

THE VOICE

SAINT LEO UNIVERSITY WORLDWIDE NEWSLETTER



Leo the Lion Sculpture, by Jon Hair and Saint Leo's Student Government Union

GOING THE DISTANCE TO SUCCESS



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WELCOME!

Welcome to the third volume of "The Voice." As an extension from the prior editions of Saint Leo University's WorldWide newsletter, it is my hope that this new volume will continue featuring incredible and relevant articles written by some of Saint Leo's inspiring and dedicated students whom I've come to know through my experience and journey with this school and the paper. I am truly blessed to present you with our first release to this new volume.

Although this will be my last time serving as your fellow student Editor-In-Chief, it has been an honor to work with each of you and emphasize the work of your fellow students who, like you, share in the struggles and successes of life. No matter who you are or where you come from, may you continuously seek to overcome the challenges before you and may you truly inspire, encourage, and grow with each other as a united community at Saint Leo. I have faith in you, Lions, and it has been an honor to fight alongside each of you. Don't ever give up. #YouGotThisLions

Blessings to you always,

Aurelia Lamanna

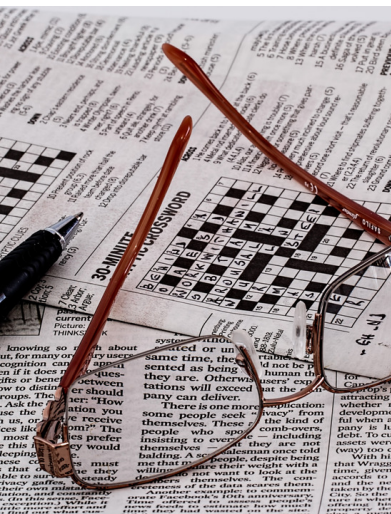
Student & Editor-In-Chief

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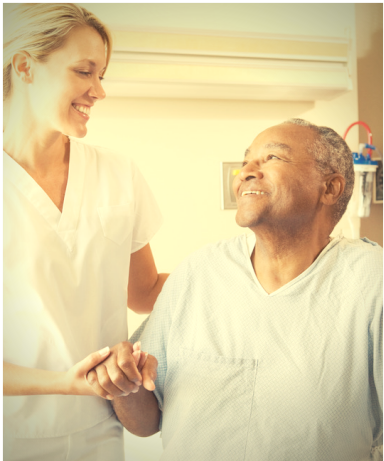


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Michael Fulton



MAKING A DIFFERENCE IN THE LIFE OF OTHERS

WRITTEN BY KENNETH WELCH

As a nursing home administrator, I have always been excited about culture change since my early college days back in 1999, i.e., taking a nursing home from an institutional-like place to a more homelike environment. I have advocated for and tried to promote creating a homelike environment that can emphasize more choices in their daily care and truly takes the institutional feeling away. Over the twenty years of my work in healthcare, I have implemented a few things that I believe has helped improve the lives of the people I'm entrusted to take care of as follows:

1. Treat the residents like you would your own grandparents.

Regardless of who we take care of, they are someone's daughter or son. Someone's brother or sister. Someone's mom or dad. The unfortunate part about dementia and aging is that it is many times beyond their control what has happened to their bodies.

2. Food is life. This is probably my favorite part of what I do. I was fortunate enough to take a couple of years off from healthcare to attend culinary school. Food is everything, and that's one of the things that my residents look forward to with us. I love being able to help with making food for my residents. In the last few buildings that I have been involved in, we have created a buffet for our residents. This gives them choices and it's a huge benefit for them.

3. The little things matter. In a hotel, they typically change the sheets every day. Why don't we do the same for our residents? At my building, we do. Regardless of what happens, they get fresh sheets daily. In nursing homes of the past, they would tell the residents when they could take a shower. For us, I've implemented a choice of shower days. If they want to take a shower daily, then they get to take a shower daily. Their lifestyle shouldn't be much different because they live in a nursing home.

4. A nursing home isn't a place where people go to die. In my building, we are full of love, life, and activities. There are a significant amount of residents who stay for years. Shouldn't they be some of the best years of their lives?

I can't imagine doing anything else. I am honored and blessed to have had such a great career so far. I know that the wonderful staff that I have had in my various leadership positions have helped me to change the lives of those we take care of and embrace. What we were able to accomplish has remained in place for those residents. It's how I can make a difference, one resident at a time.

UBER PROVIDES A LESSON IN STEWARDSHIP

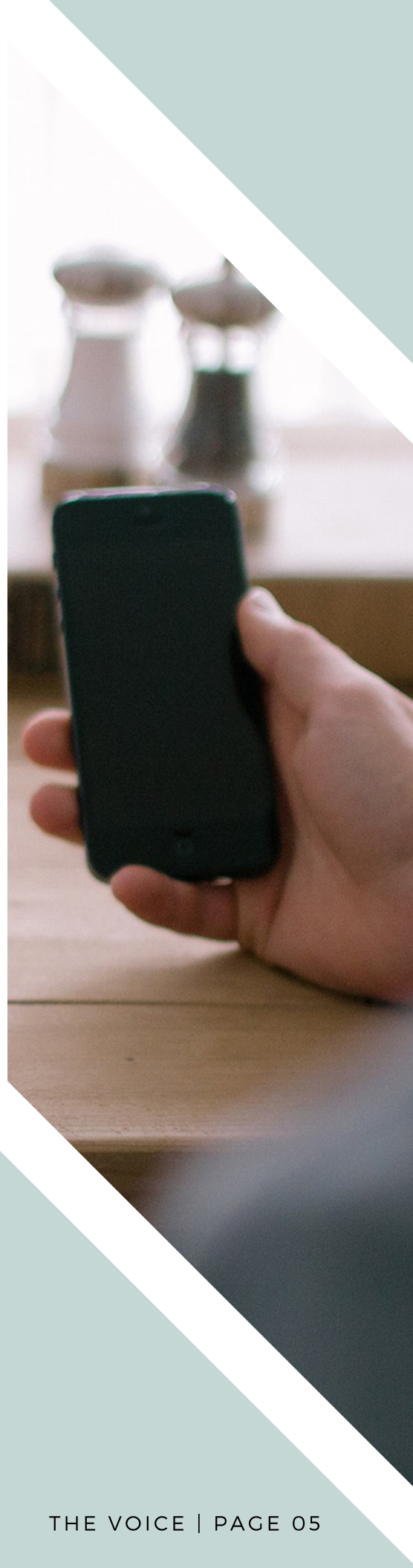
WRITTEN BY TIMOTHY ROBINSON


In addition to serving in the Navy, I moonlight as an Uber driver and a lot of times passengers ask about some of the experiences I've had as a driver. I usually share the more humorous ones, but I never share about the ride that would teach me a valuable lesson about one of our core values. It was pretty early on a Friday night. Dinner time was wrapping up and people were making their way out to the bars. I had a pick up from a local brewery, and as I arrived, I saw two young ladies and a young man. One of the ladies approached me and told me I would be taking the other girl to the hospital which was about 35 minutes away. As the girl got into my truck and we drove away, I asked if everything was ok and if she was visiting a family member or something. She then remarked, "You didn't notice the huge lump on the side of my head?" I didn't, but as she showed me, she was right. She had quite an obvious sign of trauma. She then told me how her boyfriend had assaulted her, taken her wallet, and everything.

This girl had no id, money, or phone to get help. She approached the young couple and their solution was to get her an Uber to the hospital. The girl feared for her life and did not want the police involved. I did not have the heart to make money off of a situation like this, especially considering it was the good Samaritans who were paying for the trip. So I ended the ride on the app, and I told the girl who I was, i.e., an active duty sailor who is also a criminal justice major. Thank God I was the one who got her ride. I was even more saddened to know this girl had no family she can call, so I stayed with her at the hospital until an advocate came from the local domestic violence shelter. This experience taught me that I need to do more in my community, especially with regards to this issue. The day after this happened, I looked up domestic violence organizations in the city I was about to transfer to in a few weeks. I found a shelter just like the one I was able to get this young lady in and two days after I checked into my new duty station, I attended an orientation to be a volunteer for this shelter. In addition to volunteering on my own time, I started coordinating other sailors from my command to volunteer as well.

Right before Christmas, a group of us had gone to pick up all the gifts that were donated by local organizations for the women and children at the shelter and I was in the lobby when one of my volunteers came up to the gate. I told him it's a secure facility and to just say his name and who he's with so they'll let him in. There were several women who lived in the shelter and heard him over the speaker as he identified himself. Considering we were all in civilian clothes, they had no idea who we were, but when he said, "United States Navy," they couldn't believe it. They were so touched that the military was there to help. Extraordinary things happen when we pull our resources together and offer them to the community. We all have our own unique gifts and sometimes we are challenged to figure out how to apply them to our calling. When I first started studying Criminal justice, I thought I was going to go out and enforce the law and I never imagined myself as an advocate.

However, this experience has encouraged me to explore a part of the field I would have never considered before. I can't imagine how it feels to have to live in a shelter because someone you cared about is threatening your life, but then to have men and women from the strongest military in the world show up and help? To think it all started with a good Samaritan and a few taps on a smartphone's screen. Your phone can do the same thing. Take it out and find a way you can take your gifts and what you are learning here at Saint Leo University to people who need it.





"KEEP LIVING
THE DREAM. IF
WE DON'T, THEN
WE LET OUR
FEARS BECOME
OUR FUTURE IN
REALITY."

-WILTON GLENN

l.i.f.e. DEVOTIONAL



DROUGHTS & WILDFIRES

WRITTEN BY AURELIA LAMANNA

In the twenty-three years of my life, I have realized there are going to be moments when the “fire” of my Spirit no longer burns with fervor. Moments where only the ashes of faith, trust, and hope scatter in the wind and the kindling that is supposed to inflame my soul remains “out of stock.” During these moments, I have realized that words are not enough to express the longing and despairing pleas of my heart. As unfortunate as it may be, it is a time where my prayers turn into silent tears, irritation, and desperate longings for the Lord’s comfort and guidance. To put it simply, it’s a time when life sucks.

However, I have realized something in these moments. In a world where everything is at our fingertips and where our tasks are endless, we easily disregard emotions or these spells of “dryness” as an inconvenience rather than a warning or a gentle nudge coming from the Lord. Granted, there are no benefits

when we dwell in our guilt, pity, sadness, or even ruminating the past, present, and future. However, there are benefits when we learn to embrace them instead of running away. Throughout the scriptures, we frequently find the Lord’s people (and even Christ Himself!) embracing the emotions of their hearts and sufferings (Jb. 1:13-21, 3, 7:1-21, 24:1, 38:1-42; Ps. 3, 5, 6, 13, 17, 22, 31, 42-43, 51; Lam. 5:22; Is 52-53; Mt. 9:35-37, 14:13-20, 26:36-46, 27:27-44, 27:45-56; Mk. 15:16-20, 14:32-42; Lk. 22:39-46, 23:33-49; Jn. 11:1-44; 12:24-26, 17:1-25; 19:17-37; 2 Cor. 1:3-11; 1 Pt. 3:13-4:19; and so many more!).

"EMOTIONS ARE THE LORD'S WAY TO GUIDE US IN HUMBLING OURSELVES ENOUGH TO COME TO HIM AS WE ARE SO THAT HE CAN FULLY WORK HIS MERCY WITHIN US."

Even when you have no words to offer God, sometimes, the greatest prayers are those where we come to the feet of Christ giving Him our hearts, not as what we should be or how we should feel, but rather in humility and acceptance of what we are feeling, what we are going through, and everything in-between. Disregarding the nudges of God is much worse than allowing ourselves to accept what those nudges are saying. When we do so, we deny all that Christ has come to do and who He is! We are ignoring His mercies to fully enter our Hearts and help us through the pain, anxiety, and more.

It’s a hard truth, but we are not strong enough to get through it on our own or overcome it with just a simple prayer for God’s help. God will always help, but when we come to Him as we are instead of ignoring, hiding, or striving to overcome things on our own, we will find He does a lot more for us than we initially thought possible. Only the Lord probes the mind and tests the heart (Jer. 17:9-10). Thus, never feel afraid to come to Him in your brokenness, pain, or struggles because He knows how it feels! The droughts of our souls can be the worst, but in Christ, we will eventually find the kindling that will spark the fire and bring us back to life.

Prayer: Lord, help me not to rush ahead or stay behind, but to come to you as I am. When words are not enough, may my spirit intercede in specific and honest prayers so that I may find rest and healing in your mercy and care. Amen.

STUDENT SPOTLIGHT

"MICHAEL FULTON"

What happens when you take a dedicated family man, an accomplished professional photographer, and a veteran crime scene investigator and put them all together? You get Saint Leo University's criminal justice graduate student, Michael (Mike) Fulton, of course! Mike attends Saint Leo University WorldWide and is from Texas where he serves as a crime scene investigator who also has his own photography business. Mike is a student who is dedicated to the Saint Leo community and is active in several of our online associations not just as a participant, but as a presenter as well. We are honored to have Mike as this edition's "Student in the Spotlight."

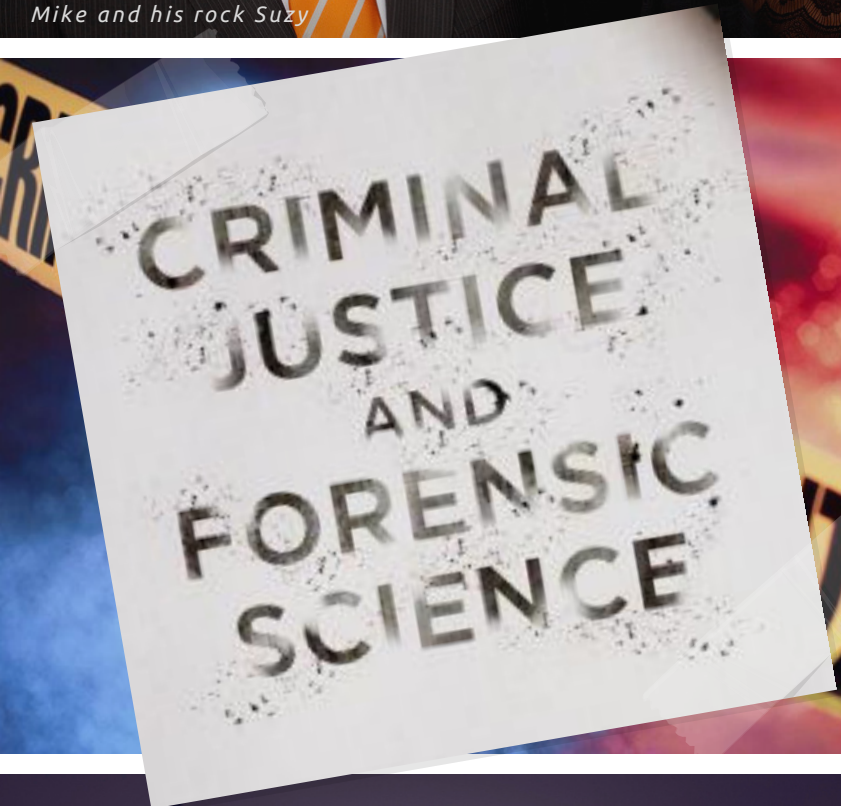
Mike earned his B.S. in Criminal Justice 20 years ago from the University of Houston-Downtown. Between marriage, careers, and business, it would be a while before he could continue his education as he felt he was called to do. However, when Mike did get to that point, he was very diligent in researching schools that he thought would be the absolute best fit for him. He wanted to continue studying criminal justice, but with a specialization in forensics. Due to his experiences, he wanted to learn from people who were also experienced in the field. Yet, because of his family and professional commitments, the program had to be entirely online.

This is what guided him to narrow down his search and discover Saint Leo University. He was concerned that he wasn't Catholic, but Saint Leo reassured him that they welcomed non-Catholics as well, because "we feel it is the correct and Catholic thing to do to make the next generation better for everyone." This left a lasting impression on Michael, and as a photographer, he said, "We are all one race, just different exposures when looking at each other. Everyone is full of culture and experiences that when shared make this world a much better place to be a part of." With this outlook on life and his belief in servant leadership, Mike readily embraced the Saint Leo University's Core Values, especially "Responsible Stewardship."

Mike does not just serve others in the career he chose. He also volunteers for the Now I Lay Me Down To Sleep organization where, according to Mike, "Photographers donate their time, talent, and equipment to show up at all hours of the night at hospitals where families are dealing with one of the worst losses ever, the loss of a newborn child. We dedicate ourselves to capturing family portraits, so the families will have a memory to always remember their angel." Mike also dedicates himself to the Saint Leo community by actively participating in several of the online associations such as the Online Criminal Justice Association and the Student Peer Mentoring Club. (continued)



Mike and his rock Suzy



Example of Mike's professional photography



Mike after retrieving his ex-mother-in-law's ashes

These clubs have been an important aspect of Mike's academic life in terms of "meeting other students, having someone to reach out to if I have an issue, and just generally providing a social support group which I find is always important," Mike said. This also led Mike to give back. So when he saw an ad for student presenters, considering he had given talks all around the world to large crowds, he decided to use his talent and experience to contribute to the Saint Leo community. He recently presented for the Online Criminal Justice Association where he broadcasted live from his crime lab and taught students about "Real Life CSI." For students who may be considering a career as a crime scene investigator, Mike believes if you have a passion for solving puzzles and are truly dedicated to your work, CSI would be a good fit for you.

He says, "The job is so rewarding, as it truly is Servant Leadership at its finest. Due to extremely long hours, the job must come first before family since you are often on call, and the sites and especially the smells are quite challenging." Mike also believes it is important to take a break because of the difficult challenges and nature this work presents, even if you may be passionate about the job. For Mike, photography has always been a passion of his, and this was one of his motivations for starting a photography business. He started shooting weddings on the weekend and, according to Mike, this gave him a mental break from CSI. "Seeing the worst of humanity during the week and the best on the weekend was a nice balance." But in a short time, Mike excelled as a photographer, has shot all over the world, and has received numerous awards including Kodak's "World-Wide Photographer to Watch" as the best up and coming photographer in the world.

He also served on the Board of Directors for the Professional Photographers in America. Considering all Mike has accomplished in his career and education, Mike's proudest accomplishment is his family. Mike is a proud husband and father of three daughters. He attributed his success to his wife and said, "Suzy is my rock. Without her in my life, I would not be here today."

Copyright Michael Fulton and TriCoast Photography



Example of Mike's professional photography



Mike on his mother's street in the wake of Hurricane Harvey

In addition, Mike has an extended family which includes his mother, siblings, and an ex-wife whose houses were significantly damaged by Hurricane Harvey and resulted in them all living together under one roof at Mike's house. Despite the fact he was sleeping on the floor at work for a week because of the storm, when he made it home, he assisted his neighbors with their homes, bravely waded through the flooded waters to retrieve his former Mother-in-law's ashes from his ex-wife's flooded home, and still managed to get his school work done. This is because he believes Saint Leo has helped him excel in his education and said, "Life is short when times are tough. Focus on the positives and let the negatives fall out of the focal plane! Thanks to Saint Leo University I have been able to do just this and realize my future is much brighter than I ever dreamed it could be!"

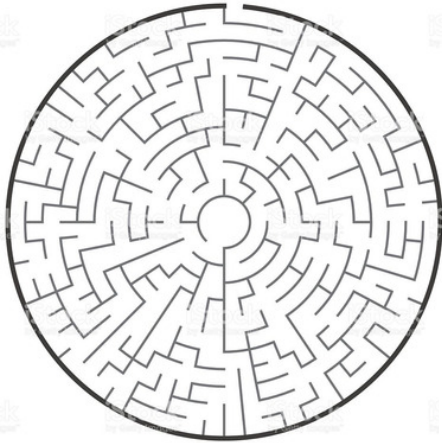
After talking to Mike about his life, the challenges he faced, and all of his exemplary accomplishments, I can say Michael Fulton is the epitome of the Core Value of "Responsible Stewardship" and sets an example for the rest of us to emulate. Mike teaches us that "Responsible Stewardship" is the root of all of our Core Values which will help us achieve success. As he stated, "I believe by serving others and by dedicating ourselves to another human being, be it our spouse, our children, our parents, our community, or whoever keeps us humble, I am able to strive for and reach the other Core Values that myself and Saint Leo University holds strongly."

IT'S ALL
Fun & Games

"A truck drove to a village and met 4 cars. How many vehicles were going to the village?"

Answer: One Truck

	7	1	3	9	
9	3		7	6	8
2		3	4	8	6
3	8		1	2	4
	9	2	7	3	
	5	6	3	1	7
		4	8	5	
		9			



*The more that you read, the more things you will know.
The more that you learn, the more places you'll go."*
-Dr. Seuss

"We kill, and we give life. We are either poison or fruit - you choose. What are we?"

Answer: Words

"Every evening I get my assignment, and I always fulfill it. But every time I do, I get scolded. What am I?"

Answer: An Alarm Clock

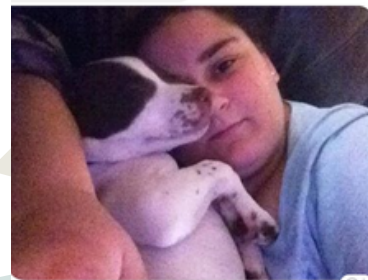


WORKSPACES & PETS

Florida

M	I	A	M	I	K	W	C	S	D	E	T	E	O
D	M	R	Y	A	I	H	A	U	E	S	A	L	B
L	O	E	F	R	I	C	P	N	D	S	L	S	U
S	C	T	R	S	H	A	E	S	L	W	L	R	S
O	K	N	E	G	C	E	C	H	R	A	A	O	C
U	I	E	E	I	D	B	A	I	O	M	H	T	H
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H	G	E	O	O	E	N	A	E	Y	S	S	G	A
B	B	C	M	T	A	O	V	S	E	N	S	I	R
E	I	A	T	A	W	T	E	T	N	T	E	L	D
A	R	P	O	M	O	Y	R	A	S	A	E	L	E
C	D	S	W	P	R	A	A	T	I	A	U	A	N
H	T	O	E	A	L	D	L	E	D	T	C	C	S
E	S	C	R	S	D	R	O	D	N	A	L	R	O

- CAPE CANAVERAL
- SUNSHINE STATE
- SOUTH BEACH
- TAMPA
- SEA WORLD
- MOCKINGBIRD
- MIAMI
- DISNEY WORLD
- TALLAHASSEE
- SWAMPS
- ALLIGATORS
- DAYTONA BEACH
- BUSCH GARDENS
- SP-ACE CENTER
- FREEDOM TOWER
- ORLANDO

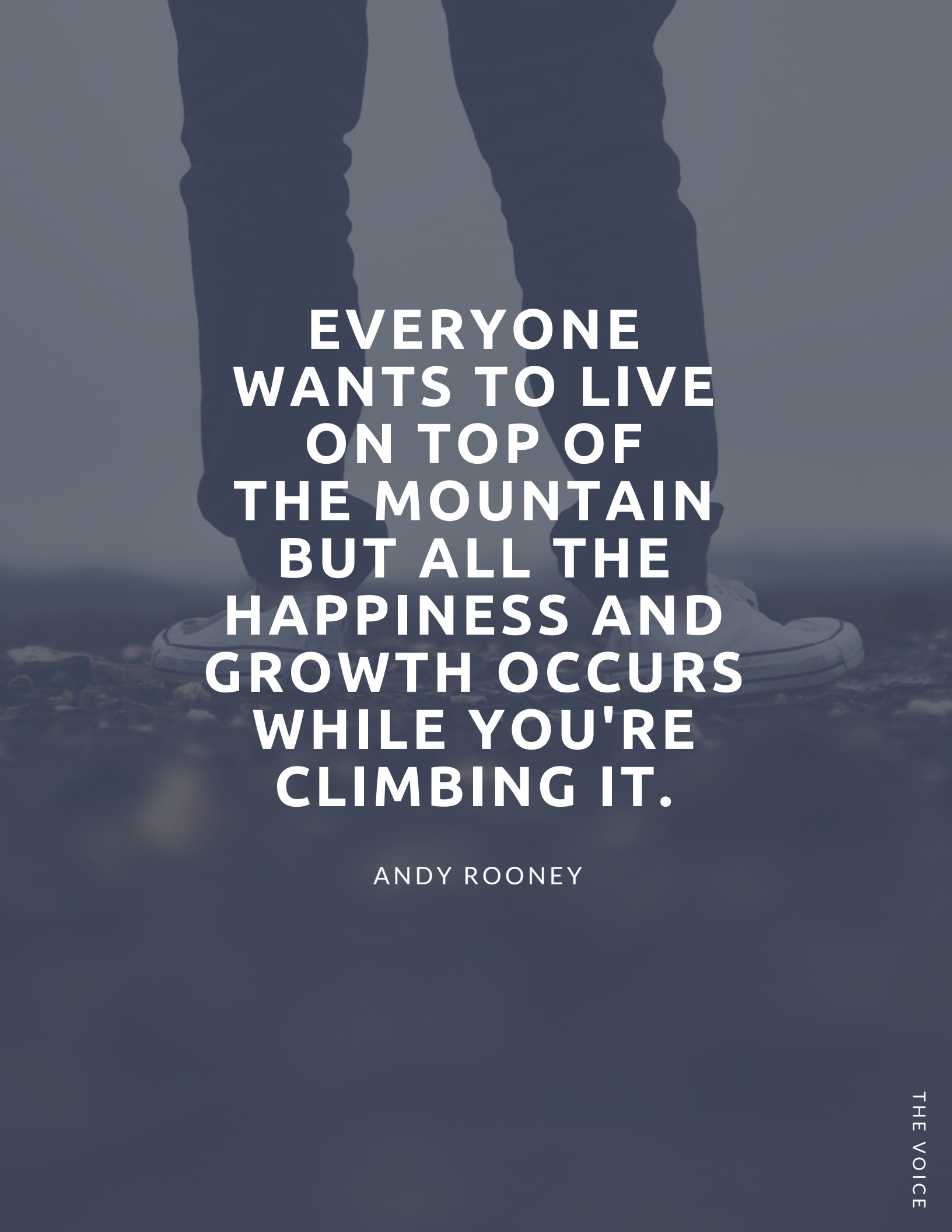


Puppy Love!
--Mariah Watkins
Lakeland, FL

Computer, Desk,
and Cats (Bacardi &
Malibu), Oh my!
-Teresa Chadwick,
Virginia Beach, VA



Play this puzzle online at : <http://thewordsearch.com/puzzle/7519/>

A person's legs and feet in white sneakers standing on a rocky mountain peak. The background is a hazy, blue-toned landscape.

**EVERYONE
WANTS TO LIVE
ON TOP OF
THE MOUNTAIN
BUT ALL THE
HAPPINESS AND
GROWTH OCCURS
WHILE YOU'RE
CLIMBING IT.**

ANDY ROONEY