By ANNE MARIE VAN CASTEREN
Managing Editor

With Founder’s Day here, one man in particular takes in the excitement reminiscing on this special tradition.

As a child, President Kevin Ross grew up on Lynn’s campus before it was the established university that students know so well today. With land full of dirt and trees, the site was Ross’s playground.

“This is essentially the biggest playground as a child,” said Ross. “I used to drive my Big Wheel up and down the main drag here and pretty much grew up in Trinity Hall. Being a child and growing up on a college campus is pretty magical.”

With Ross attending the Potomac school, an independent 6-12 grade school ran on campus, and even Pine Tree Camp, he was able to gain every experience Lynn offered prior to his college years. Being a part of the university for so long, Ross decided to venture out to a different college to broaden his educational experience from a place he knew so well. It was not long before he made his way back to Lynn’s campus, to work alongside former president, Donald Ross, his father.

“It was a real privilege and people don’t get to do that often,” said Ross. “Having that common bond has been great and philosophically we are very much aligned as to what Lynn is, what it’s all about and what it could be in the future.”

The celebration of Founder’s Day is an extremely important merriment for the Ross family, (Continued on page 2)
marking the day in which Donald Ross and his wife Helen founded Marymount College and adopting it as their own. With dedication and extreme passion, the couple brought the Catholic women’s college back to life, later naming it Lynn University in 1991. The first Founder’s Day was held in 2005.

“It has been a wonderful addition to our calendar,” said Ross. “It is a celebration of all things that are Lynn.”

This year’s theme is Backwood’s in Boca, representing Boca’s original flare with a rural feel. With the westernized atmosphere, special elements such as tractors and autumnal festivities will be seen. And students cannot forget the special edition Founder’s Day shirts.

As the Lynn community celebrates this family tradition, Ross hopes students make the most of their experience as he has done and continues to do.

“It’s important for students to understand the reason as to why we exist,” said Ross. “It’s important for us to stop for a minute and all come together and celebrate. It’s a celebration about who we are and where we are headed.”
INTRODUCING
THETA PHI ALPHA
The Newest Addition to Greek Life

By EUGENIA PEREZ
Staff Writer

Theta Phi Alpha is the newest addition to Greek life right at Lynn. The girls in the sorority are eager to welcome new members.

"I think it gives girls the opportunity to have more choices since both sororities differ in various ways," said Carly Meyerowitz, junior.

If any Lynn girls want to be a part of this sorority and show dedication not only themselves, but to a sisterhood then they should consider joining Theta Phi Alpha.

"What we are looking for is PNM's or potential new members. This is someone who will hold up the values of Theta Phi and we want to be able to tell a girl is a part of us even when she isn't wearing letters," said Meyerowitz.

Theta Phi will welcome any girl who is willing to dedicate her time and commitment to cultivating a strong sorority. The girls in charge want for Theta Phi to be successful so they can have a long history at Lynn.

"Our new members are expected to be fully committed as they go through the new member process. We encourage them to get involved as much as possible so they get exposure before being initiated," said Meyerowitz.

Theta Phi is a GREAT opportunity for girls who would love to dedicate their time to an everlasting sisterhood.

Above: Theta Phi Alpha members. Stock Photos.

THAT'S WHAT SHE SAID
In It for the Long Haul

By KASEY MANN
Staff Writer

"Distance means so little when someone means so much," is a phrase we have all heard and there is some truth behind it...some truth.

If it is a temporary situation such as a month away for work, you have no need to worry because there is plenty of hope. In my opinion, long distance relationships only work when it is something short-term.

Long distance relationships are like a rope being stretched over a fire pit. As distance and time away from one another increases, the fire becomes hotter. Eventually the rope becomes so hot and the flame becomes so close to the rope that it breaks in half.

Sure, you could tie the rope back together but it is never as solid as it originally was; just like the relationship. The countless stresses of being in a long distance relationship take a toll.

If you find your significant other annoying at times, this would be an ideal situation for you. Let them take a vacation as long as they would like.

On a more positive note, many could prove me wrong. If two people are truly meant to be and have the means as well as the patience to make a successful relationship out of less than ideal circumstances then the more power to them. It is absolutely possible.

During this time in our early 20s, I have learned that relationships should be our last priority. This time is vital for you all to focus on your education, your career and finding yourself before you can devote your energy to somebody else.

That may sound like something you have heard from your mother or father, but it is so true and you will look back in a couple of years and realize it. Most importantly, I truly believe that if two people are meant to be together- they will end up together.

Never force something in fear of losing it.

Kasey Mann is a senior majoring in Advertising and Public Relations. This column does not represent the opinions of the iPulse, but her personal thoughts and views.
GIVING BACK TO THE COMMUNITY
Students Will Work With the South Palm Beach Habitat for Humanity

By JENNIFER MURILLO
Staff Writer

On November 9 Lynn students will once again unite in helping the poor by bringing hands to work.

In this occasion, the Office for Student Involvement (OSI) and Spiritual and Religious Life (SRL) have partnered with Habitat for Humanity of South Palm Beach to aid in the structural improvement process of various Boca Raton homes.

"Even in Boca there are people of need, and we're going to meet those needs," said Terence McCorry, director of SRL.

Houses are selected by the organization according to their necessities, usually belonging to families of scarce resources. The team of Lynn students and faculty is in charge of construction, painting and completing other hands-on parts of the project. So far, no specifications have been given concerning respective job assignations for that day, as tasks usually vary from week to week for Habitat volunteers.

"Habitat for Humanity is a great organization and I have personally enjoyed working with them back in Texas," said Huntington Blackard, freshman. "It made me realize how close to home charity is needed... It has humbled me greatly."

A group of over 30 students and faculty are already signed up for participating in the upcoming event. At this time, the Lynn community will be able to have an active roll in the fortification of citizenship.

"This is one of those events that's really popular," said professor McCorry. "It's fun and it's very experiential, you can feel like you are actually making a difference!"

For the time being, maximum sign up capacity has been exceeded for the activity. Nevertheless, students are welcome to participate in the next build, tentatively taking place during the spring semester.

Above: Lynn students, staff and faculty helped build a home for the poor. LU Photos.
LYNN'S MOST POPULAR KNIGHT

Knight of the Round Table, Gary Pelletier, is one of the Most Involved Students

By ZARA APPLESTEIN
Staff Writer

Gary Pelletier may well be the most recognizable student on campus. Pelletier, a junior majoring in business management with a specialization in aviation management and a minor in Psychology, was recognized as Lynn's Male Student Leader last year.

Pelletier's leadership can be seen through his plethora of positions on campus. He is a member of the Peer Leadership Council, the Secretary for Sigma Alpha Epsilon, a fraternity which he had a large role in bringing to campus, a planner for KAT's on-campus events and a member of Best Buddies. In addition to his involvement in student organizations, Pelletier is in his second year serving as a Resident Assistant in Lynn Residence Center and as a member of the Knights of the Roundtable.

Most members of the Knights of the Roundtable are assigned a specific segment of the student population, or Court, which they are charged with representing the concerns of. Rather than being responsible to a Court of students, Pelletier serves as the Secretary Knight for Lynn's governing body. In this position, Pelletier keeps the official records for KOR, ensuring a well-documented history of student government.

Pelletier's position also forces him to serve as the lynchpin which binds together each of the other Knights. He takes information presented from 11 different Knights with very different individual missions and jars those varying personalities and concerns into one cohesive and productive meeting each week.

"Being a part of an organization like KOR is all about working towards the future," said Pelletier. "Lynn University is everything I dreamed of when going through the college selection process; it's an honor to help mold this vibrant community into something even stronger and more powerful."

It is clear that Pelletier's focus is not on himself, but on the future. Everything he does in KOR is centered around ensuring the survival of KOR as an institution for posterity.

"It is important for our records to be kept in a systematic order so that for years to come they can be looked at and referenced," said Pelletier.

If any member of the Lynn community wishes to contact Pelletier with any questions regarding his role on KOR email him at gpelletier@email.lynn.edu. Try to find him running between one of his many activities.

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CELEBRITIES IN THE SPOTLIGHT

Some Celebrities are Making the Spotlight for All the Wrong Reasons

By JOSH SUFRIN
Staff Writer

When it comes to pop culture in today's society, two words come into one's mind, "look out."

Celebrities are going off the deep end and making headlines all over the world. Recent celebrity stories made some wonder, what is wrong with these people?

Justin Bieber for example has made headlines for spitting on his neighbors, doing illegal drugs and speeding in his home town in Los Angeles.

Known for his music and his looks, Bieber was once an innocent kid who won females hearts over by his love songs. With all of the negative press attention, it seems like more people do not like him now than ever before.

Another celebrity who has gone off the deep end is Miley Cyrus. Miley Cyrus, known to some as Hannah Montana was once an innocent child star on Disney. Miley had it all on the show with her singing and acting. She is now 20-years-old and very different. She has been in the news for provocative music videos and for a performance at the Video Music Awards that left everyone speechless.

Some argue that these celebrities need to live normal lives, but when it comes to the public spotlight, it is virtually impossible.

Another celebrity who has been in the news is Kayne West. As a very famous rap star, he has made millions of dollars, but is not the biggest fan of being in the public spotlight. He has had many issues with the paparazzi. As a 36-year-old with a new baby, he simply should not be doing this.

Yes, these celebrities have a different life. They have to deal with their families and their own lives in the public eye. They have very little privacy. Everything they do is caught on camera and criticized by the public. One wrong move and their life could change.

Celebrities have it all. They have the money, the fame and the fans. The one thing they do not have is their privacy, which is probably the reason they behave this way.
TOP FIVE VACATION SPOTS
Student's Favorite Vacation Destinations

By KRISTINE SANTIAGO
Staff Writer

This is a continuation of last week's list of student's favorite vacation destinations.

Mykonos, Greece takes over spot number six on this week's list of students' favorite vacation destinations. With a relaxing environment, many enjoy the extraordinary sandy beaches and great gastronomy. People can enjoy privacy in the north beaches, meanwhile others enjoy the party in the southern ones.

Stockholm, Sweden is at spot number seven. Its grand public buildings, palaces, rich cultural history and museums tell its 700-year-old history.

"The shopping there is great! I also like going out to restaurants and cafes. I also really like walking around in the city because its really pretty," said Karolin Nordstedt, freshman.

The Jersey Shore takes spot number eight. With its unlimited night life, sandy beach, and fun boardwalk, this place has become a summer destination.

"I really like spending time with family, going to the boardwalk, and reminiscing in old childhood memories." said Tyler Casey, freshman.

New York City makes its spot at number nine. The big apple is a city that never sleeps, from dawn 'till dark, there is always something to do. People from all over the world visit this city yearly. Its parks, restaurants, shopping, and theatre experience attract many of its visitors. It is also the place to be when it comes to the fashion scene.

San Diego, California made its way to spot number ten. From its zoo to its beaches, this place is full of many attractions, motivating people from all over to enjoy everything it has to offer.

"I like how everything is right by the water. I also loved the outside mall," Marianna Meyer, freshman.

2013 was definitely the year to travel, from tropical islands to big cities. People from all over the world explored new cultures and discovered new wonderful places.

Above: Students favorite vacation spots. Stock Photos.
Entertainment

APPROACHING A GIRL "COLD"

Tips From a Student on How a man Should Effectively Approach a Woman

By JOSHUWA DEAL
Staff Writer

Young men naturally fear rejection when talking to a girl they are interested in. And yet, young women also have this natural fear as well. Men get nervous, whether they admit openly or not, when they approach a girl without being introduced prior.

Deciding to approach a girl "cold," (meaning having no mutual friends or natural circumstances in which they are introduced) can feel not only like a mistake but also a missed opportunity. A young man who approaches a girl "cold" might wonder if he is making a terribly shallow decision just based on her looks and if he does not, he may be looked as a coward for a missed opportunity due to fear of rejection.

Men just need to look at their female friends around them and, although no two women are the same, the men should try to understand basic human interaction.

For example, if a guy wants to introduce himself to a girl, he should first observe her mood. Is she busy or stressed, or is she smiling. She may be more approachable.

A guy should aim to approach a girl when she is not busy and in a good mood. Next he should, of course, smell, look, and dress to the best of his ability. Importantly, he should make the decision fully instead of halfheartedly that he wants to know her and will courageously fight through his own insecurities to allow that to happen.

Then he should push himself into the introduction, meaning he should not think about what he will say, how he will say it or his mannerisms. If he comes up with a pick up line or even some type of lie of coincidental circumstances, he is being cowardly and she will pick up on his non-genuine demeanor.

If a guy approaches a girl "cold" she is being thrust into the awkward interaction and so he should also come unprepared into the situation. This interaction will also be more exciting and since there is a lack of a script then one has no choice but to be themselves.

Finally, one should let the conversation flow uniquely, meaning if a guy asks questions and she gives an answer he should ask follow up questions that are unique to her. This is how a guy can express that he views her as an individual and not just another girl to pick up. He can express that he is genuinely interested in her and wants to get to know her.

Most importantly young people should not try to seek approval from the opposite sex but rather respect. Flirting and interactions should be fun, light-hearted and experienced but one should never compromise oneself for approval. They should never do the same to others.

Young adults have enough of the world to fight without fighting each other in an attempt towards shallow approval. If one is scared of approaching someone they should remember that the situation will not turn out the way they think, it never will and that is the beauty of it all.

Avoid putting someone on a pedestal for they should not be trying to reach another's expectations. Simply, one should interact without expectations but rather standards and respect.

On Campus

COMING SOON

STARBUCKS
COFFEE

By LUCAS TUCHMAN
Contributing Photographer
Lynn Athletics Welcomes Two Fresh Athletes to the Fighting Knights

By CLAIRESSA MYATT
Staff Writer

Everyone knows being a freshman in college can be tough. Add being away from home and a NCAA Division Two student-athlete, and things can get crazy.

Being a freshman athlete can be a challenge both on and off the court and often requires some balance.

Softball player Crystal Cano, knows exactly how that feels. “It’s a lot different than high school,” said Cano.

“I have to balance the time management of my education as well as the training schedule of soccer,” said Jake Bentwood of the men’s soccer team.

Luckily, behind every great freshman athlete is a great upperclassman support system.

“They make me feel like it’s a mini family,” said Bentwood. “They’re very nice to me,” said Cano. “They inspire me.”

If there is one thing all incoming student-athletes can agree on, it is that the pace of college athletics is faster, and faces stronger opponents than what one may be used to in the past.

“It’s a size difference between high school and college,” said Fredinna “Nina” Guillaume, a women’s basketball forward. “In high school I overpowered everybody but here players are overpowering me.”

“There is a lot more movement and speed on the ball,” said Cano. “I have to work hard on getting use to it.”

Aside from adjusting to the court, these athletes have to adapt to the hectic academic schedule. From missing class for games, to balancing school-work with practice schedules, it can all be overwhelming. Luckily, the Fighting Knights provide student-athletes with as much help as they can by offering study hall, tutoring and even the new iPad initiative.

“The iPad makes its really easy to catch up and see the lecture when I’ve missed class,” said Bentwood.

Although being a student-athlete is hard work, it does not mean there is no time for fun. Both Bentwood and Guillaume can contest to this.

Guillaume is a part of the Student Athlete Advisory Committee and was recently promoted to the Chief of SAAC. Bentwood is also a fan of school activities being that he recently participated in a game of Family Feud in the Elmore Commons.

You can find these new Fighting Knights in this fall, winter and spring athletic events.
DO YOU KNOW YOUR BODY TYPE?
Everyone has the Perfect Body Type That They Should Dress for

By DARA MOHAMMAD
Staff Writer

Every female has a different body type, but do not always wear the right clothes to enhance their particular body naturally.

Body types are not particular to height and weight, but more of a shape. Females naturally have five different body types. As a female one can either be a pear, wedge, rectangle, apple and/or an hourglass.

Pear body types usually have a bigger lower body and a smaller upper body, but the waist is still fairly small. The best assets for this body type are one's shoulders, torso and flat stomach. Things one should not wear are anything that may bring attention to one's hips, and thighs, such as pattern skirts and cargo pants.

Wedge body traits normally have wide shoulders, which contrast with one's narrow waist and hips. The best asset for this body type is one's legs, along with not showing much of one's upper body. The worst thing to wear would be revealing too much of your upper body, such as spaghetti string tops.

Rectangle body traits have no curvatures and every asset they have are equivalent to each other, which is on the slimmer side! One's best assets to this body type are arms and legs, since one does not have curves it is best to create curves with outfits.

Apple body traits are when most of one's weight is above the hips and one's shoulders are broad. The majority of one's assets are wide. One's best assets are one's legs, and wearing outfits that have the illusion of a smaller waist. One does not want to wear anything that reveals any part of one's assets too much.

Hourglass body traits have equivalent upper and lower body proportion but have a tiny waist. One's best assets are curves, anything that can show your body proportion.

There is really no restriction on this body except not wearing baggy clothes that cannot show off your curves.

No matter what body type one may be, every type is beautiful in its own way. Do not be scared to try out new things, with different clothing. Just make sure that whatever one buys, it brings out the best assets, so that one can feel comfortable, and others can admire one's body type just the way it is.

A KNIGHT FOR THE COMMUNITY
Knights of the Roundtable Member, Carli Hornik, Takes on Lynn

By ZARA APPLESTEIN
Staff Writer

Carli Hornik, the Community Knight for the Knights of the Roundtable, is a senior here at Lynn. She majors in psychology with a minor in criminal justice and is very active on-campus. She previously held the position of president for the sorority Tri Sigma. Last spring, she was one of the first members to be inducted into the Greek honors society, Order of Omega and is a member of the honors psychology society Psi Chi. Also, Hornik is now taking part in the new Peer Mentor program, where she is a mentor to incoming students.

Hornik has a lot of favorite things about the university.

"There are so many things I love at Lynn, but I have to say the biggest thing would be the close-knit community Lynn has to offer," said Hornik. "I wanted to be a mentor to incoming students."

As the Community Knight, Hornik serves as the liaison between the commuter students as set by the Bylaws and KOR. She also receives and organizes all concerns, comments and questions for this respective affair and reports valid concerns, comments, questions and aids KOR in responses and/or solutions.

Hornik is currently trying to start a club on campus called the Commuter Club. This club would be available for commuters to host their opinion. Along with collaborating ideas they would be hosted during KOR closed meetings that are held every Friday. The next open meeting will be held Nov 16 at 5:45 p.m. in the Henke wing which is located in the International Building. Any Lynn student is allowed to attend. For questions or concerns, one can contact Hornik at chomik@email.lynn.edu.

Above: Carli Hornik. Stock Photo.
Weekly Review

FILM TAKE TWO
Lynn Professor Creates Documentary

By ALEX BENEDIT
Staff Writer

"The Two Dollar Bill Documentary" is a film that traces the origins of the two-dollar bill and the taboo popularity and allure that has surrounded it in today's society.

John Bennardo, Lynn communication professor specializing in documentary production and film editing, is the brains behind the operation. With his fascination of the two-dollar bill and its' origin, Bennardo has recently embarked on his journey toward the meaning behind the fascinating novelty.

"The idea of the movie is to educate and entertain people about the two-dollar bill," said Bennardo. "It's a comprehensive look at the anecdotes and the stories that cumulatively make a great narrative."

Bennardo's documentary will span all corners of the country, going to various locations where the two-dollar bill is made to meeting a conspiracy theorist who believes the two-dollar bill is connected to the illuminati.

"I've always been interested in two-dollar bills," said Bennardo. "I would always come across a couple throughout my life and I'd always save them. A lot of people do the same thing and I wanted to come to understand what it is about the bill that makes people act this way."

This past week, Bennardo was invited to Texas to the Bureau of Engraving and Printing to film the latest print run of two-dollar bills. With his various travels, Bennardo hopes to receive a better understanding of the bill and its purpose.

However, Bennardo's ambitious project has been met with slight obstacles.

"The biggest obstacle is getting to all the cities and people that I feel should be part of this film," said Bennardo. "There is a lot of travel involved and I'm finding stories all over the country. I cannot just hop a plane and go talk to everybody. I'm eager to get it done quickly, but it is a slow process accumulating the footage."

Bennardo has been raising funds to create the movie and has reached out to the masses to help fund his project.

"The great thing about the kick starter is people who are interested in the project can get great rewards," said Bennardo. "They can be in the movie, they can submit a photo of them with a two dollar bill and some may even be able to screen the movie before the premiere."

Bennardo's funding site can be found featured on Kickstarter, a national crowd funding site where numerous filmmakers and producers post mini clips and information on their production. Bennardo is using the site in order to raise money for his documentary. According to the amount of money one donates to the production, people will receive different incentives to help fund the film. The campaign ends Nov. 9. If one is interested in learning more, visit kickstarter.com and search "Two Dollar Bill."
GIVING DELIS A BRAND NEW ZING
Zingers Deli Gives Lynn Students a Classic Deli Taste in Boca

By EMILY ROBINSON
Staff Writer

Zingers Deli located in Boca Del Mar shopping center on Beracasa Way is one of the best New York style delis in Boca.

Zingers Deli uses the highest quality ingredients in all of their food, leaving their customers always coming back for more.

At Zingers deli the food is prepared fresh every day. The staff never takes a day off and they do not seem to be complaining about it.

“I literally love everything we have here. I come in even on my days off and pretty much every meal I consume is from this deli,” said Brittney Winters, Zinger Deli employee.

Their Zingers Matzo Ball soup is an award winning delicacy as well as a favorite of many regular customers. The signature foods at Zingers are cut pastrami, corned beef and hot brisket. There is always a large crowd for each meal of the day. Zingers deli is open for breakfast on the weekends and for lunch and dinner every day of the week.

Most restaurants use traditional food heaters to keep their meats and brisket hot, whereas Zingers uses custom built steamers to really seal in the flavor of their food. The staff is extremely friendly and offers the best customer service around the Boca area. Luckily for students, by showing their student ID cards awards them 20 percent off. Zingers wants each customer to have the best experience possible when at their deli.

“I could go to Zingers Deli everyday. I love their grilled chicken Caesar wrap,” said Madison Bernstein, junior.

Many students love Zingers Deli and are frequently going there to enjoy a meal or pick up a one to eat at home. Do not be a stranger and go to Zingers Deli.

Above: Zingers. Staff photo/E. Robinson
A LYNN BUDDY FOR A LIFETIME
Lynn Students Participated in the 19 Annual Palm Beach Buddy Walk

By LISETTE VILLEGAS
Staff Writer

In honor of disability awareness month, several Lynn students and staff members participated in the 19 Annual Palm Beach County Buddy Walk.

This walk was established several years ago by the National Down Syndrome Society primarily to promote awareness, but also to promote acceptance for those with Down Syndrome.

"I was hoping that as a community and Lynn community we would get a better understanding of Down Syndrome," said Ashley Marx, sophomore.

Each year the Buddy Walk continues to grow exponentially, not only in the local communities, but nationally as well.

"This is not my first time I am participating in the Buddy Walk, but it is the biggest turnout I have ever seen," said Marx. "It is great to see this many people come out and support. I'm impressed."

In order to participate in the walk, students simply needed to pay a small fee of $10 that included t-shirts, breakfast, 1-mile or 5K fitness walk, pony rides, live entertainment, carnival games, rock wall, dunk tank, bounce houses, pony rides, raffles and silent auctions.

"When my friend Ashley told me about this walk, I got excited because I have never done this walk before and my mother works with children who have Down syndrome," said Ruth Augustin, sophomore. "I am really shocked at how many people are here and I like that there are a lot of people who are out here participating in the event."

Last year alone, the Palm Beach County Buddy Walk had around 2,500 attendees and raised $155,000 to support local programs for individuals with Down syndrome.

"The funds will go toward more research," said Marx. "It will also go toward helping families with children with Down syndrome."

The day was filled with fun, friends, food and family. It also offered a wonderful event for those who often feel bombarded with the stresses of dealing with a genetic disease. The Buddy Walk is sure to be a fantastic event for years to come.
RETRO TRENDS STILL A STATEMENT
90’s Fashion Trends Remain Popularized in Modern day Fashion World

By CLAIRISSA MYATT
Staff Writer

Taking over the streets are men and women everywhere rocking popular fashion trends from the 90’s. There are five trends that, if pulled off correctly, will help students be seen as trendy, and not stuck in the past.

Combat boots are some of the most popular trending items in modern fashion. Today, one can see girls wearing edgy shoes with virtually any outfit including leggings, dresses or jeans. Back in the day, these boots were made for the bad boys that ripped girls hearts out. However today, these boots are made for walking and they are sure to add an edgy look to any outfit.

Parachute pants are also making a comeback in fashion. It was M.C. Hammer that made these “fly” pants back in the 90s. Although these pants are a definite throwback as 2013 has certainly made a modern twist on them. These fabulous pants can be found in all sorts of patterns and colors and are available in a slim fit as well. These pants are perfect for any girl who wants to look chic while also being comfortable.

For men, it is also becoming increasingly popular to wear the throwback combination of a T-shirt with a blazer such as actors Will Ferrel and Chris Kattan wore in “Night at the Roxbury.” This jacket and T-shirt combo is not just for men; women are transitioning from the working lady to a fabulous socialite with this look.

Plaid is a pattern that never lost its style. However, this trendy pattern is even more popular today than it was in the past. The character Cher from the movie “Clueless” would approve of today’s modern plaid look.

Lastly, the crop top is by far the biggest comeback of today’s fashion generation. It is nearly impossible to walk through campus without seeing a girl in a crop top. These tops come in every length, cut, color, pattern and style that could ever be imagined. This trend has made a great dynamic piece being able to wear it from an evening lunch to a night out with the girls.

Remember, just because people’s favorite 90s television shows such as “Hey Arnold” and “All That” are not being aired anymore it does not mean that one cannot wear their favorite 90s trends. Now, all the world needs is to bring back the slap bracelets and light up sneakers.

Above: Plaid, blazers, crop tops and combat boots are all examples of the enduring 90s trends. Stock Photos.
ASTUDENT'S GUIDE TO SCHEDULING
The Infamous Week of Class Scheduling can Often Come as a Surprise for Many

By JOSH SUFRIN
Staff Writer

Students have to deal with scheduling twice a year.
This process can be stressful as it is easy to make mistakes. Students will pick their classes that they need to graduate and try to figure out the best schedule for them.

Here are some important tips on how to create the perfect schedule.

Do not think you are able to take all your classes early and on one day. Scheduling an 8 a.m. class might seem like a good idea, but when you have stayed up late doing other projects, you will most likely miss that morning class.

Try not to group classes with no breaks. Usually having all classes back to back will hurt more than it will help.

You might think having back to back classes will give you more time to study, but after having several classes clumped together, it is common to get tired and forget information from the first class.

Having a break in between classes will help memory and help one study class material.

Is it smart for students to have late night classes?
In most cases yes, but for freshmen and sophomores who are not used to the college life yet, it is better for students to have earlier classes.

As a student, taking classes later in the day can create an afternoon slump. One might possibly doze off and miss a class period, or be so tired that they decide not to go to class.

With all the different disadvantages and benefits to various class times, many students may wonder when the best time for class is.

The best time should be sometime around 10 a.m. and 11 a.m.

At that hour, your body is most likely be awake and your brain at its peak. Try to schedule an hour break in between classes and aim to schedule about two to three classes per day. Having more than four classes in a day can tire one out.

It is important to think ahead when scheduling. Plan on actually picking classes that you will enjoy and not be bored with. Having a stressful schedule is something that you do not want and will not enjoy.

Registration started Oct. 31 and runs through Nov. 13. As this week continues, remember to be smart with class scheduling and stick to what you know will help you be successful.
By EMILY ROBINSON
Staff Writer

Vapor Cigarettes, also known as E-Cigarettes, are becoming the new way to smoke for students at Lynn.

Whether it is in class or around campus, this innovative technology is allowing students to get their fix while not puffing on dangerous chemicals or reek ing of smoke. The new "e-cigs" are similar enough in appearance to be mistaken for regular cigarettes; the only difference is that they do not contain tobacco.

Many smokers spend on average thousands of dollars each year. The cost of buying one refillable electronic cigarette varies from $2.50 to $100 dollars depending on the type of e-cigarette one would buy.

E-cigs are battery-powered devices that allow smokers to get their doses of nicotine by transporting a vaporized liquid nicotine solution. In addition, electronic cigarettes come in different flavors ranging from strawberry banana to menthol, allowing the smoker to get a similar sensation to smoking a normal tobacco filled cigarette.

"I smoked cigs for four years straight," said Johnny D'elia, junior. "After smoking electronic cigarettes, the thought of a normal cigarette disgusts me. I can't believe people are even still smoking them."

There are many reasons students have switched from normal cigarettes to e-cigarettes.

For one, students can smoke them anywhere. There is a less offensive odor when in public places and people are less likely to be threatened by them. Electronic cigarettes do not stink up clothes or put other people at risk of second hand smoke.

Although e-cigarettes contain nicotine, they do not have the same cancer carcinogens such as tar that are in normal cigarettes. They are also recyclable and save students a lot of money by allowing them to refill the same device rather than buying an entire new pack.

As more people around the nation get on board with the highly popularized movement, e-cigs offer the perfect alternative to help people transition from tobacco to vapor.

Students are slowly making the switch over to electronic cigarettes. Knowing that smoking regular cigarettes is bad for their health and the health of others around them should push students in the direction of making the switch.
Basketball is finally back and the Fighting Knights women's basketball team is prepared to make this season one to remember.

Last season, Head Coach Niki Washington led her Lady Knights to finish 18-10 in season, winning the SSC regular season championship and clinching a berth in the NCAA tournament. Although last season was successful, Washington is still looking to continue building in the 2013-14 season.

"I'm really excited. I like the players that we've brought in mixed with the girls that have come back," said Washington. "I think they're hungry. We had a good preseason and I'm looking forward to the season ahead."

Although the team lost one of their best point guards after conference leader Kira Harvey graduated last year, the team has been replenished with new and capable talent.

"Last year we relied a lot on Kira to carry us, especially offensively because we could count on her," said Washington. "This year we're going to be more team oriented. We're going to spread the wealth around. We have players who can really score the ball and it can be any given night any player can step up and have a 20 point game."

Washington is confident in the depth of her team's roster and believes that it will play a large role in the upcoming season. While depth is a vital part of a team, having leaders to rally behind are just as important. Charla Nelson-James, a returning junior, and Tylar Tracy, also a junior, have been called upon to fill that role.

"Charla Nelson-James with out a doubt could be the most dominate player in our league. She's just so hard to stop. I think she looks good and she understands her role has increased especially in the scoring area," said Washington. "Tylar Tracy had an awesome summer. To me, she's heads and tails above everybody else with her improvement from last year. She's playing confidently. We made her a captain and she has taken that role and has really run with it. I think we're going to depend on those two a lot."

The 2013-14 season holds an infinite amount of possibilities for Washington's Fighting Knights' squad. Although the future is unforeseeable, the women's basketball team will definitely make this season one to remember.
Men Around the World Grow Mustaches for Men's Health

By JOSHUA SUFRIN
Staff Writer

November, being men's health month, has been fondly referred to as, “Movember” in honor of men who pledge to grow mustaches to raise awareness of male diseases.

Afflictions such as prostate cancer, testicular cancer and breast cancer are prominent diseases among men. The prostate is a gland exclusively part of the male anatomy and if exposed to cancer, can be affected as a man ages. Located underneath the bladder, the prostate is a body part that is highly susceptible to contracting cancer. In fact, the risk of this happening to men is higher than the risk for women to get breast cancer. It affects over 230,000 men each year with about 30,000 men dying from the disease.

Testicular cancer is also a very common disease. This disease will usually affect younger men ranging from their late teens to late 30's. If found early, the disease is easily treatable.

Since the number of breast cancer patients is almost exclusively known to be women, most men neglect the fact that they are also at risk. However, the reality is that many men do get breast cancer and must be cautious because the warning signs are not as visible as they are on women.

Many people may wonder why the mustache was dubbed as the symbol for "Movember.

The month was created in hopes of raising awareness through utilizing a noticeable facial feature that men can groom and make into a fun fashion statement. It sparks conversation that can lead to discussing and learning about the objective of "Movember."

Men who grow the best mustaches donate money to different organizations. There are even competitions on who has the longest or most unique mustache.

To find out more information, visit the “Movember” website at www.movember.com.

The website helps visitors get a better understanding of the mustache movement and why it is so important to get checked regularly.

Above: Even celebrities participate in the mustache movement to create awareness. Stock Photos.
Students Enjoy Local Ice Cream Parlor With a Wide Variety of Flavor

By STEPHANIE COHN
Staff Writer

If students are sick of all the frozen yogurt that Boca has to offer and want a cold treat to enjoy on one of the many hot days here in south Florida, then be sure to check out Sloan's Ice Cream located in Mizner Park.

When students walk inside they feel like they are inside an old-fashioned ice cream parlor. There are bright pink and green colors all over the place. At the counter there is a wide variety of ice cream flavors to choose from. These include cookie monster, apple pie, chocolate chocolate chunk and Tracy's scrumptious pretzel.

"This ice cream is amazing," said Kevin Miller, senior, who tried the Nutella Vanilla flavor.

Another favorite is the fresh strawberry ice cream that has giant pieces of strawberries frozen into the ice cream.

"The scrumptious pretzel flavor is so good," said Emily Robinson, junior.

Sloan's does not just offer ice cream. It also offers a assortment of gummy candies, giant cookies and chocolates, such as truffles and fudge.

"I love all the candy they have to choose from," said Devin Green, junior.

The child-like interior, cute pink and green decor outside and pleasant atmosphere of Mizner Park, makes Sloan's Ice Cream a great place to sit, relax and enjoy delicious treats.

LEARN & PLAY: ACADEMIC TRIVIA
Students Answer Trivia Questions on Academic Subjects for Prizes

By JENNIFER MURILLO
Staff Writer

The Freiburger Residence Hall recently hosted a night of fun trivia games, inviting students to learn about studying resources while competing for great prizes.

Since the beginning of the year, Lynn Housing and Residence Life has been proposing a new theme each month for RA's to base their floor events on. This time around, the category chosen was "academic support."

"We're halfway through the semester, and some people may not be happy with their midterm grades," said Lisette Villegas, Freiburger 40s wing RA and event organizer. "I'm giving them resources they can use to help their grades."

Villegas made a point in selecting her trivia questions based off of her experience at Lynn. During the event, she shared useful tips on academic aids that perhaps some of the residents might not be aware of.

"Back in freshman year I didn't know about certain resources that were open to me," said Villegas. "I wanted to focus on tips that people can use to get a hang of being at Lynn."

Trivia enthusiasts attended the event ready to answer some academically focused questions.

Attendees were offered lollipops, condoms, detergent pods and other college essentials such as Publix gift cards.

"The questions were a bit challenging, but I know my stuff and I got it done," said Aaron Harrison, junior and prize winner of the evening.

"I learned a lot and the information was really useful."

Throughout this semester, RA's will be hosting events aimed at helping students get the most out of their college experience. This month, the theme to address will be "living healthy," which Villegas will be drawing ideas from social platforms and then adapting them to the needs of residents.

For more information on residence hall activities simply visit the on campus office for Housing and Residence Life, or call a representative at 561-237-7236.
LYNN MOCKTAILS MAKE A SPLASH
The Law and Justice Club Hosts Mocktails, Movement and Music Pool Party

Above: Students and staff coming together to soak up the sun and mocktails for Alcohol Awareness Week. Staff Photos/A.Holt.

By AMY STILLWELL
Staff Writer

The Law and Justice club recently hosted a Mocktails, Movement and Music pool party event in support of National Collegiate Alcohol Awareness week. From 3 p.m. to 6 p.m., students enjoyed a variety of activities by the pool in the beautiful Florida sun that helped increase their knowledge on alcohol and its effects. Alcohol has increasingly become a popular pastime for college students, and it is imperative that they know how much is too much.

Sindee Kerker, Associate Professor of Criminal Justice, gathered the Law and Justice club to run the event and explained the concept of "Mocktails".

"Mocktails are non-alcoholic cocktails that show how great nonalcoholic drinks can taste," said Kerker. "We want students to really understand how much is in a drink, so we had a demonstration where students poured what they think a shot, a glass of wine or beer is in a cup to see how many ounces it is and we can let them know how far off they are," said Kerker.

She was shocked to find that many students are drinking in a shot that is the equivalent of an average of three drinks. Beside the pool, students had access to free food and drinks, and it was especially informative to the students who were there.

"These helped students become aware that when they're drinking, even though they may not feel drunk, they may be over the limit to drive," said Kerker.

Gail DeCina, Lynn's Substance Abuse Prevention and Treatment Specialist, helped (Continued on page 2)
to organize the events. "We want to raise awareness for students to be safe with alcohol so they learn how to drink safely and in a moderate manner," said DeCina. "We have information about mixing drinks, alcohol poisoning and mixing it with drugs."

"A lot of people aren't aware in college actually how much alcohol they consume and how dangerous it can be especially for those who have a smaller body type," said Dana Wexler, senior. "It's great that campus allows us to have this event and acknowledges that we do drink alcohol," Marlene Carela, freshman, loved that students could learn what their limits are at the event and how to control their alcohol intake. Soccer player Georgia Robert, freshman, is from Yorkshire, England and notices dramatic differences between alcohol consumption in America and her hometown. "People in America are a lot less aware of what they are drinking and how much," said Robert. "Drunk driving is more frequent here too than it is England and I see a lot of students engaging in it."

**SCARES REACH THE WHITE HOUSE**

*Former Vice President Expresses his Fear of an Assassination Through a Pacemaker*

By **DELANEY BREY**

Staff Writer

Former Vice President, Dick Cheney, expressed fears that he could be assassinated by the pacemaker that was implanted to keep him alive.

Though it is a guarantee that living with the device is much safer then without for most civilians. However, being a public figure poses a little more risk.

"I found it credible," said Cheney, referring to the fictional plotline of the TV series Homeland. "I was aware of the danger, if you will, that existed."

It is no surprise that anyone could be scared by the multiple crime scene dramas on television nowadays, but one cannot help but produce a smile when listening to Cheney. That is until now.

The idea may seem far-fetched, however, death by defibrillator has been warned by multiple doctors in recent years.

"Researchers have been looking at this for decades but more seriously since about 2006 or 2007," said Medical Device Securities Expert Kevin Fu, in a recent interview with Good Morning America.

Turns out Cheney had a right to be scared and that researchers are actually looking into beefing up on security on all electronic medical devices, including pumps that are used by diabetic patients.

Just as Cheney felt a terrorist could trigger his defibrillator, a researcher revealed that he could trigger a pump to release a life threatening amount of insulin from 300 feet way. A feasible distant that anyone could get to the Vice President or the president for that matter; if they suffered from the ailment.

Since his role as Vice President, the 72-year-old underwent a heart transplant in 2012, to permanently free him of his fears.

One thing is for sure, the term "that only happens in the movies," is farther away from the truth then fans would like.

Above: Former Vice President Dick Cheney and the pacemaker that keeps him alive. Stock Photos.
Above: The Fighting Knights compete against their competitors at home while fighting for breast cancer awareness. LU Photos.
By ALEX BENEDICT
Staff Writer

Every Thursday, a popular tradition takes place.

Throwback Thursday, a self-proclaimed holiday that was created in the advent of the Facebook boom in the mid 2000s, has taken social media by storm.

Throwback Thursdays, which it is aptly named for the alliteration, is the day when Facebook users post pictures of themselves from when they were younger so that friends can see their baby pictures.

The tradition began as a trend for college students and quickly spread to all Facebook users who got a good laugh at and the usual “aww” at the adorable nature of some of the baby pictures.

Lynn is not immune to this trend as many students feel the festive Thursday vibes and participate in the throwback phenomena.

“I like the idea of Throwback Thursdays,” said Man Al Arrayed, senior. “I think its cool to see everyone’s baby pictures and see what they used to look like.”

The trend in some cases is taken literally and people wear throwback clothes and jerseys to school and in some cases to the workplace.

“I think it’s a great idea,” said Dylan Petit-Jaques, junior. “It is always good to look toward the future, but it’s also good to remember where you came from.”

There are a handful of students who believe that Throwback Thursday is an unnecessary trend and has gotten repetitive in the past few years.

“I think that it’s nice to see some of those types of photos,” said Louis Davis, junior. “But it gets kind of repetitive after a while.”

In a random survey conducted at Lynn, of the 28 people polled, only eight still keep with the throwback Thursday trend. However, all 28 admitted to posting Throwback photos at some point in their lives on Facebook.
STUDENTS FAVORITE PROFESSORS

Several Lynn Students Reveal who Their Favorite Teacher Really is

By ZARA APPLESTEIN
Staff Writer

One of the greatest things about Lynn, besides the fact that it is located in the beautiful Sunshine State, is the professors that educate the students.

Recently, iPulse went out on to Lynn's campus and asked students who their favorite professor is and why.

Nick Traver, freshman, had his own delightful opinion about Professor Ellen Stem.

"She is really passionate and not afraid to break the rules when it comes to the art of photography, she rekindled my passion for photography."

Dr. Watson falls under the category of one of the most prominent professors on campus.

"He was one of my first professors I had at Lynn and from day one, he has mentored me through my career so far. His knowledge is superior," said Mike Cronin, junior.

Sophomore, Stephanie Lipsky, also shared her thoughts on Watson as well. "His conversations go outside the classroom. He just doesn’t focus on the syllabus and has interesting facts," said Lipsky.

If a student is missing a justice and civic life dialogue, Sophomore Jesse Weissman raves about professor Aiello.

"The way he teaches is very effective and through out the class he will do silly things. He’s a comedian and enjoys life," said Weissman.

One of the things that make Lynn stand out academically is the Dialogues of Learning. A dialogue class is just a different and innovated way of learning.

"Professor Allen [is my favorite]. He teaches dialogues. He is really passionate about what he teaches," said Sophomore Jocelyn Grayson. "His discussions are student based and student oriented," said Grayson.

Professors at Lynn incorporate the past and present into their own style of teaching so that students are able to better grasp what is being taught.

"I would have to say Professor Kerker. She is always energetic and always does her best by relating what she is discussing to today’s society," said Junior, Hunter Landau.

Another great attribute about the professors on Lynn’s campus is that the teachers really cater towards the students needs.

"Professor Powers is my favorite because she always answers my million of e-mails I send her. She is super nice and always willing to help," said Megan Rice, junior.

Class registration is just around the corner. It is a very important week of deciding what classes and what professors to sign up for.
THE SWEET TOMATOES REVIEW
The Local Franchise Offers Fantastic Student Benefits and Meals

By EMILY ROBINSON
Staff Writer

Sweet Tomatoes in Boca Raton is a family friendly buffet that offers a variety of healthy and tasty foods.

The salad buffet is the first food option seen when entering the restaurant. Having a healthy and delicious food offered at the front immediately displays the eatery’s mission for fast, healthy dining. After one prepares their individualized salad, they move on to the other food options located further inside. Besides salads, Sweet Tomatoes offers great soups, pizza and pasta, as well as warm, freshly prepared desserts. Students love going to the restaurant because they can ultimately create their own balanced dinner with as much healthy food or pizza as they like. With such a wide variety offered, Sweet Tomatoes can please everyone’s taste buds.

Most of the food has a calorie count and there is a nutrition guide online showing the different options for people who are trying to watch their weight. On the other hand, students seem to love that they can go there and create their own huge home-style meal.

“I love how I can create the feast of my dreams at Sweet Tomatoes,” said Devin Green, junior.

The vegetables and food are always fresh and are constantly being replaced to ensure the happiness of the customer. Sweet Tomatoes soups are famous ranging from their original loaded baked potato soup with bacon, to their sweet potato vegetable.

“I usually take a to-go box at Sweet Tomatoes and bring it home for lunch if I have a busy day,” said Madison Bernstein, junior.

Students seem to love Sweet Tomatoes for various reasons. The to-go boxes allow them to either bring food home or to school and the atmosphere in Sweet Tomatoes allows people to meet as groups and spread out at their booth style tables.

A BRIGHT FUTURE FOR LYNN GOLF
Women’s Golf Works to Prepare for Defending Past Championship

By TANNER BERMAN
Staff Writer

Lynn’s women’s golf team has started their 2013-14 campaign being pre-ranked number one in the country and are looking to defend their Division II national champion title.

The most recent action the Lady Knights have seen was at the Lady Falcon Invitational in Daytona Beach, where the team finished in second place out of eight teams. Although the team fell short of prior expectations, Head Coach Danny Randolph was still pleased with his teams performance.

“I feel good about this season. I think we had a pretty good event up there even though we finished second,” said Randolph. “We didn’t play real well the first day but we turned it around and played well the second day so it doesn’t effect anything right now in the sense of our ranking nationally.”

Randolph expressed that he is not concerned about the second place finish in Daytona and if one were to take a look at the team roster it would be clear why. There are eight players listed on the Lady Knights’ golf team, six of whom are experienced upperclassmen and five of those players were on last years national championship squad.

“It gives us an advantage because those six players have been there and been in a pressure situation. I feel really good about having six upperclassmen on the team,” said Randolph. “Estefania Buritica has been our number six here recently but she’s a really good player and I think she’s going to really push some people to be in that top five. It helps us, I think, a lot more than other teams for the fact that how deep we are and how we’ve all been in those pressure situations.”

In the world of collegiate golf, a roster with depth is a must-have because unlike other collegiate sports, golf has a fall and spring season which leaves room for mishaps such as slumps and injury. Randolph is confident in the depth of his team and believes that this will be a critical factor throughout the long season ahead.

“The nice thing is we have the fall season, then we have a little bit of a break. Then we obviously have a rather long spring season so we just view it as a marathon rather than a sprint. We want to make sure people are healthy because it is a long season,” said Randolph.

“We have a lot of depth, so because of that, if someone gets hurt or goes down we definitely have people who can step up and play. I feel that this a huge advantage to us that maybe only some other teams have.”

Depth, experience and confidence are the three marks of a championship squad and three words that could be used to describe this years Lady Knights golf team. Although it is early in the season, it is very easy to tell that this year will be one to remember for Randolph and his team.
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KNIGHTS SIBLING LOVE
The Van Casteren and Berrio Sibling Clan at Lynn

Above: The sibling duo have been close since day one creating an inseperable bond. Stock Photos.

By CLARISSA MYATT
Staff Writer

For many people, going off to college is a highly anticipated event not only for the thought of flying solo, but because it means that students can leave their pesky siblings behind. However, that is not always the case. Julio and Alezandra Berrio and Anne Marie and Michael Van Casteren, are two sets of siblings who decided to be partners in crime attending Lynn together.

The Berrio’s learned quickly that they needed to stick together since they moved frequently to different countries over the years.

“Julio and I did not grow up in one place, but many. We had the pleasure of traveling and living in many of the touristic hotspots of the world like Mexico, Guatemala, the Dominican Republic and Brazil,” said Alezandra.

Being that the pair constantly moved from time to time, the Berrio’s grew very close.

“We were quick to realize that at the end of the day, it did not matter how many friends we had or if we played a sport or not, we would always come home to each other,” said Alezandra.

“I know that I can tell my sister anything no matter what. I rely on my sister, and I trust my sister with anything,” said Julio.

Making a big transition after moving from New York to Florida, the Van Casteren duo have always had a close bond, along with their brother Sal.

“Since we were young, we called one another the three musketeers,” said Anne Marie. “We have an amazing relationship with one another and that bond continues to grow stronger.”

Living not too far from home, the Van Casterens have the luxury of constantly visiting family and friends. However, with the Berrio’s being so far from home, the thought is sometimes bittersweet.

“It is weird to not have them [family] close or around to share a funny moment,” said Alezandra.

Ever since the time Alezandra spent living in Rio de Janeiro, she knew that she would easily be able to call Lynn her new home. (Continued on page 2)
Soon after, Julio knew he would be able to as well.

"Here I feel like I can have some sort of relationship with the professors, and that I can get to know people better," said Julio.

The small size of Lynn proves that it really is a small world after all. Aside from feeling as though Julio can relate to people better due to the size, he can also relate to his roommate who happens to be Michael Van Casteren.

"I thought it was a good idea rooming together because I knew that Julio and I would relate," said Michael. "It would also be easier knowing we both have older siblings allowing us to have someone to go to for anything. It's like already having a friend."

Not only did the two girls set their brothers up to be roommates but their boyfriends room together off campus as well.

"It's like one big, happy family," said Anne Marie. "We're able to all hang out and be there for one another."

It is not just the younger siblings that feel comfort knowing that their elders are around. Anne Marie, Michael's older sister, feels comfort knowing that she is able to watch over both of the boys, being their community advisor.

"It is comforting to know that I can keep an eye on him. I've been through three years already so it helps me in guiding my brother toward being successful at Lynn."

Both Anne Marie and Alezandra were hired as community advisors here at Lynn this year. It is from their friendship that Michael and Julio's relationship blossomed.

"When I told Ale that my brother was attending Lynn, she informed me that her brother was as well. We instantly knew we had to make them roommates. And now they both just so happen to be my residents," said Anne Marie.

Overall, one of the best perks of having a sibling at the same university is having them close.

"It is great being able to call Julio up and see what he is up to, have meals together and just hang out like we used to," said Alezandra.

"I think that's awesome because I'll always have someone who I trust there for me whether it be for a hug, a laugh or a word of advice," said Michael.

Nevertheless, both the Berrios and the Van Casterens are enjoying their time at Lynn with each other as one big happy family.
THAT'S WHAT SHE SAID
Ten Things I Wish I Knew Five Years Ago

By KASEY MANN
Staff Writer

I am a firm believer in learning on your own, but if I had followed some advice that people shared with me when I was 18, I would have saved myself a headache or two.

1. Saving money will save your butt.
   Only spend money on things you need. Always re-evaluate your purchases. You do not need name brand products. You can cut corners and buy generic versions of things, except for toilet paper. It is all fun and games until you have to live off of the Dollar Menu.

2. Anti-aging products; you can never start too soon.
   Ladies, do not ever fall asleep with your make-up on. If you do for whatever reason, be sure to show your skin some TLC the next day and go without. Do not trust that Botox will save your crows feet later on in life; we may all agree that Joan Rivers is funny, but none of us want her face.

3. Speak less, listen more.
   You should definitely speak your mind when necessary, however learning from others and making observations can benefit you much more. If you are the one always talking, people will eventually tune you out. Only speak when you have something to say that is worth hearing. Say what you mean and mean what you say; you cannot erase spoken words.

4. It is okay to make mistakes, as long as you learn from them.
   The important thing is to never make the same mistake twice. We can only discover our own meaning of life toward the end of it. It is just one big learning experience for every one of us.

5. If you do not start bad habits, you will never struggle to quit them.
   Smoking is not cute. Doing recreational drugs does kill your brain cells (and some people really cannot afford to lose anymore). Steer clear of anything that can become a habit or shave years off of your life. I smoked cigarettes for two years and now I curse them when I am panting after a mile run, or when the elevators are down in my building.

6. If you do not have a plan, stay in college.
   I have always been one to follow intuition more than a map of instructions. However, if I just stayed on track the first time around, I could have saved myself from going in a big circle and ending up right back where I left off two years later. The nerds are the cool kids; being smart is attractive.

7. Take care of your body because you only have one.
   Tattoos are forever and piercing your body will leave scars. You might not regret it in twenty years, but chances are you probably will. Chew a Flintstone’s vitamin when you can. Brush your teeth twice a day, eat an apple once a day and drink more water than soda.

8. Keep good company.
   You are a product of your environment regardless of what you may think. Hang out with the “wrong crowd” and you will forever be associated with it. Surround yourself with the Tom Brady’s instead of the Aaron Hernandez’s.

9. Do not burn bridges that you’ll need to cross later.
   Nobody ever said they had too many people supporting them, too many good friends or too many connections. You may think you can afford to cut some loose, but why do it if you do not have to? Keep good relationships with people because you truly never know what may become of that relationship.

10. If you’re not improving, you’re not moving.
    Always move forward. Even if you feel as though you’re at stand still in life try to remember that we all have something we could make better. Laziness will be the destruction of our generation, do something with yourselves.

Above: Things students should think about doing or not. Stock Photos.
Alumni Profile

FIGHTING AGAINST DEADLY HABITS
Alum Molly McGee Won The Hard Battle Against Drugs and Alcohol

By LIGA STRAUTNICE
Staff Writer

Alcohol and drug abuse is a worldwide problem, as hundreds of people are dying from it every day. People all have that one person in their lives who is already addicted or is very close in falling off the right track. Therefore, society really needs to be educated and aware of this problem in order to help these individuals before it is too late.

Molly McGee, a native of New York, graduated Lynn in 2006 with a bachelor’s degree in international communication and a minor in Spanish. McGee comes from a great family; she had a good upbringing and always had everything she needed.

After her freshman year, McGee decided to take a year off in order to go back home and spend time with her family. McGee went back to New York where she entered the modeling industry and began working in Greenwich Catholic School. In the modeling industry, alcohol and drugs are very common in all the social events and McGee found herself using them more often. After a while, McGee went back to Lynn to finish her degree.

However, during her college years, McGee suffered from migraine headaches. To ease the pain, she started using prescription drugs. Soon after, Fiorocet, a prescription drug used to relieve pain, became her best friend. McGee took the drug daily and eventually became addicted. McGee also became hooked on marijuana because she liked that it made her feelings disappear. "It took me out of myself," said McGee.

After graduating from Lynn McGee started working as an event planner in Miami. Known to be a party city, Miami did not help McGee. The occasional drinks turned into a daily routine and with the combination of prescription drugs and marijuana, McGee realized that her life was a big mess.

At that point, she had lost her family, her finances and most importantly herself. After losing everything that was important in her life, McGee knew she needed to get help.

"The only person who can help an addict/alcoholic is the addict itself," said McGee. Therefore, she was determined to do everything in her power to get her life back on track.

McGee went through successful therapy with great mentors and a dedicated support group. "My biggest fear was that I would actually have to feel my feelings and function without anything in my system," said McGee. "It scared me."

However, McGee is a very strong woman and she made it through. McGee has been clean for three years and does not plan to ever fall back.

Now McGee is happier than ever. She is Vice President of Development for Rx Verify, which is a drug prevention organization.

"Our mission is to end doctor shopping," said McGee. "The goal of our charitable work is to raise the necessary funds each year for scholarships for our fellow Americans who are not able to afford the cost of a recovery treatment program."
Student Life

THE COMPLETE GYM EXPERIENCE

By JESSICA BEUGEN
Staff Writer

Lifetime Fitness, the healthy way of life company, is a new destination for many of Lynn’s students and faculty.

Located less than two miles from school, it has become a popular place for students to walk, bike or drive to. Lifetime is not just a gym, but also a way of life.

Students can take part in yoga, cycling, basketball, racket ball, make use of the amenities such as the indoor and outdoor pools, saunas and plush bathrooms.

Lifetime is priced higher than the average gym, but according to the students it is worth it.

“It’s definitely worth it. It’s like a day escape,” said Ana LeJeune, freshman. “I can workout, lay out, get my nails done at the spa. I can spend the whole day here.”

Essentially Lifetime is a one-stop shop. Many students like the diversity of activities they can participate in.

Apart from the group fitness classes, Lifetime also sponsors events that get the members excited about activities throughout the club.

For example, with October being Breast Cancer Awareness month, Lifetime hosted a Zumba Dance fund-raiser. All the money collected was donated to the Susan G. Coleman Fund.

Lifetime also promoted cycling for the month of October. They charted members participation and those who attended 20 classes in that month were entered into a raffle and were eligible to win many prizes.

Events such as these encourage the members to participate and get involved in the clubs activities.

“I love how it’s three levels and each level I can do something different,” said Alejandro Zuccolillo, senior. “I love playing basketball after school and doing yoga. It’s a good way to unwind.”

Being located so close to campus, the gym seems to always have a familiar face which makes it a fun experience for students.

“Being a student today can be stressful. Our club is an antidote to stress. The club combines all the best elements of a country club resort spa and upscale athletic club in one destination,” said Membership Director Daniel Miller.

The gym, which has over 110-115 locations in the nation and Canada, has many different membership levels. The location in Boca being diamond membership level allows members access to all other locations in the country.
The Admission Team Helps Students Reach Their Graduate School Dreams

By AMY STILWELL
Staff Writer

The graduate admission team is a group of wonderful, helpful and cheerful individuals that are committed to assist students in achieving their goals of admission into graduate school.

Steven Pruitt, director of graduate admission, leads the team to continued success every year. "I am originally from Chicago and new to South Florida having been at Lynn for two years," said Pruitt. "I love the atmosphere here; I think Lynn is a great place for learning, innovation and achievement. Our one year graduate programs are an amazing value for students of all ages who want to advance their careers."

What differentiates the graduate programs at Lynn from others is the industry expert faculty, true personalized attention for students, the accelerated one year format and no GMAT or GRE requirement.

Chene ll e Seraphin, the alpha female of the group, is a talented, hardworking member with two beautiful young children. Her motherly instincts remain intact inside the office, as she is always willing to help and encourage students with the process and walk through the requirements.

Mohamed Abdalla, is an overachieving young man from Rhode Island, who recently won the employee of the month award and is running for City Council of Boca Raton. Currently enrolled in the MBA program at Lynn, he can provide first-hand insights into Lynn’s graduate programs and give students honest advice.

“As a former alumnus I can share my personal experience as a student and how Lynn shaped me as the individual I am today,” said Abdalla. "I was in the Aviation program as it has always been a passion for me to be a pilot and the university gave me the opportunity to obtain my private license and have complete my instrument rating, and I will then pursue my commercial.”

Roxana Schumann is another of the member of the dedicated staff. She welcomes every student with a smile and provides a positive experience for all.

Upon walking into the Admissions office, one will be greeted by one of the friendly faces and walked through the application process step by step.

The most popular graduate programs are the MBA, masters in psychology and the doctorate in education leadership. For a full list visit the website at http://www.lynn.edu/academics/areas-of-study/areas-of-study/graduate, or pop in and say hello to the team, they will be more than happy to assist with any questions one may have.
Updates From the Knights of the Round Table Open Meeting in October

By ZARA APPLESTEIN
Staff Writer

On Oct. 16, Knights of the Round Table held their second open meeting. During this session many new topics were discussed as well as some from the first open meeting. Each knight gave their report pertaining to their specific position.

Financial Knight
- Current budget: 7,634.48
- If you need a budget request, they are now online.

Secretary Knight
- The minutes from the last open meeting held were approved.
- Office hours are held by each knight bi-weekly up in the office of student involvement.
- KOR suggestion box can be found on the KOR page on Lynn's website.

Academic Knight
- J-terms being offered.
- Honors Society is now running.

Athletics Knight
- Attendance of athletics events has gone up.
- Baseball IMPACT program: Lynn officially signed a new member to the baseball team from the impact program.
- It is against NCAA rules to be something near any type of athletic facility.

Auxiliary Services Knight
- The use of the accessible buttons, only last thirty push-

Campus Life

KOR OPEN MEETING UPDATE

Updates From the Knights of the Round Table Open Meeting in October

By ZARA APPLESTEIN
Staff Writer

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Comics By CHRISTELLE MEHU

Teacher: Welcome to the new semester! You have only one assignment to complete! It will be due this Friday!

Group project due November 17!
Teacher: Research paper is due on Friday!
Test on November 8th!
Read Ch. 9

YOUR ANNOTATED BIB IS DUE NEXT WEEK!

Memorize the terms by Tuesday.
Write a reflection about the speaker!
Business Plan due Nov. 13th
Upload your presentations on LiveText.

CM 2013
Basketball is finally back and the Fighting Knights women's basketball team is prepared to make this season one to remember.

Last season, Head Coach Niki Washington led her Lady Knights to finish 18-10 in season, winning the SSC regular season championship and clinching a berth in the NCAA tournament. Although last season was successful, Washington is still looking to continue building in the 2013-14 season.

“I’m really excited. I like the players that we’ve brought in mixed with the girls that have come back,” said Washington. “I think they’re hungry. We had a good preseason and I’m looking forward to the season ahead.”

Although the team lost one of their best point guards after conference leader Kira Harvey graduated last year, the team has been replenished with new and capable talent.

“Last year we relied a lot on Kira to carry us, especially offensively because we could count on her,” said Washington. “This year we’re going to be more team oriented. We’re going to spread the wealth around. We have players who can really score the ball and it can be any given night any player can step up and have a 20 point game.”

Washington is confident in the depth of her teams roster and believes that it will play a large role in the up coming season. While depth is a vital part of a team, having leaders to rally behind is just as important. Charla Nelson-James, a returning junior, and Tylar Tracy, also a junior, have been called upon to fill that role.

“Charla Nelson-James with out a doubt could be the most dominate player in our league. She’s just so hard to stop. I think she looks good and she understands her role has increased especially in the scoring area,” said Washington. “Tylar Tracy had an awesome summer. To me, she’s heads and tails above everybody else with her improvement from last year. She’s playing confidently. We made her a captain and she has taken that role and has really run with it. I think we’re going to depend on those two a lot.”

The 2013-14 season holds an infinite amount of possibilities for Washington’s Fighting Knight’s squad. Although the future is unforeseeable, the women’s basketball team will definitely make this season one to remember.

Above: Washington and her key players of the season preparing for the season. LU Photos.
Weekly Review

LYNN MOCKTAILS MAKE A SPLASH
The Law and Justice Club Hosts Mocktails, Movement and Music Pool Party

Above: Students and staff coming together to soak up the sun and mocktails for Alcohol Awareness Week. Staff Photos/A.Holt.

By AMY STILLWELL
Staff Writer

The Law and Justice club recently hosted a Mocktails, Movement and Music pool party event in support of National Collegiate Alcohol Awareness week. From 3 p.m. to 6 p.m., students enjoyed a variety of activities by the pool in the beautiful Florida sun that helped increase their knowledge on alcohol and its effects. Alcohol has increasingly become a popular past time for college students and it is imperative that they know how much is too much.

Sindee Kerker, Associate Professor of Criminal Justice, gathered the Law and Justice club to run the event and explained the concept of 'Mocktails'.

"Mocktails are non-alcoholic cocktails that show how great nonalcoholic drinks can taste," said Kerker. "We want students to really understand how much is in a drink, so we had a demonstration where students poured what they think a shot, a glass of wine or beer is in a cup to see how many ounces it is and we can let them know how far off they are," said Kerker.

She was shocked to find that many students are drinking a shot that is the equivalent of an average of three.

Beside the pool, students had access to free food and an informational cards that based on their weight and how long they have been drinking, informed them what their blood alcohol level is.

"These helped students become aware that when they're drinking, even though they may not feel drunk, they may be over the limit to drive," said Kerker.

Gail DeCina, Lynn’s Substance Abuse Prevention and Treatment Specialist, helped to organize the events.

"We want to raise awareness for students to be safe with alcohol so they learn how to drink safely and in a moderate manner," said DeCina. "We have information about mixing drinks, alcohol poisoning and mixing it with drugs."

"A lot of people aren’t aware in college actually how much alcohol they consume and how dangerous it can be especially for those who have a smaller body type," said Dana Wexler, senior.

"It’s great that campus allows us to have this event and acknowledges that we do drink alcohol," Marlene Carela, freshman, loved that students could learn what their limits are at the event and how to control their alcohol intake. Soccer player Georgia Robert, freshman, is from Yorkshire, England and notices dramatic differences between alcohol consumption in America and her hometown.

"People in America are a lot less aware of what they are drinking and how much," said Robert. "Drunk driving is more frequent here too than it is England and I see a lot of students engaging in it."
Weekly Review

AWARENESS WITH MUSTACHES

Men Around the World Grow Mustaches for Men's Health

By JOSHUA SUFRIN
Staff Writer

November, being men's health month, has been fondly referred to as, "Movember" in honor of men who pledge to grow mustaches to raise awareness of male diseases.

Afflictions such as prostate cancer, testicular cancer and breast cancer are prominent diseases among men.

The prostate is a gland exclusively part of the male anatomy and if exposed to cancer, can be affected as a man ages. Located underneath the bladder, the prostate is a body part that is highly susceptible to contracting cancer. In fact, the risk of this happening to men is higher than the risk for women to get breast cancer.

It affects over 230,000 men each year with about 30,000 men dying from the disease.

Testicular cancer is also a very common disease. This disease will usually affect younger men ranging from their late teens to late 30's. If found early, the disease is easily treatable.

Since the number of breast cancer patients is almost exclusively known to be women, most men neglect the fact that they are also at risk. However, the reality is that many men do get breast cancer and must be cautious because the warning signs are not as visible as they are in women.

Many people may wonder why the mustache was dubbed as the symbol for "Movember."

The month was created in hopes of raising awareness through utilizing a noticeable facial feature that men can groom and make into a fun fashion statement. It sparks conversation that can lead to discussing and learning about the objective of "Movember."

Men who grow the best mustaches donate money to different organizations. There are even competitions on who has the longest or most unique mustache.

To find out more information, visit the "Movember" website at www.movember.com.

The website helps visitors get a better understanding of the mustache movement and why it is so important to get checked regularly.

Above: Even celebrities participate in the mustache movement to create awareness. Stock Photos.
THE APPEAL OF VAPOR CIGARETTES

Students are Making the Switch to Electronic Smoking and Enjoying the Benefits

By EMILY ROBINSON
Staff Writer

Vapor Cigarettes, also known as E-Cigarettes, are becoming the new way to smoke for students at Lynn.

Whether it is in class or around campus, this innovative technology is allowing students to get their fix while not puffing on dangerous chemicals or reeking of smoke. The new “e-cigs” are similar enough in appearance to be mistaken for regular cigarettes; the only difference is that they do not contain tobacco.

Many smokers spend an average thousands of dollars each year. The cost of buying one refillable electronic cigarette varies from $2.50 to $100 dollars depending on the type of e-cigarette one would buy.

E-cigs are battery-powered devices that allow smokers to get their doses of nicotine by transporting a vaporized liquid nicotine solution. In addition, electronic cigarettes come in different flavors ranging from strawberry banana to menthol, allowing the smoker to get a similar sensation to smoking a normal tobacco filled cigarette.

“I smoked cigs for four years straight,” said Johnny D’elia, junior. “After smoking electronic cigarettes, the thought of a normal cigarette disgusts me. I can’t believe people are even still smoking them.”

There are many reasons students have switched from normal cigarettes to e-cigarettes.

For one, students can smoke them anywhere. There is a less offensive odor when in public places and people are less likely to be threatened by them. Electronic cigarettes do not stink up clothes or put other people at risk of second hand smoke.

Although e-cigarettes contain nicotine, they do not have the same cancer carcinogens such as tar that are in normal cigarettes. They are also recyclable and save students a lot of money by allowing them to refill the same device rather than buying an entire new pack.

As more people around the nation get on board with the highly popularized movement, e-cigs offer the perfect alternative to help people transition from tobacco to vapor.

Students are slowly making the switch over to electronic cigarettes. Knowing that smoking regular cigarettes is bad for their health and the health of others around them should push students in the direction of making the switch.
LYNN'S OWN STUDENT VETERAN
Lynn Welcomes Student After his Service in the Marine Corps

Above: William Port, sophomore, joins the Lynn family after serving the country for three years in the U.S. Marine Corps. Stock Photos.

By LIGA STRAUNIECE
Staff Writer

It takes a lot of personal courage, honor, commitment and integrity to become one of the elite warriors protecting freedom and securing the homeland of America.

William Port, a sophomore majoring in criminal justice, has all these characteristics and many more as he served in the Marine Corps for three years until 2012.

Ever since he was a child, Port knew that he wanted to embrace the responsibility of keeping the nation safe and free. However, to be able to wear the honorable uniform, prospect marines must go through a twelve week-long, intense mental and physical training session. Many recruits fail to pass requirements, however, Port was not one of them.

After successful completion of his training, he was stationed in Japan and deployed to Afghanistan for eight months.

During training, prospective marines learn about their duties and responsibilities. Even though recruits practice mental training, Port was not prepared to face some situations he came across during his service. He lost one of his closest friends right in front of his eyes, but with the incredible support of his fellow marines and mentors he was able to recover from the tragic loss.

"The service has changed me as an individual to become mentally stronger and more self-sufficient than I was before," said Port.

Being a marine is tough, both physically and mentally. They wake up early in the morning and do not go to bed until late at night. Their days are filled with different tasks and duties as every single marine holds many responsibilities. However, it is also very rewarding and honorable. Port would do it all over again in a heartbeat.

After returning home, Port realized that he was not prepared for the readjustment to (Continued on page 2)
that things could be worse. 

"It's what you do during those times of uncertainty that defines who you are and what you can be," said Port.

Today, Port is working hard to pursue his degree as well as competing on Lynn's newest athletic program addition, men's lacrosse.

After graduation, Port would like to either work in a federal agency or go back to the Marines as an officer. He encourages Lynn students to stay on track, finish school and enjoy every moment, as one should always appreciate memories of great times with friends.

THE LYNN iPad INITIATIVE EXPANDS

More Classes at the University are Gaining Access to the iPad Initiative

By TANNER BERMAN
Staff Writer

During the recent State of the University speech, Chris Boniforti, chief information officer at Lynn, revealed that the university would begin expanding its iPad initiative.

Next fall, all current sophomores and juniors will receive iPad minis just like the incoming students from this past year. The student body is looking forward to this and cannot wait to get their hands on an iPad mini.

"I think it's really is awesome," said Jose Valdovinos, junior. "Now I can have all my stuff for class in one place. I'm really looking forward to getting mine."

Students believe that having an iPad mini will make learning more convenient and will also drop the prices of expensive textbooks. School officials believe the expanded introduction of the iPad mini will make the student body more involved with the use of a common platform.

"Using common platform is really remarkable," said Kevin Ross, president. "We already saw it with the freshman class this year so we wanted to make sure it was common throughout the entire Lynn experience. Next year we will be rolling these out when students arrive back on campus just like we did for our first year students this year."

The staff and faculty are also looking to make learning here at Lynn significantly more convenient with the use of the iPad mini platform by taking advantage of the services Apple has to offer.

"There will be an iTunes U backdrop for all classes so a lot of the digital resources can be found in one place," said Ross. "As a student, you can open up your iPad, you hit one button and there are your books, there are your videos and there is everything in one place. It should be a significantly advanced learning environment for everybody now."

The student body will be eagerly waiting for the fall of next year to receive their iPad minis. Until then, the staff and faculty will be preparing to send Lynn into the future of education.

Above: Port during his time deployed in the Marines. Stock Photo.
LYNN ALUMNA STARRING ON BRAVO
Former Lynn Student Stars on “The New Atlanta” Showcasing her Life

By JOSH SUFRIN
Staff Writer

Lynn is represented well by alumna Emily Lipman, who is currently on her new television show called, “The New Atlanta.”

The show is about Lipman and her fashion store named Raw Denim Boutique in Atlanta. The newly televised alumna graduated in 2008 and was greatly impacted by the earthquake in Haiti that took the lives of several university students and professors.

Lipman was originally a sports management major but changed her mind after the event in Haiti. She decided to take life by the horns and open up her business.

Raw Denim is a fashion trend that is edgy, trendy and gaining popularity quickly. Her store has many different clothing options for men and women to look fashionable and comfortable.

On the show, one can see drama and entertainment wrapped up in a fantastic reality series. In some episodes viewers see explosive fights, fun times and most importantly how a young female built up a business and has so far succeeded.

A lesson to be learned is that one should take life one day at a time and always try to enjoy the moment because not even a day is guaranteed. As the quote says in which Lipman lives by, dreams should always be chased. There will be failure, but as long as one is trying, one will succeed.

Lipman also helps cohost a charity called “Wish for Wen-dy.” The organization raises money for cystic fibrosis. To donate money and view more about the charity visit to andyli pman.org/wishfor­wendy.cfm.

Lipman is a prime example of a student whose dream came true and encourages all to follow in her footsteps by chasing theirs.

“The New Atlanta” can be viewed on Bravo throughout the week. New episodes air every Tuesday. Follow Lipman on twitter at @emilylipman. The store website is rawdenimatlanta.com.
START the new CAMPUS REVOLUTION
LYNN UNIVERSITY

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Michael Birts’
Batman Dunk Takes
Over the Internet

By LISSETTE VILLEGAS
Staff Writer

Lynn Knight Madness may be long gone, but the buzz about Junior Michael Birts’ dunk is still being heard.

Birts stole the spotlight when he decided to put on a show no one would forget. Dressed in a Batman costume, the Lynn basketball player proceeded to throw a ball against the backboard, off a teammate’s head and finish with a two-handed dunk.

“I decided to dress up as Batman because The Dark Knight is my favorite movie and since we are the Knights, I figured why not be the Dark Knight,” said Birts. “Not only did Pavle Raickovic give me the idea of having the ball go off his head, but the 2005 NBA Slam Dunk contest also inspired me to add the part.”

Birts’ dunk not only captivated the student audience, but also the attention of ESPN, where the play made number 9 on Sports Center’s Top 10 Plays.

“It’s every athlete’s dream to be on ESPN and I feel it was a great honor for the university, the team and myself,” said Birts. “I got phone calls from just about everyone in my family. My Instagram and Twitter went out of control after I was on ESPN with several people requesting to follow me.”

As though being recognized by ESPN was not enough, the NCAA also commemorated Birts’ memorable dunk.

“This dunk from @LUKnights Midnight Madness is sure to get you excited for college basketball season,” said the NCAA on their Twitter page.

“Most schools that are Division Two do not get enough publicity and are really never put in the spotlight,” said Birts. “It was an honor to be used as the preview for the start of college basketball and to get other teams to see what we are bringing to the table this season.”

Make sure to come out and support Lynn’s Men’s Basketball team this season. For more information on upcoming games, visit www.lynnfightingknights.com.
AN EAGER STUDENT VOLUNTEER
A Lacrosse Player who Contributes to an Even Bigger Team

By LIGA STRAUTNIECE
Staff Writer

Kevin Hartley, a junior majoring in hospitality, is a Long Island native that separates himself from the pack by his energy and big dreams. Typically seen on campus chatting with his fellow students and faculty members, Hartley is rarely seen without a big smile on his face.

After graduating high school, Hartley received a phone call from his brother in San Diego, offering him a job to work at Stein Education Center, a private school for autism. True to his spontaneous nature and willingness to try new things, Hartley packed his bags and hopped on the next flight to California. Although he lacked any previous experience working with autistic children, Hartley got the hang of things quickly.

Students at the school ranged in age, some as young as five while others in their twenties. Hartley assisted students with various tasks such as brushing their teeth and teaching them how to rollerblade.

"Seeing the smile on their faces made me absolutely fall in love with that field of work," said Hartley.

After a year and a half, he had the opportunity to play the game he loves while pursuing an education at ASA College in New York City. Although he did not want to leave the kids he had grown to love, Hartley knew the importance of education. He took up the opportunity and eventually decided to pursue an associate degree in criminal justice.

Hartley was later approached by Lynn Head Lacrosse Coach Brian Kingsbury, who wanted him to come to Lynn and play for the new lacrosse team.

After visiting the university, Hartley immediately fell in love with the school and knew that it was time for the next chapter of his life.

"Being in a small school, it is nice that everyone knows everyone and we are like one big family," said Hartley.

He loves being with his teammates and playing the sport he loves while continuing his education.

"I wake up every morning doing something I love to do," he said.

Hartley did not abandon his passion for working with autistic children and immediately got involved with Best Buddies at Lynn. A popular volunteer movement, the organization is dedicated to people creating friendships and spending time with people with intellectual and developmental disabilities.

"I enjoy talking to them and getting to know them," said Hartley. "They are all really smart and intelligent people."

Hartley strives to remind and encourage people to help someone other than themselves, because giving is so much more rewarding than receiving.

Above: Kevin Hartley worked at a private institution for autistic children and it changed his outlook on life forever. Stock Photos.
BSU: THINK PINK FASHION SHOW
Students Walk in Pink in Honor of Breast Cancer Awareness Month

By AMY STILWELL
Staff Writer

The Black Student Union recently hosted the spectacular Think Pink Fashion show featuring many of Lynn's student organizations, tables of color-themed food and students passionate about raising awareness.

Jocelyn Grayson, sophomore, president of Black Student Union and coordinator of the fashion show, is a beautiful, organized and friendly student who is always dressed in coordinating colors. She was the ideal person to arrange a show to remember.

"We wanted to create a really diverse fashion show, and the month of October came at a perfect time to coordinate it in accordance with breast cancer awareness," said Grayson. "Models were of all shapes and sizes and each from different organizations to ensure everyone could get involved."

Two fabulous presenters, Parker Ganassin, sophomore, and Kelly Burlison, assistant professor, kicked off the evening with witty banter and information about breast cancer. Stunning girls strutted their pink outfits down the catwalk in groups according to their themes. Knights Activities Team represented Grease and BSU donned Dots of Diversity, a polka dot theme, as well as two sororities on campus and talented independent designers.

"Outfit formulation required a lot of willpower, trips to the thrift shop and raiding closets," said Grayson. "We didn't want people to spend money, just to raise awareness for breast cancer."

Susan G. Komen, the organization in accordance with BSU, sent Joel Namer, a breast cancer survivor, to speak at the event and inspired the audience.

"We didn't actually know the speaker was going to be a man," exclaimed Grayson. "But it was fabulous that he was here and able to leverage the awareness in men that breast cancer can happen to them too."

Look out for upcoming events from the Black Student Union, such as the Black Tie Gala. The group meets every Tuesday and Thursday on the patio outside of the Office of Student Involvement.

Above: Jocelyn Grayson, president of BSU. Staff Photo/ A. Stilwell.
Lynn Student Competes for the Crown

By JESSICA BEUGEN
Staff Writer

Freshman Whitney Sharpe is not the average college student.

Sharpe is a three-time Massachusetts State Cheerleading Champion, the 2012 National Cheerleaders Association Runner-up and 2012 Universal Cheerleaders Association Champion. She was even ranked in the top 10 in the world.

"It was a huge accomplishment for me, my whole cheering career finally paid off," said Sharpe.

Sharpe started her cheering career as a flyer for Pop Warner when she was eight and eventually moved up the pyramid to East Elite the following year. Before she knew it, Sharpe cheered her way up to coed level five.

Due to Sharpe's many accomplishments, she is sponsored by a cheerleading apparel company, Chassé as one of their "superstars of all-stars." The Cheer Channel, who handpicks the "Superstars" for Chassé, gives this honor to a cheerleader each year.

According to the Cheer Channel, "the cheerleaders that are chosen represent the cream of the crop in the spirit industry. The standards the Superstars must meet include talent, commitment, dedication, physical skill, leadership, fan support, personality, community involvement, academic achievements, social skills and respect of teammates and coaches."

Sharpe was honored to win the award and Chassé is thrilled to have her represent them.

"We are incredibly pleased to have Whitney representing our company. She is a great model and represents the hard work and dedication required to be a champion cheerleader," said Chassé Marketing Manager, Jessica Rzeszut.

Even with all her success, Sharpe still finds ways to give back to the community through various volunteering services. She is affiliated with Lynn's organization, Best Buddies as well as Autism Speaks, a world renowned organization for autism science and advocacy.

"Best Buddies is a program that assists students with special needs. Students who volunteer are there to hang out with them and be their friend," said Sharpe.

On top of her many accomplishments, Sharpe looks to add one additional success to her list. She is an entrant in the Miss Massachusetts USA Pageant, which is an official preliminary to the national Miss USA Pageant. The winner of this pageant will compete for the title of Miss USA. Her platform for the Miss USA Pageant will be the Autism Speaks charity.

If interested in helping Sharpe reach her goal to raise her set amount for Autism Speaks, visit www.gofundme.com.

The Miss Massachusetts USA Pageant will take place on Nov. 23. Be sure to look out for Sharpe to support her on her next endeavor.

Above: Whitney Sharpe prepares for the spotlight. Stock Photo.
FINDING THE PERFECT FIT TO RUN
What Students Need to Know About Buying the Right Running Shoes

By CLARISSA MYATT
Staff Writer

With colder weather starting to show its blistery head, it is the perfect temperature to finally start that jogging routine one has been contemplating for the past few months. However, before starting, make sure that the shoes match the runner.

The type of shoe, feet, environment and laces are all factors that contribute to the type of running shoe best for one’s feet.

“I run a lot during the off season of swimming, so it’s really important that I wear shoes that are the best for my feet. Especially since I go on paths, and you need a different type of shoe for that,” said Julia Pedersen, sophomore.

There are two types of running shoes: road running and trail running. Road running shoes are for pavement with only slight irregularities. Look for light and flexible shoes with cushions or feet stabilizers.

Trail shoes are made for off road routes. Look for shoes with enhanced aggressive outsoles for a solid traction. Also, it is important that they are stable, supportive and have underfoot protection.

Additionally, make sure to protect the ankles. Get to know whether they roll inward or outward. If they roll in, find shoes with motion control and extra stability. If they roll out, find shoes with flexibility and cushioning. Arches play a large role in how the ankles roll.

For example, high arches roll out. For flat feet, they roll in.

Thirdly, take the environment into consideration. For road, choose shoes that are light, flexible and provide cushion to the feet. For trails, stability, traction and sturdy outsoles are a must.

Keeping track of distance and speed are also main components to the lifespan of shoes. Wearing them for fitness and fun will ensure a longer life span than that of someone who runs for speed and distance. According to About.com, the lifespan of an average running shoe is about 300-500 miles, that is roughly 3 to 4 months.

Fourthly, check out those laces. The way one ties his or her laces, can make or break a run. Getting blisters is easy when the heel is lifting up while running. To prevent this, tie the laces in a crisscross manner. For high arches, tie it across, up and over to remove pressure points at the top of the foot.

Try on shoes at the end of the day when one’s feet are at their largest. If using orthodontics, bring them when trying on shoes. And finally, buy a pair of insoles to help give the feet even more comfort. Now get out there and start running, the trails and streets await.
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iPAD MINI VERSUS THE iPAD AIR

Students now Have Many Options to Choose From When Selecting an iPad

By TYLER BABCOCK
Staff Writer

With Lynn starting the iPad initiative this year, freshman students and some upperclassmen have received iPad minis, and have been using them for personal use as well as academic purposes.

It has been so successful with the "guinea pigs" that Lynn has decided to roll out the iPad initiative to the rest of the student body next year.

However, Apple has recently released the new iPad Air. The iPad Air, which has a 9.7-inch screen with retina display, is rewriting the rules of tablet technology. The iPad offers an A7 chip to the table, which essentially means it has the ability to run desktop class software on a tablet. This means that games, apps and even books are easier to use and can even have more features to them.

The A7 chip also allows the thinner iPad Air to run for the same amount of time as a regular iPad. It also has an advanced wireless connection system built in to the device to receive a better connection to wireless networks.

With so many students on campus and so many students using wireless internet slowing it down, the new iPad Air could help with connection issues for students. The iPad Air comes pre-loaded with Pages, Keynote, Numbers, iPhoto, iMovie and GarageBand.

Some students at Lynn have weighed in on the discussion on what iPad they would prefer if they had the option. There are downsides to the iPad Air. Although it weighs much less, it is also prone to breaking more. Students are clearly intrigued by the idea of getting an iPad.

"I could snap the Air [iPad Air] in half. I prefer the mini," said Cole Schaffner, sophomore.

"I want the mini. They're so cute, and can fit in the palm of your hand," said Devin Green, junior.

With the decision up to the school, students and faculty will need to wait until next fall to see what iPad students will get.

Above: With a new addition to the iPad family, students have many options to chose from. Stock Photos.
THINKING PINK ROCKS
Student Nicole Seidman has High Aspirations for the Future

By CLAIRISSA MYATT
Staff Writer

Nicole Seidman, senior majoring in psychology, has a passion for helping others. This passion is the main reason why she chose to study psychology in the first place. “I have always loved helping people,” said Seidman.

Once Seidman graduates from Lynn, she plans on continuing her studies in psychology by obtaining a doctorate degree in clinical psychology in order to study pediatric neuropsychology. Seidman has her future plans all figured out.

“I want to start my own practice. My ultimate goal is to help children who don’t get the easy childhood neurotypical children get and teach them to make the world work with them instead of having to figure out how to always work with the world,” said Seidman.

Aside from being an exceptional student with big plans for the future, Seidman is also the current president of Psi Chi, a student club dedicated to psychology. Psi Chi is an amazing opportunity for anyone studying the field of psychology or related major.

“Being the president of Psi Chi honestly means more than I could ever explain to you in words. I have worked very hard to achieve this position and I am so honored to be the head student of such an important and noble organization,” said Seidman.

Being a part of Psi Chi helps Seidman and others continue their passion for helping others. Psi Chi is always helping the community by participating in charity events.

“Psi Chi walked in the Making Strides in October and we raised over $1000 doing bake sales, raffling off a basket and selling breast cancer swag,” said Seidman. “There were just about twenty of us (Continued on page 2)
walking with a giant six-foot-wide bra that we made out of chicken wire and paper mache that we held as our sign,” said Seidman.

Giving back to the community runs in Seidman’s blood. In 2000, her mother was diagnosed with breast cancer. Being a survivor, Seidman’s mother knew she had to give back to others and spread the word about breast cancer thus creating the organization titled, Think Pink Rocks.

“Think Pink Rocks” started with Seidman’s mother and three friends who were affected either directly or indirectly with breast cancer. Starting from a simple luncheon and moving to a citywide concert in Boca, TPR quickly became a nation wide organization drawing attention to well known singers and Hollywood activists. TPR is held during the whole month of October, also known as breast cancer awareness month.

Think Pink Rocks was created “to raise awareness and advocate for breast cancer research while throwing a concert that everyone wants to come to and enjoy, and to teach speakers and survivors about how to be proactive in screening yourself for breast cancer. One of the purposes also was about spreading knowledge about the BRCA gene and testing to see if you are a carrier, if you are a carrier of the BRCA gene you are up to 80 percent more likely to develop breast cancer in your lifetime,” said Seidman.

TPR means more to the Siedman’s than imaginable. “TPR means so much to me. My mom is my absolute best friend and had she not survived breast cancer when I was very young I would not have gotten to grow up with the most amazing woman I have ever and will ever know,” said Seidman.

Many organizations only give a small percentage of their proceeds back. However, TPR gives 100 percent of donated money and profit back to doctors, hospitals and specialty centers to make more survivors and more inspirational stories, more birthdays, more hellos, more firsts and more memories.

To get involved in TPR is easy. Find out how to volunteer or donate money at thinkpinkrocks.com for more information. Most importantly, remember, “your time and support touches the hearts of so many people,” said Seidman.
STUDENT LIFE

STUDENT LIFE KNIGHT

Casie Binkowski

By ZARA APPLESTEIN
Staff Writer

Casie Binkowski, the Student Life Knight, is a junior here at Lynn. She majors in criminal justice, with a double minor in psychology and forensic science, and yet still manages to be active on campus. Currently, Binkowski is a Resident Assistant for Frieburger 10's wing. She was the co-chair for Knights in Community last year, along with being involved with emerging leaders and the peer mentor program. Being involved does have its benefits. Binkowski was nominated by two past faculty members and was awarded the Shining Star award her freshman year.

"Well at first Andrew Lippi told me to join, but then I really thought about it and I decided that I saw how things were being run and I wanted to make a change," said Binkowski.

After being nominated into KOR Binkowski applied for the Student Life Knight.

"It just made the most sense. It coincided with me being an RA, plus I already have the connection with HRL, OSI, spiritual and religious life and , multicultural affairs," said Binkowski.

As the Student Life Knight, Binkowski serves as the liaison between the respective affair as set by the bylaws and KOR. She also receives and organizes all concerns, comments and questions for this respective affair and reports them in hopes to find solutions.

Any Lynn student is allowed to attend the open KOR meetings. For questions or concerns, one can contact Hornik at cbinkowski@email.lynn.edu.

Above: Casie along with other students. Stock Photos.

THAT'S WHAT SHE SAID

Whining My Way to Change

By KASEY MANN
Staff Writer

Recently, somebody told me a quote, "Life begins where your comfort zone ends." I cannot stand when people try to feed me inspirational quotes for breakfast; give me pancakes or give me death!

I whine all day. I whine because it is too hot out or because my e-mail is down. I whine when it is too cold out or when I get too many e-mails.

Then I whine that I need a glass of wine...

I have been whining because my life is not what it used to be a mere six months ago. I feel like I have fallen so many steps behind when in actuality I have made some of the biggest positive changes in my life. I have learned some serious lessons and often need to remind myself.

I learned that money cannot buy happiness, although I have always known I cannot be happy without money. They do say it is far more comfortable to cry in a Mercedes Benz than on a bicycle, right?

I have also learned that it is much harder to achieve things and have them taken from you as opposed to never having them in the first place. That's only human nature! No child is happy when you take their toy from them just like no woman is happy when you take her shopping privileges away.

I often complain about not having my life the way it was but I was miserable six months ago. I was all work and no play, I ate too many salads and not enough cheeseburgers, I rarely ever laughed and I was more concerned of what people thought of me than how I felt each morning.

Things happen to us and we think our world has ended. The times when we think it impossible to bounce back, are the most perfect moments of opportunity in disguise.

My friends are right (but don't tell them; I'll never hear the end of it). Life does begin when your comfort zone ends. Cry about it, whine about it, but then take advantage of it. The grass really could be greener.

Nobody likes a negative Nancy or a pessimistic Pedro; look on the bright side and whine your way to change.

Kasey Mann is a senior majoring in Advertising and Public Relations. This column does not represent the opinions of the iPulse, but her personal thoughts and views.
By TYLER BABCOCK
Staff Writer

For those students and faculty who have not seen the most craved television series featured on AMC, Breaking Bad created a fan base appealing to everyone. The series is about a high school chemistry teacher (Walter White), who learns he has terminal lung cancer and starts cooking meth with one of his former students (Jesse Pinkman) in a RV so as to provide money for his family.

Breaking Bad has become one of the most iconic shows in television history. It has won ten awards and has been nominated for many more. The only downside to the show is that it finished airing on Sept. 29. The show became so popular that it started a cult-like following, which included millions of fans inside and outside of Hollywood.

The show was so beloved that even DreamWorks CEO, Jeffery Katzenberg, offered $75 million to make three more episodes to the show, before he found out the ending and realized his plan could not work.

"Walter will always be alive in the memory of its viewers," said Parker Ganasin, sophomore.

Even with the show gone, fans like Ganasin will never forget about White and the rest of the Breaking Bad cast and crew.

"I thought it was too soon, I loved the show from the beginning. The way it was written was phenomenal and I would trust Vince Gillian [writer/director] with my life," said Dylan Tranzfeld, junior.

Clearly, Breaking Bad has developed the following it deserves, but at the end of the day it is clear that the fan base is upset with the way the series ended. Thankfully, fans of the series can rejoice by re-watching every season up until the fifth available on Netflix. Although this is not the most ideal way to rejoice, every good show has to come to end eventually.

Above: The AMC television series, Breaking Bad, is still a hot topic for avid fans everywhere even after the series finale. Stock Photos.
Student Life

WHERE TO LIVE DURING COLLEGE

Students Discuss Their Preferred Place to Reside During their College Years

By GRACEANNE TRUMPFELLER
Staff Writer

With current enrollment of over 2,000 students, Lynn only houses less than 1,000 in the residence halls.

Lynn boasts a campus of 123 acres and is complete with five residence halls. A student can be housed in E.M. Lynn, Lynn, Freiburger, Trinity or de Hoernle Residence Hall. On campus housing offers one bed, one mattress, one desk, one desk chair, and one dresser unit per person. A mirror, closet and an overhead light are also standard in most rooms. All buildings on campus are smoke free.

Though there are five residence halls available, over half of the student body choose to live off-campus. Those who reside off-campus are known as commuters. Commuters have the option of living anywhere in the southeast Florida area.

With a majority of students living off-campus, the question arises - do students who live on campus have an advantage over commuters? iPulse set out to see how students feel about this matter.

"Living on campus is an advantage because you meet a lot of people. It gives you an opportunity to socialize," said Emre Sahinkanat, an on-campus freshman.

"No, living on campus isn't an advantage. You're very confined. Living off-campus gives you more freedom to go wherever you want, whenever you want," said Francesca Stocco, freshman commuter.

"Yes, they do. Residents have the opportunity to get more involved on campus since they're always here," said Sydney Trezza, on-campus freshman.

"Yes. You get to build a connection as opposed to living off-campus. You lose an opportunity to experience the full college experience," said Cindy Sorto, senior resident assistant.

"Yeah, on-campus kids have an advantage. It's easier to get in contact with your professors and you have constant access to a library to study in," said Cynthia Xavier, on-campus freshman.

"I'd much rather live off-campus. You never get any alone time on campus and you're constantly surrounded by people that you may not like," said Katelyn Sharkey, on-campus senior.

It looks as though Lynn students have mixed feelings. The lack of freedom on-campus students have does put a damper on residence-life, but it appears living with your peers is crucial to the "college experience." Though attending classes and completing assignments is a bulk of college student’s day, it seems the social aspect of on-campus living is also a major component. On-campus or off? It is truly a personal preference.
Learning About Personal Finance is Important for All Lynn Students

By SCOTT THOMAS BALDWIN
Staff Writer

As every young adult leaves home for the first time, they face the challenges their parents took care of for them. Many freshmen at Lynn are getting their feet wet for the first time when it comes to handling their budgets. The issue in creating an efficient budget is real and is the struggle that many students need assistance.

Luckily, some freshmen take advantage of classes such as personal finance where they use the skills they learn in class and apply them to real life scenarios. One of the first assignments in every personal finance class is how to make a budget and all students should take that lesson seriously.

"I base myself on how much allowance I have and divide it in weekly amounts," said Naomi Tavian, freshman. "Then subtract the fixed costs."

For those who have already created a budget, students use certain methods to keep track of their spending sprees. Some may use personal methods, while others use their banks as their resource of keeping records of their spontaneous spending.

"I can put a lock on my bank account," said Nicole Fevola, freshman. "If I feel like I'm spending too much, which I always am, I put a lock and it will only show me my transactions so I know where my money's going."

If freshmen have found ways to keep records of their transactions, then the next step is to improve. Freshmen should learn all they can in search of new and better ways to manage their personal finance.

"I average what I spend," said Nicole Constantino, freshman. "I saved money from my jobs for the last year and I give myself a slotted amount per week. I need to stop spending money I don't have."

Above: It is important for students to learn how to manage their money. Stock Photos.
The NBA season is back once again with LeBron James and the Miami Heat as the reigning champions. However, this season may be the season where the Heat do not come out with the championship. This year, the Western Conference has improved as a whole, which does not make anything easier for the Miami Heat in terms of out of conference play.

The Houston Rockets have a young star-studded cast with Jeremy Lin, Chandler Parsons, James Harden and Dwight Howard. The Oklahoma City Thunder show talent as well, however Westbrook is currently out but could possibly return soon. The San Antonio Spurs look to win another title with Coach Popovich, Tim Duncan, Tony Parker and Manu Ginobili, before their time is up in the NBA. Steph Curry and the Golden State Warriors look as if they can be a force in the west as they continue to show growth since the playoffs last year with the acquisition of Andre Iguodala from the Denver Nuggets in a three-way trade with the Utah Jazz this off-season.

For the rest of the powerhouse in the west, the only teams that stick out tremendously are The Los Angeles Clippers and the Los Angeles Lakers. Kobe Bryant is still not back from his ankle injury last year, but the Lakers showed they could ball without Kobe in their opening night debut for the 2013-14 season. Dirk Nowitzki and the rest of the aging Dallas Mavericks look decent this year, but Denver and Minnesota, Memphis and Utah look like they can make some moves this year with the young players they have been acquiring over the past couple seasons. As for the Kings, Trailblazers and Suns, this could quite possibly be the midpoint of their rebuilding years. The New Orleans Pelicans, (previously the New Orleans Hornets) new look is working out with Anthony Davis and Austin Rivers leading them into this season’s grind.

Not only has the Western Conference become harder, but the Atlanta Hawks, Orlando Magic, Milwaukee Bucks and Detroit Pistons have shown that they are becoming more mature teams in the Eastern Conference. While Philadelphia did well in the draft, Toronto, Charlotte and Washington are not looking amazing with no surprise as they have not been able to perform well in the past couple of seasons.

During the off-season, the Boston Celtics surprisingly traded two thought-to-be franchise players, Paul Pierce and Kevin Garnett, with Jason Terry to the Brooklyn Nets for Kris Humphries, Gerald Wallace, MarShon Brooks, Kris Joseph and Keith Bogans along with three future first round picks. All of these trades are happening mainly because of Doc Rivers leaving the Celtics to coach the Los Angeles Clippers and make Chris Paul, Blake Griffin and the rest of the Los Angeles Clippers champions.

This blockbuster trade transforms the Eastern Conference completely, by making the Boston Celtics a team in building and not much of a threat. However, the Brooklyn Nets and new coach Jason Kidd now have added three tremendous players to a roster that already had all-star Deron Williams, Brook Lopez, and a decent supporting cast of players. The rest of the Eastern Conference looks very young; the Indiana Pacers are showing phenomenal signs of improvement from their devastating loss in playoffs last year to the Heat after dominating the series with New York. The Cleveland Cavaliers have a solid young roster with Kyrie Irving running the point but will not do much damage or make the playoffs at all. This years NBA season will no doubt be a very exciting one due to the fact that the Heat are the oldest team in the NBA and will be on the hunt to winning their third championship in a row. Facing all these young, skillful teams will be a difficult task for the Big Three (LeBron James, Dwyane Wade, and Chris Bosh) considering that Dwayne Wade has been nursing a bad knee for a couple seasons now, Chris Bosh did not perform to expectations in last years playoffs and even though its LeBrons, The King can not do it all by himself.
NEW TEXTING AND DRIVING LAW
A new Texting and Driving law is now in Effect in the State of Florida

By DELANEY Brey
Web Editor

Recently a new “no texting while driving law” took effect in the state of Florida. At first glimpse, the law might look like a step forward toward safer driving habits, yet after reading the law, the question must be raised to whether it is a step at all?

The new law in effect almost permits texting while driving. In order to be ticketed for the offense another driving hazard must be committed in order for the police to pull the offender over. This restriction alone makes the law almost completely irrelevant to drivers.

As if drivers were scared to text and drive, the litigation takes a new twist on pointlessness. Most drivers can usually text without running a light or their breaklight going out. Based on this law, that is acceptable. The safe texting driver can go on with their day; it is the other 4,500 people that cause accidents Florida is worried about.

Had Governor Scott and others, truly wanted to stop texting and driving offenses, then the law should have without a doubt been that blunt. States have had countless laws in the past that give worse punishments to things that probably never take place such as the Arkansas’s law that results in jail time if people were to walk their cows down the street after 1:00 p.m. on a Sunday.

Another thing to take into consideration is the fine that would be given if ticketed for the offense. We are not talking Benjamins, but rather three Hamiltons, or one Hamilton and a Jackson; that’s right 30 dollars. Although anyone would be upset to see a police officer writing a ticket it is safe to say their worries would be cut short by the small number on the paper. In fact, this amount is lower than the standard $40 fine when one is pulled over and cannot show proof on insurance. Supposedly that piece of paper can be the difference between life or death.

So what do drivers think of this law? Or a better question, are they even worried about it? Boca state representative Irving Slosberg, called the bill, a “complete disappointment” for people who care about public safety, not the drivers.

In order for the bill to be remotely effective, it should have been passed the way it was in the beginning, making texting a primary offense. Apparently this idea was stopped by the representatives that thought of all of the situations in the world that would make acceptable to text and drive, like when waiting in traffic jams or red lights. It is clear that none of these representatives drive on everyday streets where it is a nuisance to wait on a car that stands still when the light changes because he is texting, or the person that rear ends the person in front of them because they thought the person was moving along with their keystrokes.

Perhaps next time around a law that actually does something will be passed.
LYNN'S OWN STUDENT VETERAN
Lynn Welcomes Student After his Service in the Marine Corps

By LIGA STRAUTNIECE
Staff Writer

It takes a lot of personal courage, honor, commitment and integrity to become one of the elite warriors protecting freedom and securing the homeland of America.

William Port, a sophomore majoring in criminal justice, has all these characteristics and many more as he served in the Marine Corps for three years until 2012.

Ever since he was a child, Port knew that he wanted to embrace the responsibility of keeping the nation safe and free. However, to be able to wear the honorable uniform, prospect marines must go through a twelve week-long, intense mental and physical training session. Many recruits fail to pass requirements, however, Port was not one of them.

After successful completion of his training, he was stationed in Japan and deployed to Afghanistan for eight months.

During training, prospective marines learn about their duties and responsibilities. Even though recruits practice mental training, Port was not prepared to face some situations he came across during his service. He lost one of his closest friends right in front of his eyes, but with the incredible support of his fellow marines and mentors he was able to recover from the tragic loss.

"The service has changed me as an individual to become mentally stronger and more self-sufficient than I was before," said Port.

Being a marine is tough, both physically and mentally. They wake up early in the morning and do not go to bed until late at night. Their days are filled with different tasks and duties as every single marine holds many responsibilities. However, it is also very rewarding and honorable. Port would do it all over again in a heartbeat.

After returning home, Port realized that he was not prepared for the readjustment to civilian life.

"The biggest change I had to face was not being with the men whom I was deployed with. We had grown to be a family," said Port.

Despite these adjustments, Port enjoyed being home. Sleeping in and eating home cooked meals were greatly appreciated after having been gone for so long.

"It’s what you do during those times of uncertainty that defines who you are and what you can be," said Port.

Today, Port is working hard to pursue his degree as well as competing on Lynn’s newest athletic program addition, men's lacrosse.

After graduation, Port would like to either work in a federal agency or go back to the Marines as an officer. He encourages Lynn students to stay on track, finish school and enjoy every moment, as one should always appreciate memories of great times with friends.
Weekly Review

SKATIN' AROUND LYNN'S CAMPUS
Students use Skateboarding as a new Form of Transportation Around Lynn

By EMILLY ROBINSON
Staff Writer
Numerous students skateboard their way around campus either to class or even from their homes off campus.

"Ever since I started long boarding, I haven't been late to class. It's super fun and I look cool," said Tyler Babcock, sophomore.

Skateboarding has become the new form of transportation for many students. It has now become second nature to see many students on skateboards all around the university and community.

"I longboard to school from my apartment every day. I don't have a car so without my longboard I would have no way of getting around," said Oz Ndukwu, sophomore.

Whether it is just getting from class to class or the long trip to the parking lot, students are found riding around campus every day. One can find all types of students skateboarding or longboarding on campus, whether they are athletes or star students. Everyone seems to be picking up a board and trying out the new sport.

"I see so many people skateboarding or long boarding everywhere. It makes me want to learn how. I would love to get to the parking faster than I do walking," said Lucas Langley, sophomore.

One can find many students using their skateboards and doing tricks while on the way to class. There are also students that use longboards strictly for transportation and a way of getting anywhere around Boca.

Many other universities in the country have strict rules against skateboarding but Lynn does not and the students seem to appreciate that greatly and take advantage of their opportunity to board.

"Thanks to my board I get to class on time. It's the best way to get around quickly and it's lots of fun," said Jennifer Murillo, senior.

It seems that many students are picking up the hobby and for good reason.

Above: Students use skateboards and long boards to get around campus. Staff Photos/E. Robinson.
Weekly Review

iPad Mini Versus the iPad Air

Students now Have Many Options to Choose From When Selecting an iPad

By Tyler Babcock
Staff Writer

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However, Apple has recently released the new iPad Air. The iPad Air, which has a 9.7-inch screen with retina display, is rewriting the rules of tablet technology. The iPad offers an A7 chip to the table, which essentially means it has the ability to run desktop class software on a tablet. This means that games, apps and even books are easier to use and can even have more features to them.

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“I could snap the Air [iPad Air] in half. I prefer the mini,” said Cole Schaffner, sophomore.

“I want the mini. They’re so cute, and can fit in the palm of your hand,” said Devin Green, junior.

With the decision up to the school, students and faculty will need to wait until next fall to see what iPad students will get.

Above: With a new addition to the iPad family, students have many options to chose from. Stock Photos.
LYNN ALUMNA STARRING ON BRAVO
Former Lynn Student Stars on “The New Atlanta” Showcasing her Life

By JOSH SUFRIN
Staff Writer

Lynn is represented well by alumna Emily Lipman, who is currently on her new television show called, “The New Atlanta.”

The show is about Lipman and her fashion store named Raw Denim Boutique in Atlanta. The newly televised alumna graduated in 2008 and was greatly impacted by the earthquake in Haiti that took the lives of several university students and professors.

Lipman was originally a sports management major but changed her mind after the event in Haiti. She decided to take life by the horns and open up her business.

Raw Denim is a fashion trend that is edgy, trendy and gaining popularity quickly. Her store has many different clothing options for men and women to look fashionable and comfortable.

On the show, one can see drama and entertainment wrapped up in a fantastic reality series. In some episodes viewers see explosive fights, fun times and most importantly how a young female built up a business and has so far succeeded.

A lesson to be learned is that one should take life one day at a time and always try to enjoy the moment because not even a day is guaranteed. As the quote says in which Lipman lives by, dreams should always be chased. There will be failure, but as long as one is trying, one will succeed.

Lipman also helps cohost a charity called “Wish for Wendy.” The organization raises money for cystic fibrosis. To donate money and view more about the charity visit andylipman.org/wishforwendy.cfm.

Lipman is a prime example of a student whose dream came true and encourages all to follow in her footsteps by chasing theirs.

“The New Atlanta” can be viewed on Bravo throughout the week. New episodes air every Tuesday. Follow Lipman on twitter at @ernilylipman. The store website is rawdenimatlanta.com.

Above: Lynn graduate, Emily Lipman, stars in “The New Atlanta” on the Bravo network. Stock Photos.
Lynn Alumnus Shares About his First Hit Novel

By LIGA STRAUTNIECE
Staff Writer

Students who wonder what it would be like to live in an underwater world should read novels by Joel Salomon, a Lynn alumnus.

Salomon graduated from Lynn in 2002 with a master's degree in public administration. He currently works as a public speaker and self-publishing writer.

Salomon has always been interested in science fiction and underwater adventures. Capitalizing on this passion, he published his first novel, "The Aqua-Phi" last December.

The idea of this novel first came to him while he was in college. Soon after, Salomon started writing down his ideas and letting the creative writing process take over. Details began to set in, but the main concept of the novel remained the same.

"The Aqua-Phi" is a science fiction adventure novel that takes place under the ocean. Salomon's work plays on an apocalyptic theme that keeps readers interested.

"In the far distant future, when we had colonized space, there were those of us who remained loyal to earth," said Salomon, "but the earth was ruined because of our lust for power. So we built cities and took residence in them beneath the seas rolling waters."

The book has action, mystery and romantic elements that create a dynamic feel for readers. Most importantly, it demonstrates the power of intellect when characters have to use good judgment to get out of many difficult situations.

"I like to think that I am Gene Roddenberry of underwater science fiction," said Salomon. "What I am doing right now is going to become a worldwide phenomenon because people are going to pick up on it."

It is hard to miss Salomon's passion when speaking about his work. "The Aqua-Phi" is just the beginning. Salomon plans to have five continuous books following his first novel. His ultim...
mate goal is for his novels to be taken to the silver screen.

"There is going to be no rest until that happens," said Salomon.

In the meantime, Salomon does everything he can to connect his readers globally by participating in book signings and advertising. He enjoys leaving his readers with the idea that "space is not the final frontier."

To learn more about Salomon and his upcoming novels, visit www.theaquaphi.com. The book is available for purchase on iTunes, Amazon and Barnes and Noble stores.

Above: Salomon has a Facebook fan page set up with several examples of artwork for his novel. Stock Photo.

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BODY ART PRESENTATION AT LYNN
Tattoo and Piercing Shop Owner Presents on the Importance of Safety

By JESSICA BEUGEN
Staff Writer

Brett Matheys, owner of Boca Body Art, has a passion for what he does and it shows. His staff is the best in town and his shop is a popular place for those students who enjoy getting piercings and tattoos.

Boca Body Art has been in business for over eight years and has been voted the number one cleanest shop in town by Palm Beach County.

"What sets us a part is the fact that we take our work seriously. We make sure whatever you’re going to get, it is going to be as safe as possible," said Matheys.

The shop supplies aftercare products and uses titanium, a non-allergen, to prevent infection. Since safety is extremely important to Boca Body Art, Matheys was invited to speak to students at Lynn about the uniqueness of what he does.

"I came to Lynn last year and talked about the importance of being safe about piercings and tattoos," said Matheys. "It’s a serious thing and should be done in the correct setting."

Matheys delivered another presentation to students about safety earlier this month. It is a consistently well-received event.

With its reputation for safety and convenient location in Mizner, it is no surprise why students flock to Boca Body Art.

"I got my belly button done [there]," said Ana Lejune, sophomore. "I like that Matheys was straight up with me. He told me that getting a hoop in my cartilage usually leads to infection and I should start with a stud. Most places will do whatever just so you get it done there."

Boca Body Art has two tattoo artists and one piercer on staff. The shop is open noon to 8:30 p.m. Monday through Saturday and by appointment on Sunday. If visiting the shop, students can mention this article and get $10 off any piercing.

Above: Boca Body Art is one of the best ranking studios. Stock Photos.
THE HOMEMADE VITAMIN WATER
Substitute Costly Sugary Beverages With a Homemade Alternative Recipe

By CLAIRISSA MYATT
Staff Writer

Drinking water is one of the best ways to improve health. However, many people do not drink enough of it due to its bland taste. Therefore, many people, including students, turn to the popular drink of Vitamin Water. Students love getting the sweet taste of a soft drink with all the health benefits of drinking water.

However, contrary to its seemingly healthy advantages, Vitamin Water's claims that it is completely healthy have been proven false. In 2010, Coca-Cola was sued by the Center of Science and Public Interest for false advertising. Vitamin Water contains a whopping 33 grams of sugar per bottle, which is more than the recommended daily intake for one person.

For students that desire to improve their overall health with the advantage of great taste, it is possible to make a homemade healthier version of Vitamin Water. Using nothing more than fruit and water, anyone can create a great tasting beverage that is much healthier than Vitamin Water.

The first step is to cut up enough fruit to fill two cups per quart. Use any favorite blend of fruits, with the exception of bananas. Fresh fruit is preferred, however, frozen fruit can also be used. The ripeness of the fruit is what makes this drink sweet. Keep the slices small and thin so that the juice seeps out into the water.

The second step is to add water and flavoring. Place the fruit at the bottom of the assigned container. Then, using a muddler or wooden spoon, smash the fruit at the bottom to release the juices. If using herbs in the water, use hands to crush them and release some of the flavor and aromas. Then, fill the container with ice and water.

The last step is to simply infuse and enjoy. Cover the container and place it in the refrigerator for a minimum of four hours or maximum overnight. When it is ready to drink, pour it in a glass over ice.

The fruit in the water will stay fresh between three to five days. If it starts to run low, simply add more water. Also, to make the drink sweeter, add agave nectar, honey or any other natural sweetener.

To learn more about making homemade Vitamin Water alternatives, visit www.theyummylife.com for recipe ideas.

Above: Homemade "Vitamin Water" is a tasty and healthy alternative to the sugary drink. Stock Photos.
THE RUNNER
JON VOLPI’S PASSION

By LISETTE VILLEGAS
Staff Writer

Not only does Jon Volpi manage to fulfill his role as a Resident Life area coordinator and as an assistant coach for the women’s cross-country team, he also manages to run 80 miles a week to help prepare for the various races he takes part in.

It all started when Volpi was just a young 15-year-old boy. “One day someone asked me if I wanted to go for a run,” said Volpi. “Soon after that run I started doing road races and then I finally joined my high school cross-country and track team.”

It may seem Volpi was a natural when it came to running, but he in reality he was not. “I was not the best when I started running,” said Volpi. “When I started running in high school, my mile time was not that great but after practicing and dedication I was able to build up my endurance which helped me lower my mile time.”

After high school, Volpi went on to be a member of the varsity cross country and track and field team at Widener University. He took part in the Middle Atlantic Conference from 2006-2007 taking home third place in the 2006 indoor 5,000 meter championship and second place in the 10,000 meter outdoor championship in 2007.

Once he finished his college running career, Volpi decided to continue running in different races throughout the country. “I continued to run not only because I like the sport, but because it is a very good stress reliever,” said Volpi.

Volpi has 29 post college career wins and possesses three silver and two gold medals from the United States of America Track & Field 5,000 and 10,000 meter road races. He also ran in different countries besides the United States. In 2010, Volpi participated in a half marathon in Medellin, Colombia.

“It was one of the toughest races I have participated in, but I was really impressed at the amount of people who participated,” said Volpi. “I finished 33, but there must have been at least 1,000 participants.”

The next race Volpi will be participating in will take place Nov. 24 in Nassau and it will be his second time participating in the half marathon. “Obviously I hope to win,” said Volpi. “But most importantly I hope to break the current record, which I actually hold.”
The Boys Are Back in Town
HBO Television Series, Entourage Coming to Theatres Soon

By Tyler Babcock
Staff Writer

"Entourage," one of HBO's most beloved shows, is now coming to the big screen. After season eight ending the way it did, many "Entourage" fans felt stabbed in the back with the unanswered questions lingering in thin air. With the amount of success the show had, it was surprising to most fans not to hear of an official movie release date after the series ended in 2011.

"Sex and the City," was one of HBO's most popular shows back when it aired from 1998 to 2004. When "Sex and the City" ended, the fans wanted a movie to answer the cliff hangers in the series. To no one's surprise "Sex and the City" came out with their first film two years after they ended the HBO series.

With "Entourage," the series ended in 2011 and now a movie is to be produced in January of 2014. With the release being slightly longer between years of series ending and filming starting, fans should not be surprised if "Entourage" follows in the footsteps of predecessor "Sex and the City."

"Entourage" is the story of Vincent Chase (Adrian Grenier) and his "entourage" which consists of his brother Drama (Kevin Dillon), his best friend Turtle (Jerry Ferrara), his other best friend and manager Eric Murphy (Kevin Connolly) and Ari Gold (Jeremy Piven), Vince's loudmouth, provocative agent. The series and soon to be film, is loosely based on Mark Wahlberg's life and shows the ups and downs of a movie star's career. The show has gathered a cult-like following over the years similar to many other HBO series.

"I've been watching 'Entourage' for years and every episode, I find myself laughing uncontrollably and forgetting about stress. I think the movie is going to be epic. It'll finally give you all the 'Entourage' you can handle in one sitting," said Cole Schaffner, sophomore.

"Entourage" has been such a hit on HBO that it would be surprising to see it not do well in theaters. No official release date for the film has been announced, but students can expect updates from Warner Brothers and all the members of the "Entourage" family through Twitter (@EntourageMovie) and other social media sites.

Above: The Entourage cast made a huge hit as a HBO television series airing weekly. Stock Photos.
FROM PLAYING IT TO COACHING
Graduate Assistants Weppner and Polo Discuss Their Roles as Coach

By CLARISSA MYATT
Staff Writer

Past volleyball player and swimmer Darian Weppner along with golfer Diego Polo, went from playing four years of college athletics to now standing on the sidelines watching their past teammates and friends perform.

Darien Weppner is a Lynn alumna who competed in both volleyball and swimming during her undergrad years at Lynn. Pursuing her masters, Weppner has big plans for her future.

“I plan to finish up my masters and either pursue my dream career in the medical field or dive into education, specifically teaching biology,” said Weppner.

Diego Polo, also a graduate assistant, is an alumnus from Coker College. During his time there, Polo played golf for Coker.

“It’s similar to Lynn, a small DII school,” said Polo. From there, Polo decided to continue his education at Lynn pursuing a degree in finance.

It is many student-athletes dream of continuing their sport past their college years. Needless to say, this dream did not fall short for these two. Presented the opportunity to be a graduate assistant was an opportunity not to be missed in Weppner’s eyes.

“I was approached with the position and didn’t have to think twice about it. I love coaching it is something I have done since I was 15, helping out in summer sports camps and coaching club volleyball,” said Weppner.

Although being a GA may seem like all fun and games, it comes with a major lifestyle change. Both Weppner and Polo agree that the biggest change they have made is in their mentality.

“I have to have the mindset that I’m not a player anymore,” said Polo.

“Aside from the mentality, I have also increased my time management skills, there are changes in my daily schedule, and my social habits,” said Weppner.

Being close in age to the players, graduate assistants have to increase their level of maturity in a short amount of time.

“Now that I’m not a student, it makes me more conscious that there’s a time and a place for joking and being serious. The majority of time is being serious now,” said Polo.

“I think that it is even more important that I be overly mature because I am just one year out. I am an especially funny person so sometimes I just can’t contain my overflowing humor, but for the most part I think I remain professional. How can I rationalize asking someone to listen to me if I have not gained their respect,” added Weppner.

Aside from the maturity and life style changes, one of the biggest changes in these GA’s lives is the social aspect. Weppner, being fresh off the court, is now an authoritative figure over her friends. While Polo, although not an alumnus of Lynn, knew some of these players before his position from visiting his brother, who is a graduate of Lynn. This raises a possibility for a few awkward moments.

“I was a little hesitant on correcting my former peers when I transitioned to the role of a coach. I remember the first time I raised my voice as a player but if I keep their respect and I am consistent in my role and don’t confuse them by trying to be their friend, the awkwardness is eliminated,” said Weppner.

Being a GA fresh off the court or course allows them not only have a special bond with the players, but it also allows the coaches better insight on how to help their players have the best experience possible while being a student-athlete.

“My experience as a player has helped me be a coach but also in recommending things to the coach of things I liked and disliked as a player and things that I wish the coach would have known when I was a player,” added Polo.

Regardless of the changes both Polo and Weppner have made, it is agreed that the view from the sideline of watching their players succeed is worth it all.

“The best part about the transition from player to coach is watching girls I played with progress and achieve the next level first hand. I get to see where they’re taking the program I was a part of. It’s really cool,” said Weppner.

Being a graduate assistant may have its troubles, but in the end, both Polo and Weppner are doing their best to make sure their athletes are striving to be the best they can be. That is what coaching is all about: finding joy from witnessing player’s success.

Catch these GA’s in action at an upcoming golf tournament or volleyball game.

Above: Photos of the two graduate assistants in action. Stock Photos.
THE EVENT OF THE MILLENNIUM

Graduate, Andrew Lippi, Looks to Change the World one Conference at a Time

By ANNE MARIE VAN CASTEREN
Managing Editor

With many students' dreams of changing the world, one Lynn graduate in particular is doing just that. Andrew Lippi recently received the opportunity of a lifetime that will not only change his life, but the life of others all around the world.

After speaking at graduation alongside Sam Vaghar, executive director and cofounder of Millennium Campus Network, Lippi instantly knew he wanted to be part of something greater than himself.

"Sam was an inspiration to our graduating class, teaching us to never be afraid to talk to someone because it may lead to a big opportunity," said Lippi.

Millennium Campus Network is a national, non-profit organization based in Boston. While sitting in a college dorm room, Vaghar and his team came up with a brilliant concept of creating an organization to help and address the United Nations Millennium Development Goals. These goals include but are not restricted to eradicating extreme poverty and hunger, achieving universal primary education, promoting gender equality and empowerment of women and combating HIV/AIDS, malaria and other diseases. The idea developed into the renowned network it is today, reaching over four regional districts throughout Boston, Chicago, New York City and Washington, D.C.

MCN promotes different programs in hopes of achieving their millennium goals by reaching out to the youth. The three primary programs include: Millennium Fellows, MCN Student Action Grants and the Millennium Campus Conference. The MCN conference is held every year at different higher education institutions encouraging thousands of students to commit to global public service. At each conference, (Continued on page 2)
(Continued from page 1) different sponsors and keynote speakers reach out to students in hopes of encouraging them to help make a change in the world.

"After hearing the keynote speakers and their stories, I walked out of the auditorium with goose bumps," said Lippi.

Lippi was one of the lucky student leaders able to attend the conference, networking with everyone from United Nations representatives to popular designer, Kenneth Cole. However, Lippi was not attending just as an average student.

"I was given the opportunity to serve at the State Director of Florida for the Millennium Campus Network and representatives from both Lynn and The Jenzabar Foundation," said Lippi. "I will be reporting to President Kevin Ross, Sam Vaghar and John Beahm, executive director of The Jenzabar Foundation, seeing how they selected me for this unbelievable position."

President Kevin Ross introduced Lippi to MCN while they searched for the right representative for the position.

"I was thrilled when Andrew had the opportunity to see MCN," said Ross. "I knew he was the right guy to bring the MCN conference to our campus. The MCN vision fits squarely with our mission."

Lippi will be in charge of organizing the 2014 MCN conference that will be held at Lynn next October. However, the young director must present MCN and their mission to all universities and colleges in the state of Florida encouraging them to be a part of this movement.

"I have always wanted to be a higher education administrator and change the world," said Lippi. "This opportunity is a way for me to do both. I will be visiting schools across the state and seeing how their student service projects can partner with opportunities of MCN and the Jenzabar Foundation."

With this conference being the first held in the south, MCN is thrilled when Andrew Ross, executive director, president of student life.

"It is a great way to continue to put Lynn on the map while promoting the youth of this nation to help in global public service."

With Lippi's dedication to community involvement, this opportunity proves to students that being involved does pay off.

"As an administrator, the first students you think about for great opportunities are the ones involved," said Phil Riordan, vice president of student life. "Andrew is a classic example of this."

LYNN GIVES THE GIFT OF READING

Student Financial Services Holds its Fourth Annual Charity Book Drive

By LISSETTE VILLEGAS
Staff Writer

With the holidays rapidly approaching, many are starting to think of ways to give back to the community.

Student Financial Services is hosting their fourth annual book drive in order to do so.

"We came up with this charity event because we wanted to find something that everyone, students and staff, could get involved with," said Morgan O'Sullivan, assistant director of student financial services. "We also wanted to be able to reach out to the community during the holiday season."

All books donated are delivered to Florence Fuller Child Development Center in Boca. This is a non-profit organization that offers affordable childcare and preschool programs in the community to families that are economically challenged.

"We donate to a Child Development Center with the goal of aiding their classroom libraries," said O'Sullivan. "All new or gently used books of elementary ages are welcomed to be donated."

With this being a non-profit organization, they heavily depend on donations from the community. Donating a book means more money in their budget to provide families in need. By providing parents with affordable childcare, they will be able to work more conformably.

Each year, more than 175 books are donated through this book drive.

"We always strive to improve upon the previous year's totals," said O'Sullivan. "We would love to have increased student participation this year and would like to reach over 200 books."

Everyone has books piling up in corners or stacked in piles so donate today by dropping off the books at Student Financial Services office, located in the Green Center. Books can be donated until Dec. 13.

GIVE The Gift of Reading

Above: The Student Financial Services hosts their annual book drive to donate books to the Florence Fuller Child Development Center. LU Photo.
FEELING JAZZY WITH SUNTRUST
The SunTrust Sunday Jazz Brunch Arrives on the Las Olas Riverwalk

By JOSHUWA DEAL
Staff Writer

Senior couples, young singles and children. Romantic picnics, chairs in a circle, chocolate covered strawberries and strangers conversing constantly. One can find all of this and much more at the SunTrust Sunday Jazz Brunch located at the Las Olas Riverwalk on the first Sunday of each month from 11 a.m. until 2 p.m.

This free event allows people to enjoy the Florida sun while listening to the most talented jazz musicians from the south free of charge.

There are concession stands representing the various Las Olas culinary establishments. From funnel cakes and shaved lemon ice to Jamaican chicken and barbecue, the aroma of food mixed with jazz is pleasantly intoxicating. The event boasts three stages all separated so people can walk, sit and even bike from stage to stage.

Although the event hosts thousands of people, the area is spacious enough to never feel cramped or uncomfortable. People pitch tents and as long as dogs are on a leash, pet lovers can bring some of their most exotic pets which range from huge mammoths to the tiniest canines one has ever seen.

Although the sun can get hot, the event, park and trail is right by the river in which yacht and boat owners dock for the jazz festivities. People can dance openly to the swinging musicians and often between intervals of the musician’s equipment set up, the event will play popular group dance favorites such as the Electric Slide and Cupid Shuffle.

Even those who are not avid jazz aficionados can enjoy this event. For more information, visit www.fortlauderdale.gov/events/jazz-brunch.

Above: Photos from the Jazz Festival including live music and people from the community. Staff Photos/ J.Deal.
To view the iPulse online, visit www.lynnipulse.org
KNIGHTS OF THE ROUNDTABLE

Open Meeting
Wednesday
November 20th
5:45 PM
in the Henke Wing

Come Voice Your Opinion About Academics
FROM A CHAMPION TO A COACH
Former Men’s Soccer National Champion Takes on Coaching for Club Soccer

By LIGA STRAUTNIECE
Staff Writer

Just a year ago, Thor Steinar Olafs was wearing a Fighting Knights jersey as a member of the team that won the 2012 National Men’s Soccer Championship. Within just several months, Olafs went from a player to a coach. Currently, he is the head coach for the men’s club soccer team at Lynn.

Olafs is originally from Reykjavik, the capital city of Iceland. His homeland attracts many tourists every year with the breathtaking landscapes, beautiful nature and rich culture.

Olafs received a bachelor’s degree in business finance from the University of Iceland in 2010. After graduating, Olaf enjoyed working for an investment bank but felt as though he had more things to accomplish before getting too comfortable.

Olafs always had a dream of playing soccer for a good team in Florida. After doing his research, he found Lynn had the perfect blend of a great soccer program and his desired field of studies.

Next thing he knew, he was living his dream in Florida, appreciating the nice weather.

“We have darkness for 18 hours a day in December and it is very cold,” said Olafs.

“People tend to get really depressed.” Iceland locals typically wake up in the dark to go to work and by the time they are done, return home also in the dark. Because of his upbringing, Olafs knows he will never take the sunny Florida weather and its abundance of sunshine for granted.

Olafs played for the Fighting Knights for two seasons and in 2012 he graduated from Lynn with a master’s degree in business finance. Even though he was done with school, he knew he wanted to stay in state just a bit longer.

He heard that Lynn was looking for a club soccer team coach so Olafs applied for the position.

“I have wanted to coach for about seven years now,” he said.

The former player was both excited and anxious when he received a call telling him he was the new club soccer coach.

Every time Olafs has done an exercise or a drill that he enjoyed back in his prime, he wrote it down. After all those days of practice, he has now culminated a large book of the most effective drills, which has come in handy now when structuring and planning practices.

“It is a great experience,” said Olafs. “I am learning something new every day.”

Olafs is planning to return to Iceland in June where he plans to continue his coaching career.

Above: Olafs was part of the 2012 Championship team. LU Photos.
STARTING THE SEASON OFF RIGHT
The Lynn Men's Basketball Team Starts the Season With a Fresh Win

Above: The Lynn University Men's Basketball team began the season with a huge win over Florida Memorial. Staff Photos/ M. Wertheim.
FIGHTING FOR THE SAME CAUSE
Two Brave, Young Women Look to Change the World Through Their Eyes

By ANNE MARIE VAN CASTEREN
Managing Editor

With violence being the way of life in most Middle Eastern countries, young adults everywhere are choosing to stand up to the darkness.

Two young women in particular, Nabila Rehman and Malala Yousafzai, each with a different story, explained the fear and terror young children are exposed to in vehement countries. Coming to the United States to share their stories, the two brave girls brought awareness to ongoing internal wars they not only see but experience every day. However, one girl became more of a Western icon than the other.

Yousafzai has become a feminist and humanitarian icon throughout the world, sharing her horrific stories as well as promoting education in other countries, especially for the female population. After the Pakistani Taliban banned girls from attending school in Swat Valley in 2009, Yousafzai started a blog for BBC opposing the decision driving militants to take action against the young girl. Yousafzai was shot and almost killed by a Taliban gunman in hopes of suppressing her passionate voice. After being treated for a gunshot wound to her head and neck, Yousafzai became a global symbol.

Yousafzai was nominated for the Nobel Peace Prize, that would have made her the youngest winner ever, however, the accolade was awarded to the Organization for the Prohibition of Chemical Weapons for their work in Syria. Yousafzai recently published her book, “I Am Malala” advocating her stories and beliefs.

Yousafzai’s story was not much different. Rehman and her father testified in front of the United States government urging them to eliminate the secret CIA program of “targeted killings” in some Middle Eastern countries, one being Pakistan where the Rehmans experienced such an attack.

On Oct. 24 of last year, Rehman and her family were together picking okra in neighboring fields. As the sound of drones sounded from above, the family heard two clicks before their beautiful day turned into a complete nightmare. Rehman’s grandmother, Momina Bibi, was instantly killed while the rest of her family, including Rehman herself, were seriously injured.

After dozens of interviews hoping to have their story heard in America, Rehman and her family were disappointed when the government did not acknowledge their pleas. According to Al Jazeera, officials believe “drone warfare is a precise and effective means to neutralize enemies in remote regions of the world where capturing terrorists is difficult and that civilian casualties are minimal.”

In hearing both touching stories, one may ask why one young woman’s story was better received than the other. With Yousafzai being recognized as a hero for her work and courage, Rehman and her family were left in the dark as other faceless victims of violent warfare. According to Al Jazeera, Yousafzai’s story was more accepted by Western media figures, politicians and civic leaders because she can be used as political propaganda utilized by war advocates. Yousafzai looked to the United States to assist her in her beliefs of education, peace and understanding.

On the other hand, Rehman and her family were looking to the U.S. to change their ways and laws in order to help restore peace in different Middle Eastern countries. The government did not respond well to this instance because they felt as if their course of action with the targeted killings performed by the CIA is necessary in dealing with terrorists. They did not look to Rehman as a hero like Yousafzai.

In the end, all of these innocent children are victims to the global violence and warfare that takes place each day. Every voice should be heard to create an overall difference making them all heroes while allowing allies to band together to put an end to vicious acts. As said by Yousafzai in an interview with CNN, “they thought that the bullets would silence us, but they failed. And then, out of that silence, came thousands of voices.”

Above: Rehman and Yousafzai are both young leaders. Stock Photos.
MEET the iPulse STAFF

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To view the iPulse online, visit www.lynnipulse.org
With Thanksgiving right around the corner, Best Buddies is hosting a Thanksgiving Dance for the Lynn community.

At the celebration there will be a night full of music featured by MC Alex Entertainment as well as free food, raffles with prizes to be won, a photo booth and much more.

There will be fun activities for all to enjoy, so make sure to come out and support your fellow Best Buddies.

COME BE A PART OF THE FUN!

TONIGHT
6:00 P.M. - 9:00 P.M.
HENKE WING,
INTERNATIONAL BUILDING
THE RACE FOR CITY COUNCIL
Two Lynn Members are Running for Boca City Council

Elect ERIC
Mohamed Abdalla

Elect
FOR BOCA RATON CITY COUNCIL - SEAT B
A New Voice for Better Results!

By ANNE MARIE VAN CASTEREN
Staff Writer

With the City of Boca Raton Municipal Election coming in the next few months, two Lynn members look to campaign for seat B. Mohamed Abdalla and Eric Gooden campaign against one another for a seat on the Boca City Council in order to better the community and jumpstart their careers in politics.

Abdalla, a graduate student and admission counselor, has grown to love the Boca community as he has attended Lynn since his freshman year of college. Graduating with a degree in business administration specializing in aviation, Abdalla is currently pursuing his MBA as he works as a graduate admission counselor assisting students in achieving their goals in higher education.

Gooden, on the other hand is currently a senior, finishing his degree in May as criminal justice major. Gooden is a part of organizations on campus such as the Black Student Union, Law and Justice club and College Democrats.

What both these individuals share in common is their extreme love and passion for politics.

“When I got the chance to intern with Congressman Sandy Levin in Washington D.C., it deepened my interest,” said Gooden. “Working on behalf of constituents showed me how politics can help people in their lives.”

“Ever since I started volunteering on numerous campaigns, I grew to love politics,” said Abdalla. “Being monitored by the Secretary of State, A. Ralp Mollis000, I have seen firsthand how politics can help build a community.”

With both of these young politicians looking to represent the Boca community, (Continued on page 2)
the standards are set high for both candidates. Representing the younger population, both contenders look to get the youth more involved in their community.

"I wanted to campaign for Boca City Council because young professionals lack representation and they need someone that will not put public interests before the residents of Boca Raton," said Gooden. "As I look ahead, I want Boca to be a place where young professionals can realize opportunities, build a community, and eventually start their own business and lead successful lives that contribute to Boca's future."

With their platforms for their candidacy, both representatives look to focus on economic development within the community. With an outstanding education system and being known as one of the safest cities in Florida, the two are looking to address the same issue.

"The city of Boca's budget is one of my main concerns," commented Abdalla. "I want to work closely with the council as well as the community in allocating money throughout the city as a whole in order to capitalize on resources and continue in attracting different industries to our community."

As both candidates have lived in the Boca community for quite some time, the refined, young men have grown to love their neighborhood they both call their home. "I love the quality of life here in Boca," said Gooden. "We have the best beaches in Palm Beach County."

"There are so many reasons to appreciate Boca Raton—the list is endless considering the wonderful location and the diversity of our community," said Abdalla. "Regardless of the reason you feel connected to Boca Raton we have so much to be proud of. This is my home, a place where I feel a part of the community and where I want to make a difference, and believe that I can."

ATHLETE LIFE KNIGHT
Tyne Potgieter is Actively Involved

By ZARA APPLESTEIN
Staff Writer

Tyne Potgieter, the Athletics Knight for the Knights of the Roundtable, is a junior psychology major and is very active on-campus. She currently is a member of the women’s swim team, and member of the Women’s Center Advisory as well as a member of the Student-Athlete Advisory Committee. She is also in the honors psychology society Psi Chi.

Potgieter is originally from South Africa and coming to Lynn was spontaneous.

“In all honesty, coming to Lynn wasn’t entirely planned,” said Potgieter. Long story short NCAA rules regarding international student-athletes changed and Potgieter had to look to transferring schools. One of the main things about Lynn that appealed to Potgieter was the small family-like community and having the opportunity to be a part of an inaugural swim team.

Potgieter is very passionate about her major and Lynn in general.

“Well I’m a psychology student so people are my passion. I love to meet new people and be involved in social situations,” said Potgieter. “I’m a student-athlete and being a member of KOR, especially in the position that I am, has allowed me to put all three of these roles into play.”

As the Athletics Knight, Potgieter serves as the liaison between student-athletes as set by the bylaws and KOR. She also receives and organizes all concerns, comments and questions and reports in order to question and aid KOR in responses and or solutions.

“I would really love to see an increase in school pride and support. The idea would be having the stand full at home matches and games as fellow student and athletes support the Blue and White,” said Potgieter.

“I also aim to improve the communication between students and student-athletes. We already have a great new texting system in place (text BIGLU to 313131) that alerts students of home games with details of the time, place and possible prizes to be won.”

Above: Potgieter along with other students. LU Photos.

THAT’S WHAT SHE SAID
The Abusive Relationship You are in...With Your Cell Phone

By KASEY MANN
Staff Writer

Most importantly you cannot shake a stranger’s hand when you are introduced because your cell phone is attached to your palm. You cannot take in the beauty of seeing anything that is happening around you because you are walking and texting. It is nearly impossible for our generation to successfully communicate face to face with another human being because our cell phones are the “Apple” of our eye.

Leave your cell phone at home for a day. Start a hobby. I find mine more annoying than anything and luckily I did not have one when I was ten years old. As a result I feel like I can communicate with confidence in a face to face setting.

Texting may be convenient but if you overdo it, you are only doubling your chances of getting arthritis before the age of 40.

Take a break and snap out of it. No, not Snapchat. Snap out of it. Go enjoy the real world and try talking to humans without an iPhone.

Kasey Mann is a senior majoring in Advertising and Public Relations. This column does not represent the opinions of the iPulse, but her personal thoughts and views.
Faculty Profile

MURPHY CARES FOR HIS STUDENTS
Students who Take Class With Professor Harry Murphy are Lucky

By ALEX BENEDICT
Staff Writer

Drama students at Lynn are fortunate to have a professor like Harry Murphy.
Located in his office on the third floor of the library, Professor Murphy brings a warm and lending ear to students who want to drop by and chat.

However, his journey to Lynn had humble beginnings.
"My wife and I moved to South Florida from New York in 2006 after I had been a professional actor for 25 years," said Murphy. "We came down so my wife could take care of her parents and I sort of had to reinvent myself because you cannot really make a living as an actor down here."

Professor Murphy's impressive resume, which includes a master's degree in fine arts from Yale, extensive work in commercials, various roles in television sitcoms and movies, and a stellar career in the theater made him an ideal candidate as a professor for Lynn.
"I sent my resume to various schools in the area and I got a call one day from Professor Aiello who told me there was an opening for an adjunct professor here at Lynn, so of course, I took the job," said Murphy.

Marking his seventh year at Lynn, Murphy reminisces on some of his favorite experiences as a professor.
"I like the people that I work with and I think the students here are terrific," he said. "It's a great challenge because we do not have a lot of students and it makes it interesting to find the various talents for different types of theater productions. I have put on productions with students ranging from the theater of the absurd to small cabarets."

With the success of the Café De Cave Musical Cabaret, Murphy has his sights on other very ambitious projects for the year.

"We had a show last week called Baby in the Bathwater," said Murphy. "We have a diversity production that I am working on with a class that we hope to take on tour to other college campuses to explore diversity."

Above: Drama productions from spring and fall 2013. LU Photos.
**Student Life**

**HOW TO BE AND FEEL HEALTHY**

Motivational Speaker, Author and Trainer, Tanya Silva, Promotes a Healthy Lifestyle

By JESSICA BEUGEN
Staff Writer

College is a time filled with change. Mentally, physically and emotionally we are all on a path to self-discovery, which many people also refer to, as our 20s. This time is filled with experiences that we will never forget and opportunities that will dictate the rest of our lives.

Each decision we make has a tremendous effect on our lives. Whether it is doing an internship, or taking that class that seems too challenging or even that relationship you jump into without any foreboding as to what may happen.

What if we had the ability to change how we think, our perception about life or how we feel about ourselves? In making this point, “nobody has the ability to make you feel insecure without your consent.”

Each of us has an innate capability to make everything we want to be true, come true. Each of us has the ability to make our own choices, and that is what Tanya Silva does. She knows firsthand how it feels to be a passenger on a road called life.

Silva, now has dedicated her life to wellness. She is a sought-after motivational speaker, author and trainer. According to her website, tanyasilva.com, “Tanya speaks to those who want to learn how she (personally) went from being a 60 pound overweight food addict with severe binge eating disorders; riddled with insecurities and low self-esteem, to transforming into the fit, confident and influential woman she is today.”

Silva’s firsthand experiences are what makes her advice so tangible. Silva, like many of us, suffered from insecurities that led to addictions and consequences she could have avoided. She decided to take the wheel, to drive her life in the direction she wanted to be in and it all started with the “Self.”

Self love, self-acceptance, self-respect, are all essential to a productive healthy life.

Self-love is caring for yourself, being honest with yourself- your strengths and weaknesses.

I know that reverse triangle in yoga is not one of my strengths. When the pose arises in a class, I know not to get frustrated because I understand although it may be difficult, the pain will not last forever. Pain is fleeting, as is happiness and if you can love yourself through it all, at the end of the day the person looking back at you in the mirror is someone to be proud of.

Self-acceptance, like self-love, is about understanding ourselves and accepting our imperfections. Seeing the beauty in the imperfect is something I have learned to do.

During a time where everyday you learn something new about yourself, it is hard to accept each stage for what it is, a progression. Each day is like a step every step you climb you get closer to where you want to be. Accepting every stage for what it is, is essential.

Self-respect is another essential element Silva emphasizes. Respecting yourself means knowing your limits and investing your time in the people, and things that make you better, that make you smile.

After speaking with Tanya for just an hour, I learned Silva to be the best I can be. I see the beauty in every circumstance, I know my limits and that in order to love anyone else you first must love yourself.
WHO DO YOU PREFER FOR A BOSS

Gallup Organization Conducted a Survey to see What Gender is Preferred for a Boss

By LISETTE VILLEGAS
Staff Writer

Gallup organization currently conducted a random interview to see what gender Americans prefer as a boss and the results were shocking.

The sample size consisted of 2,059 people and at the end of the interviews Gallup found that Americans still prefer a male boss over a female boss. The results showed that 41 percent prefer a male and only 23 percent said they would prefer a woman.

Some of the reasons why some said they would prefer a male boss were quite interesting. According to CNN, one of the interviewees said, "It [was] much easier being managed by a male because he didn’t put up with the pettiness or the gossip."

Although this might seem like a low percentage for women to run the show it is actually the highest number ever recorded for women administrators since Gallup started doing this interview. In their 1953 interview, 66 percent of the people preferred a male and only 5 percent picked a female boss.

The gap for male and female supervisors has been narrowed down by 18 points, but the stereotype that women cannot perform at the same level as males is still taking over workforces.

"It’s an old stereotype that women may not be good bosses so when that happens, it sticks," said Susan Nierenberg, vice president of global marketing and corporate communications for Catalyst in an interview with CNN. "Because the stereotype is in the water, and there are fewer women leaders than men, you may remember the woman who treated you badly and say, ‘oh yeah, I remember her.’ And it reinforces the stereotype."

One of the major stereotypes that the interview revealed was the fact that women are more emotionally attached where men are more straightforward.

"Men are more straightforward, less emotionally attached (I mean this in a good way)," Joy Lipkin said on Facebook, according to CNN. "Women hold grudges and seek vengeance on their subordinates. That’s been my experience."

Along with stereotypes, double standards contribute tremendously to the gender gap. If a female acts in the same behavior as a male executive it is seen as a negative. For example, if a male boss demands a project to be done by a certain time and makes sure to show how serious he is, his employees see it as a leader taking charge, whereas if a woman did the same thing, majority of employees would feel like the female supervisor was mean and cruel to the them.

This is the 20 century, but it is clear that stereotypes still exist. The only way to rid of these stereotypes is to start giving equal chances in the workforce.

In the Heisman Trophy race, Johnny Manziel of the Texas A&M Aggies is the top current player. Last year, Manziel won the Heisman Trophy as a freshman and has proven why he deserves the Heisman this year. He is said to be the most exciting player in the NCAA.

This year, Manziel is facing many opponents for the Heisman. Those threats include Marcus Mariota of the University of Oregon Ducks, "Famous" Jameis Winston of the Florida State Seminoles, Bryce Petty of the Baylor Bears and non other than A. J. McCarron of the University of Alabama Crimson Tide.

This season, it looks that all the Heisman candidates are quarterbacks. Marcus Mariota has been lighting up the PAC 12 with his versatile playing style, throwing 22 touchdowns against zero interceptions. Mariota also has a QBR of 93.8, which is 5.4 points high than last years winner, Johnny Manziel. Manziel has 31 touchdowns and 24 touchdowns against 11 interceptions. For the season, Mariota has 31 touchdowns against 11 interceptions. Manziel is said to be the most electrifying player in the NCAA and NFL. Many believe that his performance he proved against LSU, McCarron showed why he deserves the Heisman.

The humble man himself, AJ McCarron sits in last place of the Heisman voting. Ironically, McCarron is probably the best player out of anyone. With the performance he proved against LSU, McCarron showed why he deserves the Heisman. Not to mention he has led Alabama with coach Nick Saban to three National Championships. McCarron not only plays hard every week, but Alabama has not lost once this year.

McCarron is most likely at the bottom of the list due to the fact that he and the Crimson Tide have been blowing out the majority of their match ups week after week. Alabama has often been compared to many NFL teams due to how successful they are. There is no doubt McCarron is a Heisman quality player, but since Alabama is so good, it is hard for McCarron to go after personal goals.

ESPN quoted Coach Nick Saban on his views about McCarron.

"Look, AJ and I have been through a lot," said Saban. "Some of that you've seen on TV and some of it you haven't. He's done a great job for us and there's nobody I've ever had the opportunity to coach that's more into the game or more of a competitor."

It is going to be an exciting rest of the season as we see who shapes up the most for their Heisman hopes.
Entertainment

GENTLEMEN’S GUIDE TO ROMANCE
How men can Demonstrate to a Special Girl That They are Appreciated

By JOSHUWA DEAL
Staff Writer

Love is complicated for everyone but romantically courting and demonstrating love is straight to the point. To clarify, the only reason men attempt to be romantic is not for any results or rewards from the romantic gestures.

The point is literally just to demonstrate to that special girl that they are appreciated, loved and relevant to our existence. Unfortunately, American men have a reputation for either not being romantic or for being quite unskilled in the art. Most men on Valentine’s Day, anniversaries, and other special occasions, buy their women an album, tickets to a show, jewelry or take them to a highend restaurant. One can understand why many American women do not find these cliché, uncreative gestures romantic.

However, that is the best way to demonstrate to a girl that a man cares. These acts may seem uncreative, but they have layers. A guy does not choose his evenings or purchases hastily. Men want to communicate that they are not cheap, that they want to provide for their significant other and that these nights and items are investments for the future.

A tangible ring will be a memento of young love one day but right now it may just seem like a man just bought jewelry because that is all he could think of. Further-

more, if a guy takes a girl to a restaurant, it is because he knows there will be something she will like, the jewelry will always be her favorite color, and tickets to anything will be an event that she will most likely enjoy.

Romance for guys is not about him it’s about her interests which is when the label of uncreative comes into play. Alejandra Guerra, senior discussed how her once long term boyfriend made a scrap book of every precious moment, holiday and celebration they experienced through the years together. This gesture from her is obviously creative, romantic and personal.

However, she has an interest in photography so she gave him something personal from her; meanwhile most guys attempt to show girls that they understand their woman. Perhaps women are better at romance or perhaps their romance is just different, either way one may find comfort in the idea that as long as an attempt at romance is being made then love is still in the air.

Above: It is important for men to demonstrate to women that they truly care. Stock Photos.
LYNN’S OWN ALUMNUS AUTHOR
Former Lynn University Student Shares About Creation of First hit Novel

By LIGA STRAUTNIECE  
Staff Writer

Students who wonder what it would be like to live in an underwater world should read novels by Joel Salomon, a Lynn alumnus.

Salomon graduated from Lynn in 2002 with a master’s degree in public administration. He currently works as a public speaker and self-publishing writer.

Salomon has always been interested in science fiction and underwater adventures. Capitalizing on this passion, he published his first novel, “The Aqua-Phi” last December.

The idea of this novel first came to him while he was in college. Soon after, Salomon started writing down his ideas and letting the creative writing process take over. Details began to set in, but the main concept of the novel remained the same.

“The Aqua-Phi” is a science fiction adventure novel that takes place under the ocean. Salomon’s work plays on an apocalyptic theme that keeps readers interested.

“In the far distant future, when we had colonized space, there were those of us who remained loyal to earth,” said Salomon, “but the earth was ruined because of our lust for power. So we built cities and took residence in them beneath the seas rolling waters.”

The book has action, mystery and romantic elements that create a dynamic feel for readers. Most importantly, it demonstrates the power of intellect when characters have to use good judgment to get out of many difficult situations.

“I like to think that I am Gene Roddenberry of underwater science fiction,” said Salomon. “What I am doing right now is going to become a worldwide phenomenon because people are going to pick up on it.”

It is hard to miss Salomon’s passion when speaking about his work.

“The Aqua-Phi” is just the beginning. Salomon plans to have five continuous books following his first novel. His ultimate goal is for his novels to be taken to the silver screen.

“There is going to be no rest until that happens,” said Salomon.

In the meantime, Salomon does everything he can to connect his readers globally by participating in book signings and advertising. He enjoys leaving his readers with the idea that “space is not the final frontier.”

To learn more about Salomon and his upcoming novels, visit www.theaquaphi.com. The book is available for purchase on iTunes, Amazon and Barnes and Noble stores.

Above: Salomon has a Facebook fan page set up with several examples of artwork for his novel. Stock Photos.
By CLARISSA MYATT
Staff Writer

Past volleyball player and swimmer Darian Weppner along with golfer Diego Polo, went from playing four years of college athletics to now standing on the sidelines watching their past teammates and friends perform.

Darien Weppner is a Lynn alumna who competed in both volleyball and swimming during her undergrad years at Lynn. Pursuing her masters, Weppner has big plans for her future.

"I plan to finish up my masters and either pursue my dream career in the medical field or dive into education, specifically teaching biology," said Weppner.

Diego Polo, also a graduate assistant, is an alumna from Coker College. During his time there, Polo played golf for Coker.

"It's similar to Lynn, a small DII school," said Polo. From there, Polo decided to continue his education at Lynn pursuing a degree in finance.

It is many student-athletes dream of continuing their sport past their college years. Needless to say, this dream did not fall short for these two. Presented the opportunity to be a graduate assistant was an opportunity not to be missed in Weppner's eyes.

"I was approached with the position and didn't have to think twice about it. I love coaching it is something I have done since I was 15, helping out in summer sports camps and coaching club volleyball," said Weppner.

Although being a GA may seem like all fun and games, it comes with a major lifestyle change. Both Weppner and Polo agree that the biggest change they have made is in their mentality.

"I have to have the mindset that I'm not a player anymore," said Polo.

"Aside from the mentality, I have also increased my time management skills, there are changes in my daily schedule, and my social habits," said Weppner.

Being close in age to the players, graduate assistants have to increase their level of maturity in a short amount of time.

"Now that I'm not a student, it makes me more conscious that there's a time and a place for joking and being serious. The majority of time is being serious now," said Polo.

"I think that it is even more important that I be overly mature because I am just one year out. I am an especially funny person so sometimes I just can't contain my overflowing humor, but for the most part I think I remain professional. How can I rationalize asking someone to listen to me if I have not gained their respect," added Polo.

Aside from the maturity and life style changes, one of the biggest changes in these GA's lives is the social aspect. Weppner, being fresh off the court, is now an authoritative figure over her friends. While Polo, although not an alumna of Lynn, knew some of these players before his position from visiting his brother, who is a graduate of Lynn. This raises a possibility for a few awkward moments.

"I was a little hesitant on correcting my former peers when I transitioned to the role of a coach. I remember the first time I raised my voice as a player but if I keep their respect and I am consistent in my role and don't confuse them by trying to be their friend, the awkwardness is eliminated," said Weppner.

Being a GA fresh off the court or course allows them not only have a special bond with the players, but it also allows the coaches better insight on how to help their players have the best experience possible while being a student-athlete.

"My experience as a player has helped me be a coach but also in recommending things to the coach of things I liked and disliked as a player and things that I wish the coach would have known when I was a player," added Polo.

Regardless of the changes both Polo and Weppner have made, it is agreed that the view from the sideline of watching their players succeed is worth it all.

"The best part about the transition from player to coach is watching girls I played with progress and achieve the next level first hand. I get to see where they're taking the program I was a part of. It's really cool," said Weppner.

Being a graduate assistant may have its troubles, but in the end, both Polo and Weppner are doing their best to make sure their athletes are striving to be the best they can be. That is what coaching is all about: finding joy from witnessing player's success.

Catch these GA's in action at an upcoming golf tournament or volleyball game.

Above: The two graduate assistants in action. Stock Photos.
Weekly Review

FROM A CHAMPION TO A COACH
Former Men’s Soccer National Champion Takes on Coaching for Club Soccer

By LIGA STRAUTNIECE
Staff Writer

Just a year ago, Thor Stein­ar Olafs was wearing a Fighting Knights jersey as a member of the team that won the 2012 National Men’s Soccer Championship. Within just several months, Olafs went from a player to a coach. Currently, he is the head coach for the men’s club soccer team at Lynn.

Olafs is originally from Reykjavik, the capital city of Iceland. His homeland attracts many tourists every year with the breathtaking landscapes, beautiful nature and rich culture.

Olafs received a bachelor’s degree in business finance from the University of Iceland in 2010. After graduating, Olaf enjoyed working for an investment bank but felt as though he had more things to accomplish before getting too comfortable.

Olafs always had a dream of playing soccer for a good team in Florida. After doing his research, he found Lynn had the perfect blend of a great soccer program and his desired field of studies.

Next thing he knew, he was living his dream in Florida, appreciating the nice weather. “We have darkness for 18 hours a day in December and it is very cold,” said Olafs. “People tend to get really depressed.” Iceland locals typically wake up in the dark to go to work and by the time they are done, return home also in the dark. Because of his upbringing, Olafs knows he will never take the sunny Florida weather and its abundance of sunshine for granted.

Olafs played for the Fighting Knights for two seasons and in 2012 he graduated from Lynn with a master’s degree in business finance. Even though he was done with school, he knew he wanted to stay in state just a bit longer.

He heard that Lynn was looking for a club soccer team coach so Olafs applied for the position. “I have wanted to coach for about seven years now,” he said.

The former player was both excited and anxious when he received a call telling him he was the new club soccer coach.

Every time Olafs has done an exercise or a drill that he enjoyed back in his prime, he wrote it down. After all those days of practice, he has now culminated a large book of the most effective drills, which has come in handy now when structuring and planning practices.

“It is a great experience,” said Olafs. “I am learning something new every day.”

Olafs is planning to return to Iceland in June where he plans to continue his coaching career.

Above: Olafs was part of the 2012 Championship team. LU Photos.
LYNN GIVES THE GIFT OF READING

Student Financial Services Holds its Fourth Annual Charity Book Drive

By LISETTE VILLEGAS Staff Writer

With the holidays rapidly approaching, many are starting to think of ways to give back to the community.

Student Financial Services is hosting their fourth annual book drive in order to do so.

“We came up with this charity event because we wanted to find something that everyone, students and staff, could get involved with,” said Morgan O’Sullivan, assistant director of student financial services. “We also wanted to be able to reach out to the community during the holiday season.”

All books donated are delivered to Florence Fuller Child Development Center in Boca. This is a non-profit organization that offers affordable childcare and preschool programs in the community to families that are economically challenged.

“We donate to a Child Development Center with the goal of aiding their classroom libraries,” said O’Sullivan.

All new or gently used books of elementary ages are welcomed to be donated.

With this being a non-profit organization, they heavily depend on donations from the community. Donating a book means more money in their budget to provide families in need.

By providing parents with affordable childcare, they will be able to work more conformably. Each year, more than 175 books are donated through this book drive.

“We always strive to improve upon the previous year’s totals,” said O’Sullivan. “We would love to have increased student participation this year and would like to reach over 200 books.”

Everyone has books piling up in corners or stacked in piles so donate today by dropping off the books at Student Financial Services office, located in the Green Center. Books can be donated until Dec. 13.

Above: Student Financial Services hosts their annual book drive. LU Photo.