo. The team defeated Florida Southern College, and Lefebvre was the winning pitcher. As in any sport, many ups and downs are associated with an athletic career; however, Lefebvre has a good attitude towards that.

“Baseball is a game of failure, so I love how it teaches us to persevere against adversity,” Lefebvre said.

It is quite challenging to balance practice and games with completing a degree at university, but Lefebvre seems to have it under control. Keeping a 4.0 GPA while having a record of three wins and no losses as a pitcher during the 2022 season demonstrates that Lefebvre puts the student into student-athlete. To keep in shape for the upcoming baseball season in Spring 2024, Lefebvre is practicing five to six times a week during Fall.

“During breaks, I keep practicing five to six times a week as well in order to be ready for Spring season,” said Lefebvre. “Since we don’t really have any breaks during the Spring season, we can’t take off during the winter. Otherwise, we might hurt ourselves if we’re not ready for the workload.”



Lefebvre has achieved a record of three wins and no losses as a pitcher during the 2022 season. (Picture by Hailey Latief)



Lefebvre’s biggest goal is to become a professional baseball player. (Picture by Hailey Latief)

Lefebvre’s work ethic in his sport and schoolwork is motivated by his future goals and aspirations. He is striving to play professional baseball and would like to pursue sports medicine after college. Fitting his character, Lefebvre gives 100% in everything he does.

“My motto is no regrets. When I am done playing baseball,

I don’t want to have any regrets. I want to know I gave my absolute best every single day,” Lefebvre said.

Apart from baseball, Lefebvre is interested in other sports as well. Since he grew up in Montreal, hockey has been a big part of his life. Lefebvre loves to play and watch hockey, and his friends can catch him watching hockey games on his

phone in the most random places.

Lefebvre shared his favorite Christmas song, *Minuit Chrétien*, translated into English as “O Holy Night.” Lefebvre cannot wait to go home over the winter break to spend time with his family and friends, as well as eat some poutine, a dish originated from Quebec made of french fries topped with cheese

# The Olympic Games 2024 in Paris

## Pia Perthen

*Sports Editor*

2024 holds numerous athletic events that will keep many sports fans on their toes, and one of the most anticipated events will be held in Paris this summer from 26 July until 11 Aug.

There is not much doubt that this highly anticipated athletic competition is The Olympic Games Paris 2024, which takes place exactly 100 years after Paris hosted its second Olympic Games back in 1924.

Watching the Olympic Games together with friends or family can create bonds unlike any other. The shared experience of witnessing athletes from around the world compete at the highest level while rooting for the athletes of their own nationality can be a powerful bonding experience.

“The Olympic Games are a fun and easy thing to root for, and watching the representatives of one’s own country compete can make viewers proud and evoke feelings of patriotism,” said Dr. DuBois, associate professor of history and international studies, honors program director and author of the book *American Sport in International History*,

It can also be an opportunity to learn about different cultures and countries and celebrate athletes’ achievements from all backgrounds.

“Athletes get the opportunity to create relationships with other athletes from other countries and can put possible national differences aside and greet the competitors with respect,” DuBois said.

The Olympic Games have a rich history dating back over one thousand years, and the first written evidence is from 776 BC. The Greeks began measuring time in Olympiads, which describes the time period between each edition of the Olympic Games held every four years in honor of the god Zeus. In 393 AD, the Roman Emperor Theodosius I banned the Olympic Games for possibly religious reasons.

Different attempts to re-establish an international sporting event were attempted at the end of the 19th century; however, they failed due to the lack of coordination—until one man decided to bring the main stakeholders together in Paris.

As Dr. DuBois describes in his book, the French baron Pierre de Coubertin recognized that The Olympic Games had a positive benefit on Greek culture and society and wanted to achieve that for France as well.

“Pierre de Coubertin wanted to use the Olympic sport to build up French nationalism because he thought his country was falling behind,” DuBois said. “I am not sure if it actually helped to boost French nationalism, but it certainly helped spark the international community commitment to this idea of global sports competition.”

Pierre de Coubertin held the first Olympic Congress in Paris in 1894, where different delegates from other nations were invited. This marks the start of the International Olympic Committee, followed by the first revived Olympic Games in Athens in 1896. Notable, no women were allowed to compete in the 1896 Olympics; however, in the 1900 Olympic Games in Paris, Margaret Abbot, a women’s golf player, became the first American woman to win in an Olympic discipline.

The Paris 2024 Olympic Games will mark the centenary of Paris 1924, and in the same year, the Olympic Winter Games were established too. They were always held in the same year as the Summer Games until 1992, when the Summer and Winter Games started to alternate every two years.

The 2024 Games will be the sixth hosted by France (three in summer and three in winter) and will have around 10,500 athletes competing, with 329 medals in total.

“The ancient Olympic Games mostly consisted of track and field events and were mainly focused on running and races,” DuBois said. “However, it is great to see that more disciplines were added, which contributes to inclusion and brings more people together.”

According to the Olympic Games Web site, this year, 32 Olympic sports will be featured, including basketball, boxing, canoe slalom, road cycling, equestrian, fencing, football, golf, rhythmic gymnastics, trampoline, hockey, rowing, rugby, sailing, table tennis, taekwondo, tennis, triathlon, volleyball, and many more.

Breaking will be a new sport discipline in 2024; the competitive dance sport will comprise two events – one for men and one for women – where 16 B-boys and 16 B-girls will go face to face in solo battles.

A fun fact is that the sport with the most medals being awarded at Paris 2024 will be aquatics, with 49 events across the disciplines of swimming, marathon swimming, diving, water polo, and artistic swimming.

Paris plans to use some of its most iconic places for the Olympic Games. For example, beach volleyball will be held at the Champ de Mars (under the Eiffel Tower), urban sports will be held at La Concorde, fencing and taekwondo at the Grand Palais, and the start of the Marathon at the Hotel de Ville.

“Having the courts underneath the Eiffel Tower is probably one of the coolest places ever to have a beach volleyball match”, Jeanette Henderson, a senior majoring in marketing and part of the beach and indoor volleyball team at Saint Leo said. “I am sure that all athletes in the Olympics will take a moment to appreciate the opportunity they

are going to experience.”

According to the Olympic Games Web site, the 2024 Games will also take place in the French territory of Tahiti, where the surfing competition will be held. Another interesting fact about the Paris 2024 Olympic Games is that the opening ceremony of the Olympic Games in Paris will not be in a stadium for the first time ever. Instead, it will be held on the Seine, the river that crosses the center of Paris. This is a unique and exciting way to kick off the games and celebrate the city of Paris.

“I am looking forward to seeing what kind of historical explanations or context they provide to the event so people can learn more about how Paris or France played a vital role for the Games in the past,” DuBois said.

Everyone who is now curious to experience The Olympic Games 2024 Paris in person can get one of 10 million tickets with the lowest ticket price starting at 24 euros. Crucial to highlight is that the Paralympic Games will follow right after and take place from 28 Aug. until 8 Sept.



The beach volleyball competition will be played on the Champ de Mars (under the Eiffel Tower). (Photo was taken from Instagram @paris2024)

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