

AUGUST A 2024



Turning the page: A message from the Editor-in-Chief

Sophia Sullivan
Editor-in-Chief

Hey there, Lions! My name is Sophie, and I am the new Editor-in-Chief here at *The Lions' Pride Media Group*. *The Lions' Pride* is a special place to be—not only is it a fully student-run media group, but it's also a place that's given me many opportunities, friends, and memories.

I started here in 2022 as a very timid freshman, interested in being a part of something, but not sure where I would fit in. Our university has so many niches and directions to go in that I was a bit overwhelmed. As an English and History major, I knew I liked writing, so it seemed natural for me to try writing for the campus newspaper. Fortunately, I decided to apply, and over the past two years, I've worked in multiple editor positions, from Editorials to Arts & Culture. It turned out this was the place for me all along.

And the good news is, this could be your place, too! Whether you're interested in writing, social media, online, videography, or photography, *The Lions' Pride* has something to offer everyone. Come check us out during our weekly meetings on Wednesdays in Kirk Hall 329 from 3:30-4:30 pm. I'm so excited to turn the page on this next year and see what it has in store for us!

What is The Lions' Pride?

Established in 1965 under the name *The Monarch* and going through a rebrand in 2018, *The Lions' Pride Media Group* is a student-led newsgroup with its home base on Saint Leo's University Campus. It also encompasses Saint Leo's Learning Center and WorldWide programs. No topic is left uncovered, and *The Lions' Pride* shares these stories through monthly print issues, on our website, lionsprideonline.com, and through our various social media platforms, with the handle being @lionspridemedial.



Of all the hats I've worn at *The Lions' Pride*, I'm most excited to serve as Editor-in-Chief this year! (Photo via Sophia Sullivan)



One of the best things about working for *The Lions' Pride* are the lasting friendships I've made. (Photo via Sophia Sullivan)



The Lions' Pride Media Group loves to hang out with Fritz, our mascot. (Photo by Satyne Doner)

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.

Letters to the Editor & Advertising:

Send letters to the editor to TheLionsPrideNewspaper@gmail.com. Guidelines: 500 word maximum. Do not use profane or slanderous language. Faculty must include name and rank. Students must include name, major, and graduation year. Include phone number to verify authorship. We reserve the right to edit for grammar, spelling, or libel.

To inquire about putting an advertisement in the newspaper or social media, please contact Polina Zadirey at polina.zadirey@email.saintleo.edu.

Sophia Sullivan
Editor-in-Chief
sophia.sullivan@saintleo.edu

Madison Wilson
Editorials Editor
madison.wilson@saintleo.edu

Josie Osborne
Campus News Editor
josie.osborne@saintleo.edu

Emily Dominguez
Managing Editor
emily.domingue@saintleo.edu

Erick Angeles
Layout Editor
erick.angeles@saintleo.edu

Polina Zadirey
Advertisement Manager
polina.zadirey@saintleo.edu

Bao Han
Online Editor
bao.han@saintleo.edu

Hannah Lynn
World News Editor
hannah.lynn@saintleo.edu

Brenna Schauer
Copyeditor
brenna.schauer@saintleo.edu

Beatriz TrevisanDeJesus
Social Media Manager
beatriz.trevisande@saintleo.edu

Hadassa Larissa Ferreira
Arts & Culture Editor
hadassalarissa.fer@saintleo.edu

Dr. Valerie Kasper
Faculty Advisor
valerie.kasper@saintleo.edu

Daria Krainova
Social Media Manager
daria.krainova@saintleo.edu

What's coming up: Fall events at Saint Leo University

Emily Hernandez

Dominguez

Managing Editor

On Aug. 27, 2024, the Saint Leo University Campus will be swarming with new faces, and some familiar ones, as school is now back in session. While many look forward to starting their classes, others enjoy the presence of their friends and spending time with each other during fun activities on campus.

At the heart of the excitement is the Campus Activities Board (CAB), a group of students who plan on- and off-campus events for all students to participate in and enjoy, fostering an environment where students can thrive beyond the classroom.

From the start of the fall semester, as classes commence, all the way through the end of the school year, students can anticipate a diverse range of on-campus events. These include a welcome back celebration, bingo nights, themed study sessions, trivia nights, and the hosting of the infamous Moonlight Breakfast.

Destiny Diaz, who is a senior and a commuter, says: "I enjoy the bingo nights and the Moonlight Breakfast."

There are many ways for students to be informed about upcoming events. On social media, students can follow CAB on Instagram @saintleocab.

A great way to explore a variety of events hosted by different clubs and organizations is by going onto EngageLeo, an online platform where events are posted by their hosting clubs and organizations, and information about specifics regarding a club or organization.

Another great way to find out about events is checking your email for the Student Activities Newsletter that is sent out to all students. They provide frequent updates on the community and events, along with information on how to attend. Additionally, they sometimes add information about internships, or other fun non-activity related things.

On Aug. 27, Greek Life invites you to their Meet the Greeks BBQ So-

cial. Come explore the Greek community on campus while enjoying some delicious food. The event will be held on Greek Street, behind the cafeteria, from 12:30 p.m. to 2 p.m..

Green Dot, a campus organization focused on reducing violence through education, offers numerous events for students to get involved in.

To learn more, stop by the Green Dot Tabling Event and join the movement to foster a safer and more supportive campus. Green Dot provides empowering tools and knowledge to help prevent power-based personal violence, including sexual assault, dating violence, and stalking. Visit the Student Activities Building Loggia from noon to 2 p.m. on Aug. 26 to engage in discussions and learn about prevention strategies.

On Sept. 10, join Green Dot for their Speed Friend Event during Welcome Week. Connect with fellow students and make new friends in a lively, fast-paced environment. Don't miss this opportunity to broaden your social circle and kick off your college experience. The event runs from 5:30 p.m. to 6:30

p.m. in the lobby of the Student Community Center.

Campus Ministry also hosts events for students to attend from all backgrounds. In addition to the weekly events, they have the annual freshman retreat which will be on Aug. 22. Theology Thursday is a monthly event where students gather to discuss theological topics, and they usually provide food for attendees.

If you're not sure what you'd like to be involved in on campus, the Student Involvement Fair might be the place for you! Come see what organizations would be a good fit for you from noon to 2 p.m. on Sept. 5 in the Student Community Center Boardrooms.

These events provide an opportunity for both commuter and on-campus students to connect, enjoy, and foster a sense of school spirit. Step out of your comfort zone this semester and attend some of these events! You never know what new memories or friendships could result.



On Constitution Day, students from the Honors Program, political science and social work departments, and those with a genuine interest came to watch the discussion. (Photo by Emily Hernandez Dominguez)



The Family Fall Festival, usually hosted in late fall, is a family and student favorite. (Photo by Emily Hernandez Dominguez)



Amongst the different activities planned for students, sports games are a great way to support Saint Leo athletes with friends. (Photo by Emily Hernandez Dominguez)



Events celebrating historical moments, such as the eclipse, are available for students and the community. (Photo by Emily Hernandez Dominguez)

Saint Leo is roaring back to life: An interview with Saint Leo's President Dadez

Sophia Sullivan
Editor-in-Chief

The past year has been anything but easy for Saint Leo University. With cuts to staff, faculty, and athletic teams resulting in lowered morale, the atmosphere around campus had taken a hit. Here's the good news: Saint Leo is, and has been, on the up and up.

Meet the man behind the operation: Dr. Ed Dadez, the current president of Saint Leo University. Although he has worked for the university for 24 years, Dadez began his presidency in July of 2022 and has since worked relentlessly to get the university back to where it needs to be, financially, morally, and otherwise.

One thing that has notably improved in the past couple of years is the retention rate among

students. Through the Radical Registration Process, new scholarships, and reaching out to donors, the retention rate has increased by 3 percent from the fall of 2022 to the fall of 2023.

"Being a tuition driven institution, [our] revenue comes from enrollments," Dadez said. Therefore, we need to continue to not only attract students to Saint Leo, but also retain them.

"At times during college I worked three jobs to be able to have money to go back the next term," said Dadez. He is no stranger to this stressful burden that so often plagues college students and has made it a priority to help those in those situations.

Even though he understands students' challenges, higher education has also had its chal-

lenges since COVID-19, and Saint Leo is no different.

Two years ago, the university suffered multiple cuts to academics, athletics, and staffing due to budgetary concerns. Rumors swirled, people panicked, and emotions were high. Dadez was faced with difficult decisions among his colleagues and friends in order to get the university back on track. Many of those faculty and staff caught in the reduction in force were friends.

"I have had mentors and colleagues who have told me that it would be best if I didn't have relationships and friendships with people," said Dadez. "However, I really believe that relationships are also what makes this university special, and I can't change me."

Dadez wholeheartedly believes those relationships helped Saint Leo rally following the hardships of 2022.

However, Dadez acknowledges the general apprehension for the future of the university but notes that morale seems to be increasing university-wide, for faculty, staff, and students alike.

"I know what it looked like 10 years ago and we're not there, but we're finally getting back to there. I hope that we can do even more and redefine the campus," said Dadez. The roadways around campus have been paved and dorm rooms have been cleaned and painted.

With the uptake in morale comes new improvements in the university's infrastructure. This fall will see the grand opening of Benedictine Hall for the nursing students to utilize. For those living in dorms, Dadez notes that maintenance aims to be quicker in getting to help tickets.

Not only has the feeling on campus improved, but so has the university's financial standing.

"We are in better financial shape than we've been over the past five years," said Dadez. "In the past five years, we had a deficit of about \$26 million, and we're nowhere near that. We're in striking distance to be at a surplus."

Saint Leo ended the fiscal year with a six-figure surplus.

Among all the uncertainty, rumors of Saint Leo closing its doors have run rampant within the community. However, Dadez made it abundantly clear that the university has no intention of closing, and students will be welcome on campus for years to come.

"As long as I'm here, we're not closing," assured Dadez.

With this, it is clear that Dadez is invested in the future of Saint Leo.

For this future, Dadez explained his main goals to improve the university. Dadez uses a concept he calls the "6 Rs." This includes reducing expenses, revenue generation, recruitment, retention, radical hospitality, and reimagining the university.

"Our goal within the vision statement is to be the number one Catholic University in the Southeastern United States by 2033," said Dadez. "And I still think that we're this secret in the Tampa Bay area, that people don't know where we are. I think we've just got to get out there more and more to let people know we're that close."

On a smaller, more immediate scale, Dadez has goals to have all buildings on campus officially named, to continue to maintain a budget surplus, and in addition to enrollment, have other revenue generative initiatives prosper.

In an ever-changing and competitive secondary educational scene, Saint Leo will continue to stand out as a special place for students and educators to gather.

And, the over-arching reason is simple: living our core values.

"I think that if we not [only] know what our core values are, but live our core values, [it] would make a big difference," said Dadez.

Dadez's belief in Saint Leo's core values is seen in his passion for making "radical hospitality" a priority for the Saint Leo community and campus.

"I truly believe that radical hospitality has to be our value proposition. This is a very special place



Dadez is extremely dedicated to bettering Saint Leo; for him, it is personal because his connection to the university runs deep. (Photo by The Lions' Pride Media Group)

President Dadez interview continued

and we all need to put into practice welcoming everyone on campus, not just guests who come on campus, but welcoming each other," said Dadez. "That faculty, staff, students, and alumni all work together to talk about why this is such a special place to be."

At the end of the day, Dadez recognizes the charm and importance of Saint Leo and is dedicated to not only preserving it, but also promoting it.

"I've given 100 percent of my time, effort, and energy and sometimes I wonder if it's still enough. I am very passionate about this institution and want to see it get back on its feet and continue to grow," said Dadez.

Let this reassure students, staff, faculty, and alumni alike: Saint Leo is alive and well and growing beautifully. With Pasco County one of the fastest growing areas in Florida, and Saint Leo achieving its fall enrollment goal, the future is bright.

"This is not a place that can close," promised Dadez. "We serve too many students who need Saint Leo University because of that radical hospitality, because of those core values, and ... it just makes me feel even more [that] there's even more importance to making sure we get this done."

"I am very passionate about this institution and want to see it get back on its feet and continue to grow."



To improve the university, Dadez is focused on the 6 "R"s: reducing expenses, revenue generation, recruitment, retention, radical hospitality, and reimagining the university. (Photo by The Lions' Pride Media Group)

Connecting through faith: What Saint Leo University's Ministry offers

Emily Hernandez Dominguez
Managing Editor

As students return to campus, some are anxious about the unknown, while others eagerly anticipate reuniting with friends. Many find solace in their faith, and at Saint Leo University, a place to nurture that faith is readily available.

University Ministry is a crucial resource on campus. While it is rooted in Catholicism, it welcomes all students to participate in activities designed to support their spiritual growth.

The mission statement of University Ministry is "encountering and investing in students to lead them into a relationship with Jesus." Every event they organize aims to help students feel seen, known, and loved by the community, fostering friendships and reinforcing the idea that they are first and foremost loved by God.

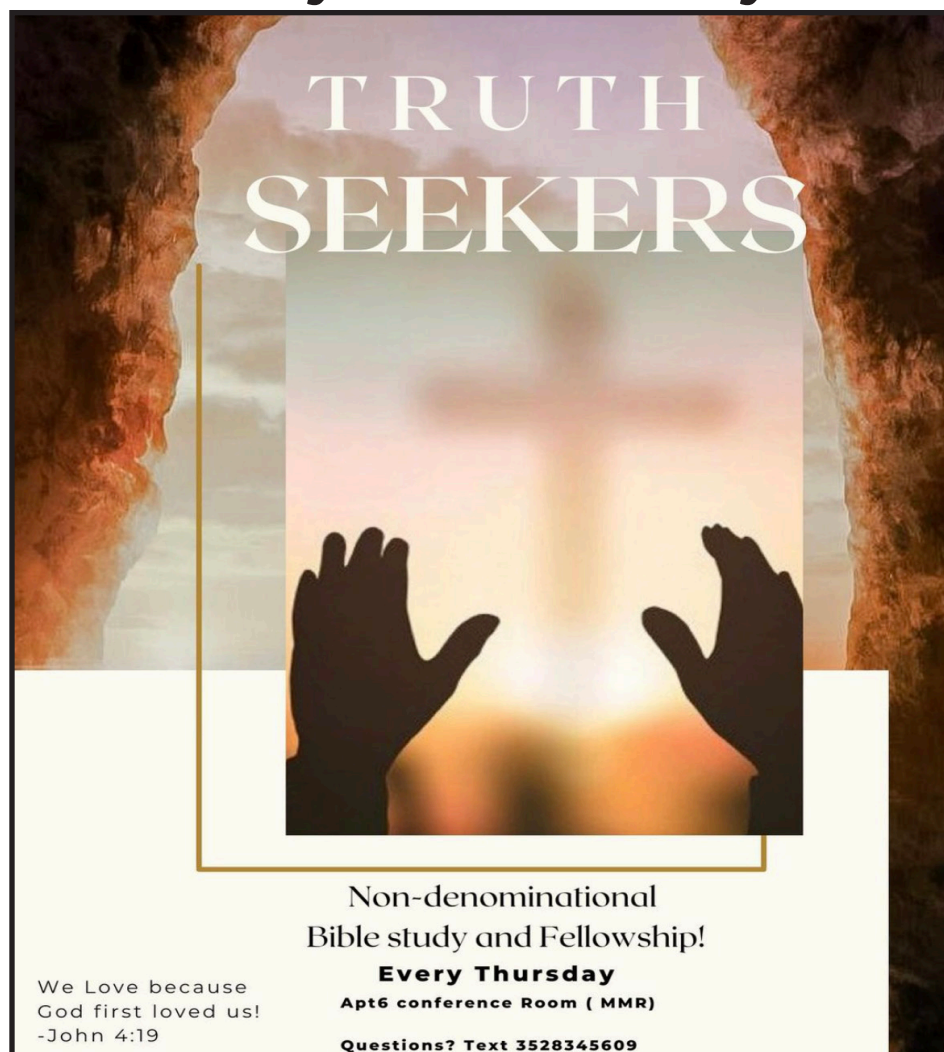
University Ministry also embodies the values of good Catholics by welcoming people from diverse backgrounds and sharing faith and hospitality.

Kevin Floyd, Interim Director of University Ministry, previously served as the office manager. As director, he oversees all aspects of the Ministry and guides the spiritual formation of the community. Floyd is also the assistant coach for the Saint Leo Ice Hockey Club.

Mary Worhacz, campus minister for University Ministry, is a familiar face on campus. As a Saint Leo alumna and in her second year as campus minister, Worhacz describes her role as ensuring students have opportunities to develop their faith and fellowship while at Saint Leo.

This includes community events such as dodgeball tournaments and service projects, as well as spiritual events like Praise and Worship and Theology Thursdays, not to mention one-on-one bonding at Benedict's Coffeehouse.

Students can look forward to several events this fall. Adoration/Praise and Worship will now begin at 7 p.m. every Tuesday. Men's and Women's Groups will meet on



Follow @truth.seekerssaintleo for updates on events and meetings. (Photo was taken from Instagram @truth.seekerssaintleo)

Wednesdays at 7 p.m., followed by an 8 p.m. night prayer at Saint Jude's. The first session of the semester is scheduled for Aug. 28.

Incoming freshmen can anticipate a day retreat on Aug. 22. The first Theology Thursday will take place on Sept. 5. Students interested in community service can join the THORN homeless ministry on Sept. 8. Additionally, Ministry is planning a kayak trip, tentatively set for Sept. 15.

University Ministry also provides various resources on campus. Worhacz highlights three essential locations:

The Wellness Center's second floor houses the Ministry offices, offering students a space for spiritual guidance or simply a place to unwind. Nearby, the Abbey Church serves as the central location for many sacraments, including daily and Sunday Mass, confessions twice a week, and weekly Eucharistic adoration. For those seeking quiet, personal reflection, Saint Jude Chapel

provides a 24/7 Eucharistic chapel situated at the Clock Tower across from the Student Activities Building.

Ministry also offers the Rite of Christian Initiation of Adults (RCIA), a program for students seeking to become Catholic or baptized Catholics who have not received additional sacraments.

Stay updated on Ministry activities and announcements by following them on Facebook and Instagram @saintleouniversityministry or by visiting their website: ministry.saintleo.edu. For inquiries or assistance, students can contact Worhacz at Mary.Worhacz@saintleo.edu or Floyd at Kevin.Floyd@saintleo.edu. Additional contact details are available on their website, and students can also send a direct message on Instagram or visit the office in person.

In addition to University Ministry events, students can join Truth Seekers, a non-denominational group on campus. Truth Seekers hosts Bible study every Thursday at

8:30 p.m. and Truth Seekers Church every Sunday at 6:30 p.m.

"We encourage everyone, regardless of denomination, to attend," says Tamar Olguin, one of the worship leaders for Truth Seekers. "We welcome all."

Navigating school can be challenging for both new and returning students. University Ministry and Truth Seekers aim to foster a strong sense of community and provide a nurturing environment that supports faith and lifelong friendships.

"As a Saint Leo alumna myself, I can say that University Ministry has become a family and a home away from home for many," Worhacz shares warmly. "University Ministry is truly like no other – the bonds created within Ministry are ones that last a lifetime, and I hope everyone feels welcome to join us at our events and become part of our family!"



Dr. Tkacik was one of the many guest speakers who gave a talk at Theology Thursday, an event aimed at deepening students' theological understanding through various topics of interest. (Photo was taken by Emily Hernandez Dominguez)



A welcoming presence: Mary Worhacz takes the role of Saint Leo's campus ministry, eager to guide and inspire. (Photo was provided by Mary Worhacz)

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For more information,
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valerie.kasper@saintleo.edu.



SCAN HERE TO APPLY

We look forward to working with you!



Saint Leo University Interactive Digital Campus Map



We created the Interactive Digital Campus Map for you and the 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.



University Campus Map



Offices

- University Safety
- Department of Information Technology
- US Post Office
- Saint Edward Hall
- Saint Francis Hall
- Military Resource Center
- Student Activities Building
- University Admissions
- Benedictine Hall
- Facilities Management

Gyms

- Marion Bowman Center
- Wellness Center

Community

- Benedict Coffee
- Student Community Center
- Music Building
- Cannon Memorial Library
- Black Box Theater
- DeChantal Hall
- Crime Scene Hall

Apartments

- Alumni Hall
- Roderick Hall
- Benoit Hall
- Henderson Hall
- Marmion/Snyder Hall
- Apartment 1-6

Classroom

- Tapia College of Business
- Lewis Hall
- Kirk Hall
- Fine Art Building

Saint Leo Abbey

- Saint Leo Abbey Gift Shop
- Abbey Church
- Benedictine Monks of Saint Leo Abbey
- Saint Leo Abbey Cemetery
- Saint Jude Chapel
- The Grotto

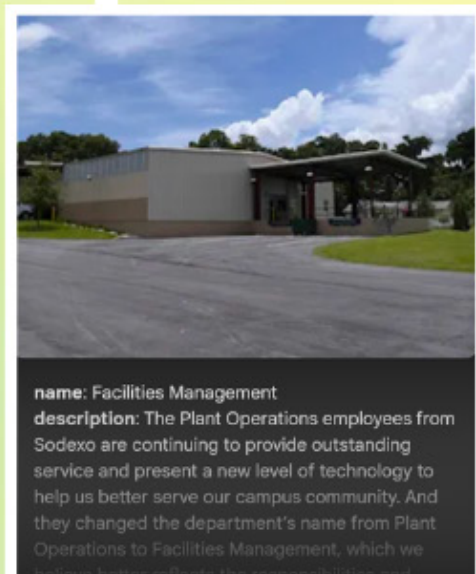
Sport Fields

- Turf Stadium
- Thomas B. Southard Stadium
- Tennis Court
- Intramural Field
- Beach Volleyball
- University Softball Stadium
- Soccer Field
- Golf Course

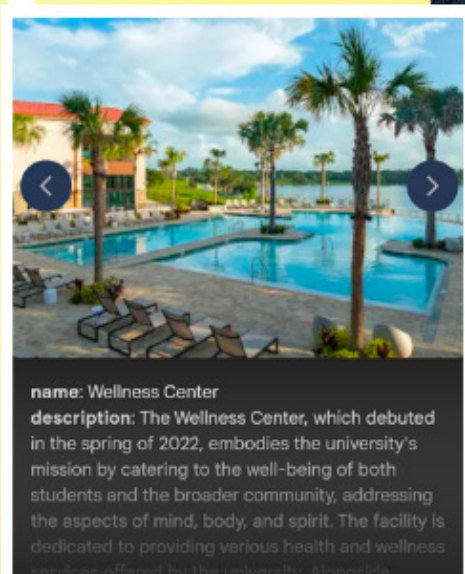
Lake Side

- Lakefront Access
- The Bowl

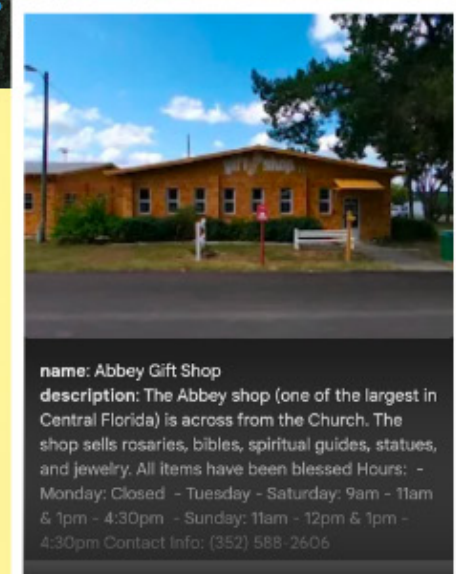
The concept of the digital campus map was inspired from the original print version, and now lives on The Lions' Pride newspaper website, so you can access it easily through your devices.



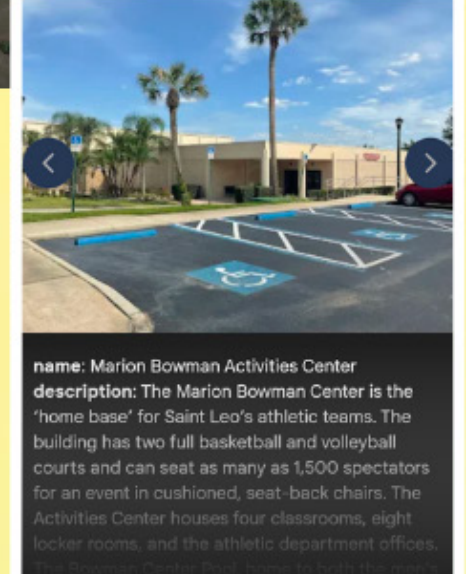
name: Facilities Management
description: The Plant Operations employees from Sodexo are continuing to provide outstanding service and present a new level of technology to help us better serve our campus community. And they changed the department's name from Plant Operations to Facilities Management,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



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. Always



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: 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.

Adapting to Saint Leo: From one transfer student to another



Saint Leo's Canon Memorial Library is the best study spot for a clean, quiet, and cozy environment away from the overwhelming bustle of campus. (Photo was contributed from *The Lions' Pride Media Group Campus Map*)

Josie Osborne
Campus News Editor

The beginning of an academic year is never easy. Students are flustered with first day nerves, nightmares about forgotten textbooks, and the labyrinth of seemingly never-ending hallways. Especially for freshman, acclimating to a new environment is challenging on its own; but, at least the rest of the class is in the same boat.

However, for transfer students, starting anew is even more intimidating, as their classmates have already made friends and gotten comfortable with the university in previous years. For transfer students, it can feel rather lonely and anxiety inducing. Thankfully, there are a variety of ways to make this transfer student transition easier.

Heaven Nazario, a junior majoring in English, transferred to Saint Leo University as a sophomore. Used to taking classes online from the comfort of her room, Nazario was both excited and nervous.

"I knew that eventually I would make friends," Nazario says, "but at first it was a bit daunting" not knowing anyone.

The first recommendation, despite being repeated countless throughout academia and preached by professors, is participating in class discussions. It may seem annoying, but it is actually a great way

to break the ice. Not only will professors be grateful for contributions, but classmates will begin to learn each other's names, personalities, and faces by interacting more, even if it is in an academic environment.

Take advantage of group activities; because, while they may seem frustrating to those who prefer to work individually, group assignments allow students to get to know each other away from the usual silence of a lecture-based curriculum.

Nazario says this helped her feel comfortable as a transfer student, even if it seems simple.

"I think I needed some time to get used to the university lifestyle," Nazario said. Attending her classes and getting to know the fellow students as the year progressed was her first step before joining clubs or attending events.

One of the benefits of Saint Leo being a smaller school and having smaller class sizes, is that it is easier to develop connections with classmates and professors. Despite the hierarchical differences that may appear intimidating, many professors are very willing to speak outside of class.

While it is their job to educate, it is also their responsibility to guide and help students, especially when it comes to matters concerning the university. Many professors are also involved with extracurric-

ular activities, whether it be a book club, an honor society, or even a work opportunity.

Ryn Williams, a Saint Leo Alumna, says that while she wasn't nervous transferring to Saint Leo in her sophomore year, staying close with her professors and joining organizations like Sigma Tau Delta and *The Lions' Pride Media Group* helped foster the growth of her personal community.

Like those mentioned previously, there are many clubs and associations around campus that are always looking for new members, which helps with making new friends and establishing a deeper connection with the university as a whole. In this way, it is important to embrace interests. No matter how niche they may seem, Saint Leo has a variety of clubs that specialize in everything from anime and K-pop to gardening.

There are also a variety of intramural sports outside of recruitments, like tennis and dodgeball, as well as esports, that are avenues to new friendships. Some organizations, like honors societies, may even reach out to students via email; so, make sure to regularly check for any exciting opportunities. By joining one club, more opportunities may arise that allow students to branch out to others, creating more and more comforting connections.

Saint Leo almost always

has an event or two in the works. Through the previously mentioned flyers and checking EngageLeo, students can find fun and sometimes educational events to attend that will provide memorable experiences and another way to make friends. From bingo and Moonlight Breakfast, to seminars and showcases, there are plenty of options to investigate.

Another way to find comfortability is to explore the campus. There are many beautiful areas around Saint Leo that are not only great for studying, but also for getting a much-needed breath of air. By finding enjoyable spots around campus, even when alone, students can find comfort in quiet, serene environments. This may especially help students who benefit from established routines, as visiting the same spot daily will establish a connection with the campus that one is able to rely on amidst a day of changing classrooms and busy hallways.

While exploring the campus, keep an eye out for bulletins and posters. With usually one board on each floor of a building, there are events and clubs advertised year round.

Overall, the most important thing, and yet the easiest, is to be friendly. By starting conversations, being interested in other's lives and interests, and being an active Saint Leo student, it won't be long before you feel right at home.



Hugging Lake Jovita, Saint Leo's campus offers a variety of scenic views perfect for a resting spot, like this boardwalk found at the northern edge of the Bowl. (Photo was contributed from *The Lions' Pride Media Group Campus Map*)

Passport to success: How to adjust to Saint Leo as an international student

Polina Zadirey
Advertising Manager

Enrolling as an international student at Saint Leo University may be an exciting and life changing experience. It might be tough to adjust to a new environment, culture, and school system, but here are some ideas to help you get through this transition and enjoy your time at Saint Leo to the fullest.

First, embrace the college community. Saint Leo is known for its warm and accepting environment. One of the first steps toward adjusting is to become involved in college life. Attend orientation workshops created exclusively for international students to understand the resources available. Join clubs and organizations that interest you and take part in campus activities. The Center for Global Engagement is a useful source of assistance and direction. Do not hesitate to contact them with any queries or concerns.

"I would say making friends is as hard as you make it to be. You never know how receptive they might be. I walked in on esports on my third day with a goal of talking to one person and not long later, I made the Valorant team. So, I would say as an international student, put yourself out there and the opportunity will come," said Stephaun Martin, a sophomore majoring in computer science.

Second, explore the area around you. Saint Leo is located in a very beautiful region, with plenty to offer and a stunning campus. Take some time to explore the surroundings, like Dade City, the Krates and The Grove, Wesley Chapel, and more. Don't forget to walk around our amazing campus, including the Wellness Center, the Saint Leo Abbey, and the dock on Lake Jovita to watch the sunset. Also, consider joining university-organized tours. Exploring your surroundings not only helps you adjust, but it also allows you to meet new people and build lifelong memories.

"Getting to know the campus helped me a lot to adapt better to my new environment. I initially didn't make the effort to explore



No matter your origin, Saint Leo is happy to welcome each of you and help you adapt to campus comfortably! (Photo courtesy of the Center for Global Engagement)

when I first arrived because I was very homesick and wanted to be alone all the time," remembered Jocelyn Osei-Sasu, a junior majoring in business management. "However, once I began doing little things, like taking a walk on campus or showing up to an event for just a few minutes, I realized it was something I enjoyed doing. It also helped take away the feeling of being an 'outsider' and brought me out of my shell, and, in turn, made me feel a lot more comfortable here."

Third, stay in touch with family and friends. Maintaining relationships with loved ones back home might bring you comfort and support during your adjustment phase. Stay connected by using social media, video calls, and messaging apps. Sharing your experiences with family and friends can make you feel more connected and less homesick.

Remember to take care

of your well-being. Adjusting to a new environment can be difficult, so prioritize your physical and emotional wellness. Exercise often, eat well-balanced meals, and get plenty of rest. If you ever feel overwhelmed, contact the university's counseling services by calling (352) 588-TALK or emailing them at counseling@saintleo.edu to help you through difficult times.

"It is important to think about your mental health and physical health entering any school campus for the first time, as sometimes, the new environment can get overwhelming. Acknowledging your wellbeing creates a safe space in your own bubble to help you to personally grow in a growing environment. I wish I used counseling services, or sometimes spoke to a faculty member when things started to get overwhelming with my academics and organizations. It would

have helped me to stay on track a bit more," shared Whitney Cherrelus, a junior majoring in marketing.

Lastly, living in a foreign nation introduces you to new cultures and viewpoints. Approach these differences with an open mind and respectful attitude. Accepting variety will broaden your experience and enable you to form important connections.

Here at Saint Leo, there is also significant diversity.

"30% of students at the University Campus are international," said Paige Ramsey-Hamacher, the director of the Center for Global Engagement at Saint Leo.

It will take some time to get used to living at Saint Leo as an international student, but if you approach this new chapter of your life with initiative and an open heart, you will succeed. Welcome to the Saint Leo family!

Dorm life: Making your dorm your home

Hadassa Larissa Ferreira
Arts & Culture Editor

Moving to or returning to campus always brings a mix of feelings. There is the excitement of a new semester starting, the thrill of having your own space, and the joy of living with friends. However, there are also concerns about being on your own, the responsibility of managing new tasks, and, of course, homesickness.

Making your college residence feel like home is important. Ensuring your space is as comfortable as possible and establishing an organized routine can help you succeed in your college journey and make you feel more at ease in a new environment.

The first step in setting up your dorm is carefully analyzing the entire space. When you first arrive, the furniture may not be arranged in the most convenient way for you. Therefore, take time to examine your surroundings and explore all possible arrangements. Then, adjust the layout as needed to make your dorm feel like home.

Nechelle Sweeney, a junior student majoring in Criminal Justice, said, "On the first day, I suggest packing all of your cleaning supplies separately and have them out and ready, so that you can disinfect your living space before unloading everything."

One of the best ways to settle into dorm life is to bring your favorite things to make your space feel like you. For example, include the books you love, the cozy blanket that makes you feel comfortable, the photos and artwork that warm your heart, and clothes that reflect your personality. Surrounding yourself with these cherished items will help make the new environment feel more like home.

"I am a visual person, and something that helps me to be motivated is the phrase on my wall and my vision board. The days I feel lazy, I look at them and feel better. It is a constant reminder that I can make it," said Sayuri Vargas Hernandez, a junior majoring in accounting.

Additionally, take the opportunity to tap into your creative side by creating a cute semester vision board to display on your wall, which can help keep you motivated. Another effective way to decorate your dorm is by matching colors you love. Consider choosing blankets, pillows, and mattress covers in a cohesive



Saint Leo's campus is one of the most beautiful in Florida given the natural landscape. If you live on campus, you can experience it every day. (Photo by Hadassa Larissa Ferreira)

color palette, and select artwork or prints that complement your style.

Apart from decorating, maintaining a routine is essential to feeling at home, and finding a balance between calm and productivity can be challenging. Organization is key to establishing a healthy routine. Keeping frequently used items in easily accessible places helps prevent

the constant search for things.

This principle applies to everything from documents and textbooks to your clothing. For example, if you enjoy fashion, organizing your clothes by type and color will make it easy to find what you need, allowing you to quickly put together a stylish outfit.

Inevitably, many students will experience homesickness at some point. One of the best ways to cope is to keep plenty of pictures of your family and friends with you. This allows you to have a piece of home nearby and helps you frequently recall happy memories. The simplest way to display these photos is by hanging or taping them on your wall.

Another important aspect is to strive for a positive relationship with your roommates, as you'll be living together for nearly a year. Roommates are the people you'll be physically closest to on campus, so maintaining open communication with them can make your college experience more enjoyable. Since everyone is raised differently, disagreements about household tasks may arise. However, if everyone clearly communicates their expectations and responsibilities, these issues can be resolved smoothly.

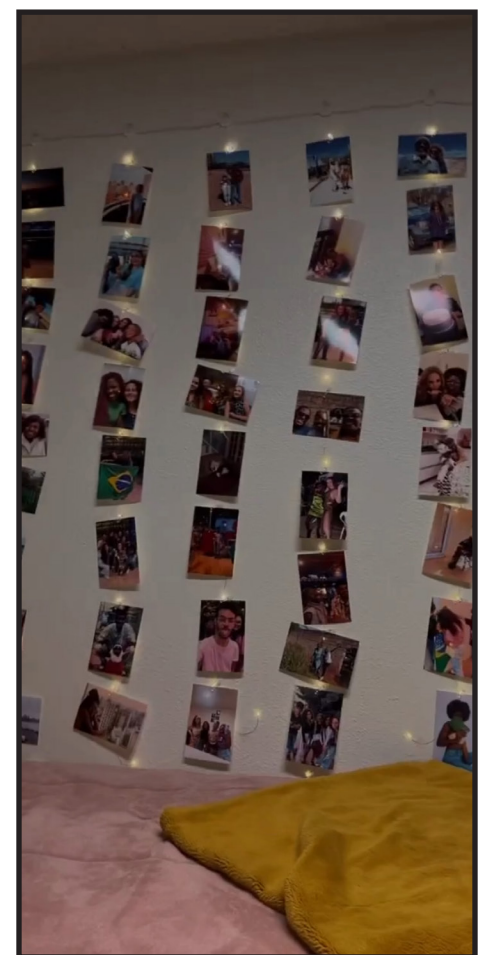
Moving to school can be difficult, especially if it is your first time, but make the most of your time at Saint Leo by immersing yourself in all that campus life has to offer. Attend as many events as you can, connect with fellow students, and take full advantage of the beautiful campus and its facilities. This is a unique time in your life that won't come around again, so it's important to make the most of it and enjoy every moment.



Thinking about the complementary colors when choosing your blanket and pillows is a great idea. Also, having motivational phrases in the objects around your dorm makes you feel at home. (Photo by Hadassa Larissa Ferreira)



Living on campus means living close to the beautiful places around the residential buildings where you can always stop by and enjoy the time. (Photo by Hadassa Larissa Ferreira)



If you want a cheap way to make your dorm look nice and comfortable have pictures on your wall. You can print them on picture paper at the closest CVS and hang them on the wall with lights on. (Photo by Hadassa Larissa Ferreira)

Preparing for the storm: Essential tips for navigating hurricane season

Emily Hernandez Dominguez
Managing Editor

As summer winds down and students prepare to return to campus, another season looms on the horizon—hurricane season. For Floridians, this period from June 1 to Nov. 30 brings not just the promise of summer storms, but the very real threat of hurricanes that can reshape lives and landscapes.

Florida is especially vulnerable to hurricanes. As of May 2023, Florida has been hit by 125 hurricanes in recorded history, more than any other state in the United States. The state is particularly susceptible to hurricanes due to its location on the Gulf Coast. The Gulf of Mexico's warm, shallow waters and the cooler temperatures in the northwest panhandle can also contribute to hurricanes.

In the last five years, Florida has experienced significant destruction and devastation from these storms.

Tropical Storm Ian formed on Sept. 23, 2022 in the central Caribbean, and became a major hurricane by Sept. 26. It hit southwest Florida as a Category 4 storm, causing severe storm surge in the Fort Myers area, and briefly reached Category 5 strength, according to the National Hurricane Center. In the fall of 2023, Hurricane Idalia developed near the Yucatán Peninsula, rapidly intensifying into a major hurricane. It reached Category 4 strength before weakening slightly to Category 3 just before making landfall near Keaton Beach in Florida.

According to NOAA, of all recorded weather disasters in U.S. history, tropical cyclones have caused the most deaths and destruction.

Although no one can prevent these storms, preparation and education are key.

The Saffir-Simpson Hurricane Scale categorizes a hurricane based on its intensity at a given time. The scale classifies the storm on a scale of 1 to 5 based on wind velocity, central pressure, and storm surge height.

A common misconception in Florida is that some parts of the state do not get hurricanes. Since



While storms can be frightening, they often create stunning views that captivate viewers before the chaos unfolds. (Photo by Emily Hernandez Dominguez)

SAFFIR-SIMPSON HURRICANE WIND SCALE		
Category	Winds (mph)	Damage Summary
1	74 - 95	Very dangerous winds will produce some damage.
2	96 - 110	Extremely dangerous winds will cause extensive damage.
3	111 - 129	Devastating damage will occur.
4	130 - 156	Catastrophic damage will occur.
5	> 156	Catastrophic damage will occur.

The Saffir-Simpson Hurricane Scale, originally developed by Herb Saffir, a wind engineer, and Bob Simpson, a meteorologist, categorizes a hurricane based on its intensity at a given time. (Graph was created by Emily Hernandez Dominguez)

1850, all of Florida's coastline has been impacted by at least one hurricane. The southeast coastline is extremely susceptible to a land-falling hurricane, followed by the panhandle. Areas around Tampa, Jacksonville, and the Big Bend do not have as high a risk of a direct strike from a hurricane, but are still susceptible to landfall each year. Even if the hurricane makes landfall elsewhere in the state, the impacts can be felt hundreds of miles away.

As Saint Leo University gears up for the new academic year, it's crucial to understand the impact of these powerful storms, how to prepare effectively, and how the university is taking proactive measures

to safeguard its community.

At the Saint Leo campus, the staff's main priority is safety for its students and residents. Ensuring that students' personal cell phone numbers are up-to-date is crucial for sending out text updates.

Dr. Jen Shaw, Vice President of Student Affairs, and the Saint Leo team make sure the right steps are taken to protect students from storms.

"A lot happens before a storm is ever predicted," Shaw said. "The university has an emergency team that begins meeting as soon as a storm starts to form to ensure we are ready for our response."

As students start dorm shopping, buying storm essentials can

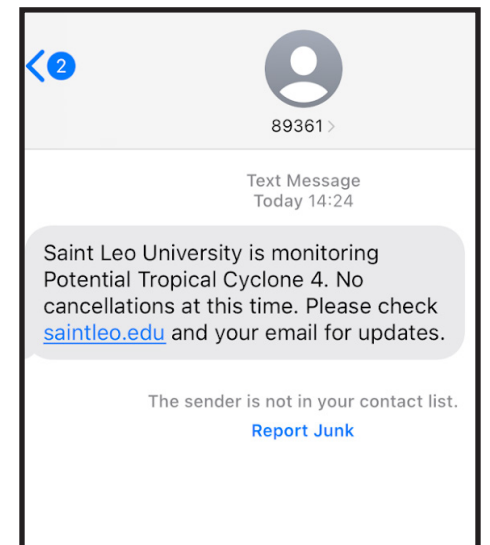
help. Some great items to stock up on are an emergency kit, non-perishable food, bottled water, personal hygiene supplies, important documents, blankets, a portable power bank, and local contact information.

In addition, Shaw advises, "Students should have a plan to go home or to a friend's house that is away from the coast. They should check their university email frequently for instructions and follow those."

While the thought of a hurricane is not pleasant, Saint Leo students are at an advantage compared to other universities closer to the beach.

"Saint Leo is lucky in that we are far enough inland that we do not typically receive the worst of any storm. Our emergency operations are excellent!" Shaw said. "We have three shelters on campus in case a shelter scenario becomes necessary, although we try to be as flexible as possible with class attendance, so students can get home safely. We will communicate frequently, including through Everbridge, our emergency operations communication system. The university's website is always the best source of current information about storm response."

While hurricanes can be intimidating and out of our control, we can take proactive steps to be ready. Saint Leo is committed to ensuring the community is well-prepared as hurricane season approaches, and it's never too late to get ready.



One of the many quick ways Saint Leo gets in touch with its student body is via text message. (Photo was screenshots by Emily Hernandez Dominguez)

Showing your Lion's pride with Campus Gear: The place to get your Saint Leo merchandise

A sponsored article by
Polina Zadirey
Advertising Manager

Are you a current or future Lion eager to show off your pride? If so, Campus Gear is the place you need to visit!

Campus Gear is a retail store that offers a wide range of Saint Leo University merchandise, Christian-themed tees, first Communion and confirmation gifts, rosaries, journals, and more.

"Campus Gear is our retail arm established in 2015 to provide merchandise for local high schools

and Saint Leo University. With the University Campus just around the corner in San Antonio, Fla., we knew it was the perfect location to support our Lions!" said Jean Nathe, owner of Trade Mark Sales, Inc. and Campus Gear.

Saint Leo students will find plenty of options at Campus Gear, from t-shirts and hoodies to pants, caps, and shorts. Proud parents of Lions can also discover apparel just for them, and for the little ones dreaming of attending Saint Leo. Campus Gear has lots to offer!

Now is the perfect time to visit, because Campus Gear is

offering 50% off markdowns on last year's products to make room for new merchandise.

"Be sure to check for the tags with the red slash marks to save!" added Nathe.

If you prefer to shop in person, you can visit Two 'Ole Hens, located at 32747 CR 52, open Tuesday through Sunday, or the bookstore on campus. If you're more of an online shopper, please note that Campus Gear's website is currently suspended and under construction, but you can still check out the bookstore's website.

And, exciting news! Campus Gear is looking for two brand ambas-

sadors for the 2024-2025 school year.

"As a brand ambassador, you'll receive two free items (tees, hoodies, caps, etc.) to model, must be willing to post on your social media, and may appear on our website! As we roll out new items, have sales, or host events, our brand ambassadors will help promote," said Nathe. "We're looking for one male and one female who are outgoing and want to support local business and the Saint Leo University brand."

For more information, please contact Jean Nathe at jean@trade-marksales.com.



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Getting involved: Making the most out of Saint Leo University

Josie Osborne
Campus News Editor

It is always said that some of the best memories are made at college; but, for some, classes aren't the most exciting thing in the world. While some curricula may consist of fun group activities or academic excursions, others are filled with lectures and copying down information from PowerPoints. Thankfully, Saint Leo has many avenues to explore that exist outside of the—sometimes—monotonous classroom to make the college experience memorable.

For starters, Saint Leo has more clubs than a human has fingers and toes. From honors societies and sororities, to special interest and multicultural clubs, there is an opportunity for everyone, even online students. Chances are, if there's an interest, there's also probably a club for it!

Many special interest clubs don't have requirements except for the given: love this subject. Whether it is astronomy, music, or even scuba diving that makes the heart sing, there's a community waiting. To join, start by locating the organization on EngageLeo, a Saint Leo's website, which includes an event calendar and information for upcoming events, as well as contact information for the various organizations.

As for honors societies, there usually are some sort of requirements, like a certain GPA or credit hours. If the qualifications are met, the society may send out email notifications to possible applicants, so make sure to keep an eye out for those, too! If curiosities about meeting the qualifications for a certain society linger, don't be scared to reach out to the representatives.

Adrianna Astudillo, a senior majoring in English, joined one of four of Saint Leo's Panhellenic sororities, Theta Phi Alpha, at the beginning of her freshman year. Serving as president during her junior year, Astudillo found a home away from home in the family of Theta Phi.

"From gaining more lifelong friends to becoming a leader," Astudillo says, "the experience is once



International students touch every part of Saint Leo's culture, from education to sports and even student organizations. (Photo was taken by Alexandra Collighan)

in a lifetime" as she recalls both the fun times and the challenges that helped her grow as a person.

Astudillo encourages those who want to heighten their college experience to not only consider going Greek, but to also become part of other events and organizations.

On the off chance there isn't a place that feels just right, anyone can contact the Assistant Director of Student and Family Engagement, Ashley Phelps, to begin the process of creating their own club, per the official Saint Leo website page "Student Clubs and Organizations."

Even if club life doesn't suit everyone, the Saint Leo community is always hosting one event or another that doesn't require club memberships to attend. There's a wide range in the type of events hosted on campus, including major-based listening sessions and fundraisers, as well as school-wide seasonal festivals and bingo nights. The campus library, Cannon Memorial, often hosts events too, like open-mic night or creative writing readings.

While EngageLeo is probably the best and easiest event source to use, it is worth keeping an eye out for event posters and flyers found on the bulletin boards around campus.

Sports are another great way to get involved at Saint Leo. Between intramural sports and esports, there's sure to be something for everyone who desires some stress-relieving competition. Saint Leo offers a variety of intramural options, from dodgeball, kickball,

and pickleball, to tennis, soccer, and beach volleyball.

There are also competitions in weightlifting such as squatting, benching, and deadlifting that students are welcome to participate in.

In the Esports Arena, you can play just about any game you can get your hands on. For competitive play, there are teams for League of Legends, Valorant, Overwatch, and Super Smash Brothers. While there's fun in competition, these sports-based organizations also bring friendship and community.

Kore Ramos, a senior majoring in English: Creative Writing, describes her experience in esports positively.

"This is where I met most of my friends," says Ramos. "We're like a family who will always be there for each other because it's not just about competitions."

Saint Leo also offers student job opportunities that not only help support students financially, but also provide yet another way to get involved on campus. Almost every facility on campus has job opportunities for students, such as library assistants, mail room workers, print shop assistants, and, of course, tutors. While at the end of the day, a job is a job, working is still a way to cultivate more experiences on campus.

As the fall semester begins and the chaos of college ensues, remember to have fun. By checking EngageLeo, keeping an eye on the bulletin boards, or even checking Saint Leo's and *The Lions' Prides'* social media, there are plenty of enriching opportunities waiting to be taken advantage of.

Sometimes the best ways to take your mind off the textbooks is to close them and get involved.



If you can get past the sound of squeaky shoes, join the Saint Leo Intramural 3-on-3 Basketball Tournament in the winter for end of the semester fun. (Photo was contributed from *The Lions' Pride Media Group Campus Map*)

Funding Your College Memories: Tips and tricks on how to find a job on campus

Hannah Lynn
World News Editor

There is no doubt that college expenses have always been pricey, and it just keeps getting more expensive as time goes on. Many students find it essential to pick up a job to not only pay their college expenses, but to also make lasting memories apart from academics.

To combat this situation that many students find themselves in, Saint Leo University offers many job opportunities on campus for students.

While finding a job, even at the college level, is always a somewhat tedious process, there are multiple steps that a person can take throughout the job application process to help make themselves stand out to their future employers, and to make the process just a little bit easier to ensure you have funding for these everlasting memories with your new friends.

The first step in looking for any job is to create or update a resume. Saint Leo student worker, Emily Shute, a junior majoring in political science, reflected that “the hardest part of the application process is creating and polishing your resume.”

In general, the point of a resume, according to Shute, is to “highlight your skills and any past experience.”

This is an essential aspect that cannot be missed in a resume. Highlighting your skills and past experiences can help a job candidate stand out to an employer, which, in turn, will help to increase the chance of obtaining a job interview.

It is also critical at the resume stage of the application process to “make sure to ask for help and have someone check it over before submitting it,” Shute remarked.

Having another set of eyes on a resume helps to ensure that there are no typos and that everything adds up in the mind of another person, which will help to ensure the resume is clear and easy to understand.

Before applying to jobs on campus, it’s important to understand the difference between Federal Work-Study and the non-Federal Work-Study Programs.



The job application period is often a team process, involving getting feedback on resumes, asking around for places hiring, and seeking support. (Photo generated by Canva AI)

The Federal Work-Study is a federal “scholarship” for students who demonstrate financial need. You can find out if you qualify for this “scholarship” through your financial aid on eLion. The amount provided is how much funding the recipient will receive a semester. It is important to note that this scholarship is paid through paychecks, not on top of it.

The thing to look out for with the Federal Work-Study Program is that if more scholarships are added to your financial aid while having this type of job, there is a risk of the amount of money allocated dropping significantly, or risk losing the job entirely.

Jobs labeled non-Federal Work-Study are open for any student on campus who is not qual-

ified for Federal Work-Study, and these positions typically have fewer restrictions than the Federal Work-Study Program does.

In either category, these jobs could be found in the Canon Memorial Library, the registrar’s office, the Wellness Center, dining services, or the Print Shop. Keep your options open!

There are many questions that students ask themselves during the application process, such as what paperwork they need, how many hours they can work, and how much they can be paid. The answers to many of these questions can be found in the Saint Leo University Student Employee Handbook.

Going to college for the first time is a new and often scary experience, and this may make many

students hesitant to get a job when they first start college.

“Having a job was an adjustment at first, but I eventually stuck to a routine that helped manage my time well,” said Shute.

Routines can look different from person to person, but they are essential when managing a college course load and a job. Once a stable routine is found, everything will fall into place.

Although it may take some time to get there, the next stage of the job application process is the interview. This can be done in multiple ways, through Zoom or in person. At this stage, people may find themselves excited, but nervous.

At this stage, it is important to make a good first impression with the interviewer. One way to do this, Shute recommends, is to “bring a printed copy of your resume.”

Many interviewers may not have all job applicants’ resume on hand, and bringing in a copy can help to reinforce your qualifications for the position or let the interviewer ask any questions they may have.

When looking for a job, Shute recommends not limiting opportunities to those the school offers, “but also talk to friends and professors about job openings as well.” This tactic may allow students to have a job that is closely related to their major and get a step closer to their future goals.

It is important, once in the workforce, to have a work-life balance, so there is time to make memories with friends, time for school, and work. Shute wanted to reinforce the advice of “having a schedule being super important and making sure that you have designated time for schoolwork. Don’t overwork yourself.”

The many job opportunities that Saint Leo offers can be found at Employment at Saint Leo University (myworkdayjobs.com).

Having a job and going to school, along with having fun with friends, is certainly manageable. Many people often find themselves loving the job they work and the routine they’ve established, and they don’t regret their decision.



Microsoft Word offers a variety of resume templates to use in your job search and make the process just a little bit easier. (Screenshot taken by Hannah Lynn)

Welcome to the Student Government Union at Saint Leo University

By Tamar Olguin
SGU President

Welcome, Lions! As we begin a new academic year, we are excited to introduce you to the Student Government Union (SGU). Our mission is simple: to enhance student life on campus by providing activities, proposing legislation, and promoting fiscal responsibility among student organizations. We offer opportunities for students to gain leadership experience, collaborate with departments across campus, and build relationships with the student body. Our goal as SGU is to represent the student body, whether you're interested in joining a club or organization, attending events, or seeking out resources, SGU is here to help.

SGU addresses student concerns by advocating for positive campus change. We propose and support legislation that reflects the interests of the student body. By doing this we ensure that student voices are heard.

Joining SGU is an exceptional way to gain leadership experience and make a meaningful impact

on campus. Within our Senate there are 20 elected seats available, overseen by our Vice President of Operations. We encourage students, regardless of their academic background, to consider running for Senate. No prior experience is necessary. We pride ourselves on providing the training and tools necessary for success. SGU Senate ensures that every Senator is well-prepared for an exciting year ahead. There is a place for everyone with different interests and ideas to serve on various committees, and by contributing to SGU, you will gain great experience and lasting connections.

In addition to leadership opportunities, we also focus on creating a vibrant campus life. Our Campus Activities Board, overseen by our Vice President of Activities, is responsible for planning and executing a wide range of events throughout the year, such as Welcome Week, Bingo, and more. This board works tirelessly to create exciting events that bring students together and foster a sense of community.

How To Get Involved:

The SGU Senate is open to all students, whether you are a freshman or a senior, there is a place for you. Senate applications open on August 19th and run through September 5th. They can be found on EngageLeo through Okta.

We invite you to make this year unforgettable. We encourage you to get involved, attend events, and run for Senate! For more infor-

mation follow @saintleosgu, our official Student Government Union page on Instagram, for the timeline of Senate elections, and @saintleocab, our official Campus Activities Board page, to stay updated on campus events. If you are interested in getting involved or have any questions, please email studentgovernmentunion@saintleo.edu.

Once again, welcome, and best of luck this semester! Go Lions!



The current Executive SGU Board poses at their inauguration.

A large advertisement with a dark background. On the left, there is a cartoon illustration of a woman with dark hair in a bun, wearing a striped shirt. The background features faint, large letters '2021' and 'JO'. The main text is in large, white, bold, sans-serif font.

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Hitting the ground running: Saint Leo's cross country team returns

Sophia Sullivan

Editor-in-Chief

As students return to campus from their summer breaks, they will be reunited with their friends, teammates, professors, and coworkers. But there's one other thing being reunited with Saint Leo University.

After a year's absence, the cross country team is returning to Saint Leo, and everyone is getting excited.

The choice to bring back the cross country team over other sports that were previously cut was mostly a practical one.

"It's more economically effective," said Marcal Lazenby, director of athletics, wellness, and recreation at Saint Leo.

By this, he means that the team will not require a facility that requires maintenance, as they practice and run around the campus itself. There also is no need for hosting events right away, and overall, it's a "minimal sport."

Shepherding in this returning team is someone also returning to Saint Leo: Head Cross Country Coach Anthony Deleva. Deleva, a

Saint Leo alumnus, has coached high school cross country for years since graduating college, but is ready for this next step.

"I'm excited to get my feet wet and just actually coach at the college level," said Deleva.

Having not only graduated from Saint Leo, but also having been on the previous cross country team, provides Deleva with a valuable background. Deleva reflected on his time as a runner at Saint Leo and how much he learned from his coaches and mentors. Those experiences certainly influence how he plans to coach this team.

"My goal would be to not change the program much as to what it used to be, but to kind of bring it back to what it used to be," said Deleva.

Deleva was an obvious choice for the head coach position.

"I think that Anthony's the best for the job. I want to bring back a guy who's been a part of the program, who's been a part of the greatness of the sport and the success of what this sport has had in the past," noted Lazenby. "So, I wanted



A family atmosphere is not only essential in athletics, but it is an inherent aspect of Saint Leo. (Photo courtesy of Anthony Deleva)

to make sure I chose someone who had that passion."

The passion that Deleva displays manifests in his main cause: to focus on an inherent aspect of the Saint Leo community—the family feeling.

"My main goal is to get that culture back and have that family atmosphere," said Deleva. "I think that if the team has that, like it used to be, people will want to come to the team."

Because of his recent hiring, Deleva is now focused on last minute recruiting efforts.

"It's really about connecting with people and getting more connections for recruits in the future, and hopefully, the program will build," stated Deleva.

In addition to just the team itself, this new team is a symbol of hope on campus, after a discouraging couple years of athletic team and budget cuts. But things are starting to look up, thanks to the return of things like the cross country team.

"I think for the university and for the student body, I think that it's an opportunity for them to be a part of something special," remarked Lazenby.

Even in a more technical sense, the return of cross country is beneficial to Saint Leo overall.

"Adding cross country adds more student athletes, and adds that diversity to the campus," said Lazenby. He also noted how this will help drive enrollment for the university.

With the return of cross country, people wondered if that meant other sports may be coming back as well. As other programs are being evaluated, Lazenby wants to be prepared and bring them back in a manner that is sustainable for the university.

"The thing I want to make sure we do, is that we do it right. Obviously, it crushed those student athletes the last time we had to cut a sport," said Lazenby. "We are going to do it correctly this time. Give opportunities to students to come to university, be a part of a team."

As the Fall 2024 semester comes to a start, Deleva is gearing up for his new team by learning rules, connecting and socializing in order to recruit, and garnering outside support for his team.

"It's a big step in a direction I haven't gone," said Deleva.

Overall, the return of cross country is being met with lots of positive feedback from the community.

"We're not the richest school; we don't have the most money in the league, but what we have is great people," said Lazenby. The coaches, players, and support from campus are what make athletics at Saint Leo special and what keeps the morale going.

For those interested in staying updated about Saint Leo's cross country team, follow them on their social media accounts like @saintleoxc on Instagram, and the Saint Leo Lions app.



Deleva's passion for both cross country and Saint Leo is evident and will be instrumental in the return of this team! (Photo courtesy of Anthony Deleva)

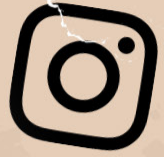


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Welcome New & Returing Students!

