Lynn Offers the Harmonious Blend of School and Relaxation

By ALEX BENEDICT
Staff Writer

Promptly situated in the comfortable lifestyle of Boca, Lynn has been known to attract many students with its warm weather and fantastic location.

The small city houses three universities, all within a five mile radius of each other. Lynn has the ideal advantage of being placed right in the middle of Boca between the inland and the beach. Its convenient location has attracted students from across the globe.

“The warm weather all year round definitely makes Lynn a prime destination,” said Matt Wallach, junior. “The proximity of the beaches and all of the restaurants allows for a lot of temptation for fun.”

The university has a renowned vibe for being a place that compliments relaxation with hard work. Walking across campus, it is not uncommon to see students laying on hammocks, tanning by the pool or relaxing at the tables by Christine’s.

“I think it’s a very chill environment down here in South Florida,” said Robbie Walsh, junior. “You don’t have the stress and cold of the northeast winters down here.”

The two cafes available on campus help students decompress and relax after a stressful day of classes. Both are beneficial to students who are constantly on the go and helps slow the pace of a student’s day.

“There’s a lot of great hangout places on campus to just chill out at, like the hammocks,” said Roberta Zaccagnino, freshman. “You have some of the events that are going on that students can go socialize with others at and just have a good time.”

Classes are also a place for close-knit relationships among students and professors.

“Students are able to interact with professors in really relaxed academic environment,” said Professor Denise Belafonte. “It allows students to really gain a camaraderie with their professors and allow for more synergy both inside and out of the classroom.”

Above: Students enjoy relaxing on hammocks during downtime. LU Photos.
WHERE DID DEREK BACKMAN GO?
A Look at Where Former Lynn University Soccer All-American is Today

By CLAIRISSA MYATT
Staff Writer

Before Lynn University was renamed, before it was a member of the NCAA and before it accumulated 21 National Championships, there was Derek Backman and soccer. Backman, a South African native who moved to the United States in 1983, attended the College of Boca Raton in hopes of pursuing his dream of playing professional soccer.

“It definitely was my dream,” said Backman, Lynn alumnus. “Lynn gave me the opportunity to get an education and use college soccer as a stepping stone to get to the pros.”

Backman’s collegiate athletic success began early when he assisted his team in winning the NAIA men’s National Championship against Simon Fraser in 1987.

“For three years we fell short each year,” said Backman. “Come senior year, as captain it was great to finally win the whole thing.”

In addition to being a part of the national men’s soccer team, Backman was also a first time two teamed NAIA All-American.

After he graduated, Backman continued representing his Fighting Knight pride by signing to play professionally. He competed with the Tampa Bay Rowdies before switching to the Fort Lauderdale Strikers the following year. However, Backman was not a Striker for long because halfway through the season he made one final move back to the Rowdies where he played until retirement.

Although his playing days may be over, Backman’s legacy lives on through being inducted into the Lynn University Hall of Fame in 2004.

“That was a great honor,” said Backman. “I know only of a few that had done it before me. It was another stepping stone for Lynn and for me personally. Being captain for four years and to accomplish what we did in that short time before people knew us was a really great accomplishment.”

Today at the age of 47, Backman continues his passion for soccer in a different way.

“I do a lot of coaching,” he said. “I’ve been coaching for the last 23 years for all different age groups, mostly the older boys and I have always played local.”

Apart from coaching, Backman and his Lynn alumna wife, Kim, run a furniture and interior design business in Tampa, where they reside.

Even though his schedule is extremely hectic between running the family business and coaching, Backman still takes time to occasionally catch a Lynn soccer game.

“It’s changed a lot,” said Backman. “Mostly from a campus standpoint, the new buildings and how the campus has changed physically, the school has gotten larger. Also changing from NAIA to NCAA [Division Two]. It’s all changed for the good.”

Backman enjoys coming onto campus and encourages students to approach him for soccer tips any time.

Above: Backman, former Lynn Men’s Soccer player, was an NAIA All-American and continued to be a professional soccer player. LU Photos.
BULLYING IN NFL LOCKER ROOM
Player put on Suspension After Evidence of Harassment Toward Fellow Player

By TYLER BABCOCK
Staff Writer

Recently, the Miami Dolphins have been in the NFL spotlight. Richie Incognito, a guard for the team, has allegedly been abusing his veteran status and power in the Dolphins locker room.

Incognito, a nine-year NFL veteran, has a history of violent behavior, including a suspension from Nebraska University and the University of Oregon.

One factor that blurs the line of what is acceptable and what is not, is the unique culture of sports locker rooms. The closeness of the quarters and the nature of athletics can make for an aggressive environment that is meant to fuel players to perform better. Grouping together often forms bonds between players who are consistently around each other before and after games. Many things that are not tolerated socially and publicly are often laughed at and used in different contexts.

However, the locker room environment was taken to a whole new level of aggression for the Dolphins. Incognito reportedly texted and left voicemails including racial slurs and other profane language on a fellow teammate's phone, offensive lineman Jonathan Martin. He also forced Martin to pay for a vacation to Las Vegas and meals that totaled around $40,000.

Martin, who has no history of violent actions on or off the field checked himself into a hospital days after he walked out of the Dolphins facilities, due to Incognito's behavior and attitude toward him.

Even though several players have come to the defense of Incognito, other notable teammates have shown their opposition to hazing.

"I would say that I'm extremely disappointed in the reaction that I think has been generated from this entire event," said Doug Baldwin, a former teammate of Martin's. "I'm trying not to say too much about it, but I think a lot of people might look at Jonathan Martin and think that he's soft because he stepped away from the game, saying, 'Why don't you just fight him?' I know Jonathan Martin as a person. I know his character. I know he is a great guy, a great friend of mine, and he's never been in trouble. I can only speak about him. So for this situation to be as serious as it has become, it has to be something serious that is going on."

Recently, ESPN reported that Martin intends to continue his football career, but will not return to the Miami Dolphins or the NFL until next year. He is allegedly getting treatment for an undisclosed condition at an undisclosed location with his family.

"For the entire season-and-a-half that he was with the Dolphins, [Martin] attempted to befriend the same teammates who subjected him to the abuse with the hope that doing so would end the harassment," said David Cornwell, Martin's lawyer. "This is a textbook reaction of victims of bullying. Despite these efforts, the taunting continued. Beyond the well-publicized voice mail with its racial epithet, Jonathan endured a malicious physical attack on him by a teammate, and daily vulgar comments."
CENTER TO CELEBRATE ALL FAITHS
The Snyder Sanctuary is Scheduled to Open for Students in the Fall of 2014

By LISETTE VILLEGAS
Staff Writer

Plans to build the Snyder Sanctuary, scheduled to open in the fall of 2014, were discussed by President Ross in his 2013 State of the University address.

This new building will provide the Lynn community with a multi-faith place for meditative thought and spiritual exploration. With having such a diverse student body, it is only right to have a place where all faiths are welcomed.

Stephen and Jamie F. Snyder, vice chairman of Lynn's Board of Trustees, made this building possible by contributing a generous donation.

"The Sanctuary is intended to be both a place of refuge and a spiritual place that is set apart from the everyday world," said Snyder. "It will be a place for meditation, music, celebration and dialogue, unaffiliated with any religion, where students are encouraged to explore different beliefs and shared values."

The building was designed by Newman Architects, who also designed the Keith C. and Elaine Johnson Wold Performing Arts Center and the Eugene M. and Christine E. Lynn Library.

"Every culture, every civilization of which we are aware has, not necessarily an organized religion, but a belief system that reflects a belief in our ultimately spiritual nature," said Herb Newman, founder of Newman Architects. "We thought about how to reflect this reality and use it to bring people of all cultures together."

The building will consist of seven walls that appear to be leaning on each other. This will create a spiral form and will show the interdependence of all living things. There will be frosted glass windows in the interstices to let natural light into the room. A lobby, lounge and classroom will be placed next to the sanctuary.

"This inspiring structure will serve as a focal point that will provide an inviting space for anyone looking to connect with their spiritual nature no matter their cultural background," said Ross. "As a school that has a high percentage of international students and that likes to say 'all styles welcome,' it's key that we have a place like this for our community."

This sanctuary will be a place where people of all faiths will feel welcomed and no faith will ever be favored over another.

Above: Renditions of what the beautiful architecture of the Sanctuary is expected to look like. LU Photos.
SAN DIEGO MAYOR IN THE NEWS
Bob Filner has Been Thrust in to the Spotlight Over Recent Scandals

By ANNE MARIE VAN CASTEREN
Managing Editor

This past month, San Diego Mayor, Bob Filner, has been involved in multiple scandals. 18 women have come forward to say that Filner had sexually harassed them in the course of his term. After three days of mediation talks with the City Council, Filner signed a forced resignation, which the city later accepted with 70 votes.

Filner spoke at the City Council meeting apologizing to the public as well as saying the “hysteria that has been created...is the hysteria of a lynch mob.” Filner made statements saying that these rumors became allegations, which became facts and evidence of sexual harassment.

The city council noted that for any allegation against Filner while he was in office “the city will provide a joint legal defense through the city attorney’s office for the city and Mr. Filner.”

With Filner believing to be in the clear, another scandal arose under the former mayor’s name. Filner was provided with a city-issued credit card while in office that he charged thousands of dollars to for a luxurious trip to Paris.

After being under investigation in regards to the sexual scandals, officials dug deeper into the former San Diego Mayor’s life. The P-card issued by the City of San Diego has a $5,000 limit for city officials. However, Filner charged $16,642 on the account for his trip to Paris along with two city security officers last June.

Filner approached a P-card administrator to increase the limit on the card, which the officer approved. The former mayor’s credit cards were later canceled after his staff had not returned the receipts for more than four months. When auditing the receipts, officials found that a majority of personal expenses such as a blender and personal lunches, were paid with the city’s credit card.

Filner claims the trips and lunches were that of business matter and the vacation to France was to bring jobs to San Diego. Investigators are looking further into the mayor’s case.

Above: Bob Filner, mayor of San Diego, has recently been in the scandalous spotlight. Stock Photos.
OUT WITH THE OLD THIS SEASON
Students can Save Money and Sweaters by Refurnishing old Ones

By CLAIRISSA MYATT
Staff Writer

A new season means new DIY (do it yourself) projects. Although Florida is known for the hot sun and relaxing beach days all year long, it does not mean that it never gets cold. The months of December and January are soon approaching and that means only one thing: a frigid cold front.

Although the cold may be something students are used to, given that most of Lynn’s population comes from somewhere where it can hit below zero degrees, one should be prepared as sweater weather is soon approaching. That being said, do not go out and buy a whole new wardrobe of sweaters, simply cycle the sweaters into a fall and winter must have.

Materials needed include: an old sweater, scissors, a sewing machine or needle and thread and about 30 inches of ribbon.

The first step is to take an old sweater. Any sweater will do and it is suggested to use an inexpensive sweater on the first attempt in order to save room for mistakes.

Second step is to make the incision. Using scissors, preferably fabric scissors cut a slit down the shoulder of the sweater. This slit should be about seven inches in length.

Next, fold over the raw edge of the cut piece. A raw edge is the edge of the fabric that has not had anything done to it. Meaning, it will have a few little strings coming off of it. Sew the raw edge in place.

Take two pieces of the ribbon and cut it so it is about fifteen inches long. Sew the first piece of ribbon to one side of the neckline. Then, take the piece of ribbon and sew it to the other side of the neckline. Tie both pieces of ribbon together forming a bow.

Adventurous seamstresses can get crafty and venture to elbow patches or other creative endeavors. For patches, cut out hearts from matching fabric and machine stitch around the edges so they do not fray.

Next, pin and sew the patches to the elbows of the sweater. Then, stitch by hand around the edges.

Voilà, old sweaters are turned into a beautiful new top, ready to be worn during South Florida’s few cold days.

Above: Ideas of what students can do with their old sweaters in order to make a new one. Stock Photos.
To view the iPulse online, visit www.lynnipulse.org
LOOKING BACK ON A GOOD CAUSE
Lynn Students Come Together in Mizner to Walk for Breast Cancer Support

By LISETTE VILLEGAS
Staff Writer

Lynn honored those who have battled breast cancer by participating in the Making Strides Against Breast Cancer walk, which is one of the largest walks for breast cancer awareness.

The American Cancer Society’s 2013 Making Strides Against Breast Cancer Walk was held at Mizner Park. This walk was a free, noncompetitive 5K walk that not only celebrated survivors, but encouraged patients and members of those who have lost loved ones to stride together toward a cure.

“I participated in the breast cancer walk because a number of people I am close to have lost family members to breast cancer and the walk was a way to honor their memories and show support to those left behind,” said Phil Allison, senior. “A small gesture, to be sure, but one that I hope is not lost on those personally impacted.”

According to the Making Strides website, this event unites about 300 communities around the country to finish the fight. This is the biggest fundraiser held for breast cancer awareness and all the money raised stays in each local community in order to fund for research, education, advocacy and access to mammograms for women who need them, but may not be able to afford them.

“I walked to show support and help raise awareness,” said Gary Pelletier, junior. “I also walked in memory of friends and family that I know who have died or survived.”

At the walk, one could feel the passion everyone had to end the existing battle against breast cancer. Everyone who participated had a purpose for walking. Whether it was the wish of bringing back the memory of their loved ones they have lost or to encourage those who are currently fighting the disease, they all made sure to walk in search for a cure.

“I have an aunt who is a two year breast cancer survivor. Every year we celebrate with her,” said Ruth Augustin, sophomore. “It was actually her birthday on the day of the walk so it felt good to be there walking for her and everyone else that has been affected by this terrible disease.”

Each year the walk becomes larger in size. With each step one takes, not only is one finding a cure, but the next breast cancer research breakthrough may occur in one of the steps. The more walkers, the more free lodging and ride treatments for breast cancer patients in need of these services.

Most importantly, the more walkers who fundraise allows more survivors to celebrate more birthdays according to the Making Strides website. If one is interested in participating in a future walk, visit makingstrides.org for an event.
FAU FOOTBALL COACHES RESIGN

FAU's Coaching Staff Faces Alleged Drug Charges and are Forcibly Resigned

By TYLER BABCOCK
Staff Writer

FAU football Head Coach Carl Pelini and Defensive Coordinator Pete Rekstis resigned from their duties at the institution due to illegal drug use.

Sources allegedly reported that the two attended a social event in Key West where narcotics were used, specifically marijuana. FAU sought out its best interest in the football program forcing the coaches to resign immediately.

Brett McMurphy of ESPN quoted Pat Chun, FAU athletic director about the incident.

"The university acted quickly and decisively to follow up and take action that is in the best interests of our student-athletes and the university overall. I can assure you that we have no information that suggests anyone other than these two individuals engaged in these activities," said Chun. "I am personally very saddened for our student-athletes, coaches and staff. I just met with the players a few moments ago and notified them of the news. As you could imagine, the reaction was shock, dismay and disbelief."

ESPN also reported that Chun released a statement on Pelini's behalf stating remorse and apologies for his actions, along with good blessings to the new coaching staff. Recently, the network came out with another press release about the drug scandal reporting that Pelini wants to acquire his head coaching job back with FAU's football program. Pelini claimed that school officials forced him to sign the resignation letter after being accused of such allegations.

With the ongoing investigation of the two coaches, Pelini and Rekstis denied using illegal substances.

"I denied using illegal drugs three times," said Pelini, in a letter to FAU officials.

However, with all the latest controversy in this ongoing scandal, Chun stands firmly by his decision in the resignation of the two coaches.

"We had ample evidence to support the charges that we confronted both coaches with," said Chun to ESPN.

As reported by an ESPN source Pelini and Rekstis' drug incident was an isolated event where they smoked a small amount of marijuana.

Legally, no one should be smoking marijuana in a state that does not allow it medically or recreationally.

Pelini and Rekstis' contract also states that they were not permitted to use certain substances, marijuana being one. With that being said, the question is, does Pelini deserve a second chance? That decision is up to FAU's general counsel.

Pelini has been a driving force at FAU ever since he left his defensive coordinator position in 2011 at Nebraska University. When he received the opportunity to become the second head coach in the history of FAU football, Pelini jumped on the opportunity and since then has been building the program one day at a time.

FAU started their NCAA Division I football program in 2001. Like every collegiate sport, it takes time for a program to build a strong reputation. With FAU football being such a new organization, their numbers have not been too impressive since the start of the program.

In sports, numbers are everything. Wins and losses are crucial in a successful program and to answer the question before as to whether Pelini deserves a second chance the numbers say no. Pelini and the Owls went 3-9 last season and are currently 3-6 this year with four games yet to play.

With Pelini "re-signed" and the ongoing investigation occurring, Pelini does not have much hope of getting his job back. Sources have reported that FAU has been on the lookout for new coaches to help rebuild the program. ESPN confirmed that Ohio State's defensive coordinator recently interviewed for the head coaching position for the Owls.

With the many allegations circulating the Owl's football program, FAU hopes to put the negativity behind them as the season continues providing support to their team.

Above: Head Coach, Carl Pelini and Defensive Coordinator, Pete Rekstis, will no longer serve on the football program coaching staff. Stock Photos.
FATAL SYMPTOMS OF SENIORITIS
Seniors Face the Dreaded Senioritis in Their Final Semesters of College

By JOSH SUFRIN
Staff Writer

It has been four years for many students at Lynn and finally graduation is inching closer.

Soon, students will be able to graduate and be done with their senior year of college.

Most students will not admit it, but one thing is certain, most of them have senioritis.

Senioritis is when students who are graduating simply become lazy. Students usually will not show up to class or when they do go to class they space out.

Sometimes students will become lazy with their work not turning it in or may even give poor effort on assignments and receive little to no credit.

Who can blame them? What student does not become tired of going to class?

Four years of going to class, taking tests, writing papers eventually puts strain on the body mentally and physically.

"I am really tired of all the busy work. I am definitely ready to graduate," said Adara Penascino, senior.

Students who have classes once a day are more likely not to go to that class, so having class multiple times a day increases the chance of a student showing up.

It is a possibility that in some cases students might not want to show up for multiple classes.

As a student becomes older, their focus changes to finding jobs and where they might want to live for the remainder of their lives. School gets pushed aside.

"When I was a senior, I was tired and sick of school. I did not want to go to class but I had to," said Keila Estevez, alumna.

Seniors who do not want to endure the pains of senior year can take some minor steps in order to avoid senioritis.

Senior year takes a toll on many students. Classes seem to never end and papers get longer. Tests are harder and the material one learns happens in the span of a day.

Just focus on the end and the reward you get from graduating. That is all one can really do.

Above: Graduating seniors across the nation are prone to senioritis during their last semesters. Stock Photos.
Men around America attempt to grow their beard in November because of the "Novembeard" trend. This 30 day challenge reveals the true men of this test.

Novembeard dates back to the caveman era, where men were prided on how masculine their beards were. The tradition continues today dedicating a month to this beard-growing extravaganza. The rules of Novembeard are to be clean shaved by the first of the month, confirming that there are no head starts. The objective is to grow a beard for 30 days without being trimmed or shaved.

Despite the manly month of November, most women frown upon the popular challenge. Many women do not approve of the males in their lives having grizzly facial hair. "During the month of November, I dislike when my boyfriend participates because it makes him look crusty for the whole month," said Madison Bernstein, junior.

Many young men around campus enjoy the competition November offers. "I'll be participating in Novembeard," said Alex Freedman, senior. "The kind of beard you grow shows how masculine you really are."

Others, however, are not as sold on the challenge. "Novembeard isn't for me," said Kyle Butcher, senior. "I can't grow much so I don't even try. I take on the clean shave classy look."

"As you can tell by my beard, it's manly," said Bill Mandek, junior. "It's kind of Grizzly Adams-like."

Many of Mandek's fellow male students feel a similar way. "I keep a beard all year," said Mike Gonzalez, senior. "It's my thing."

"This year I'm taking on Novembeard because of the Boston Red Sox. I'm striving to have a beard like those guys," said Sal Giardina, senior.
PLAGIARISM FROM THE SENATOR
Senator Rand Paul Criticized for Plagiarizing From Wikipedia

By ANNE MARIE VAN CASTEREN
Managing Editor

Plagiarism. Students all around the nation are familiar with this term and its preliminary consequences. However, this inference does not hold true for Kentucky Senator Rand Paul.

In a recent speech for Ken Cuccinelli, Paul was criticized for plagiarizing from a Wikipedia source on the sci-fi movie Gattaca. Paul used the movie to confront advocates of pro-choice quoting parts out of the story's plot saying "in the movie Gattaca, in the not-too-distant future, eugenics is common and DNA plays a primary role in determining your social class," copied word for word from the source.

Rachel Maddow of MSNBC went on air in regards, "Rand Paul's speech today was ripped off from Wikipedia."

The Senator referred to the Wikipedia reference more than once throughout his entire speech referencing pro-choice supporters as the evil, tyrannical "state" in the film. With the controversial accusations, Paul fired back at the negative press claiming he would add footnotes and citations to his speeches in order for people to leave him "the hell alone."

"What makes me mad about the whole thing is that I believe there is a difference between errors of omission and errors of intention," said Paul in an interview with Robert Costa of the National Review. "We aren't perfect and we have made errors of omission, but we never intended to mislead anybody."

With Paul under journalists' microscopes, the plagiarism charges continued to prove true in his book Government Bul­lies that was published in 2012. Andrew Kaczynski of BuzzFeed pointed out four different passages in the Republicans' publication that were copied from a variety of scholarly journals.

In one section, Paul wrote, "Rather than applying a more skeptical eye to autonomous entities such as the EPA, courts generally take a deferential attitude, allowing the agencies to act as they please, except in the most extreme cases."

Scholar, Timothy Sandefur wrote what seemed to be the same paragraph in an article called "Regulation," in the Cato Institute's quarterly journal which was published before Paul's book. It proved that Paul copied the insert verbatim dampening his credibility even more.

The passage reads, "But rather than applying a more skeptical eye to these autonomous entities, courts generally take a deferential attitude, allowing the agencies to act as they will, except in the most extreme cases."

With Paul blaming the media for his wrongdoings, one may ask whether the plagiarizing candidate will lose his bid in running for President in the 2016 elections or will he come out of

Above: Senator Rand Paul has been under the microscope recently with political scandal. Stock Photos.
THE HOLIDAY HEALTHY EATING
Tips From an Expert on how to eat Healthy During the Holidays

By JESSICA BEUGEN
Staff Writer

With the holidays here, we all find ourselves stressing out about how to avoid the inevitable temptations. The pumpkin pie, hash browns, the smell of Thanksgiving alone seems to put on weight. Dietician and Health Coach Donna DeCunzo-Taddeo has some tips on how to stay on track during the holidays. I sat down with DeCunzo-Taddeo to talk about what students can do to help alleviate these tasty temptations.

What do you think it is about holidays that has everyone worried about? It's supposed to be a stress-free time with family right?

Firstly, and most common is that the "holidays" have come to mean a "month-long binge" rather than one meal where we may eat a little more than usual. I am surprised when people say that they are waiting until after the holidays to begin eating healthy, when during the holidays is probably even more important when it comes to staying healthy, reducing stress and balancing out some over indulgences.

How do you suggest keeping that balance?

I always tell my clients that the holidays are the time when you truly want to eat healthy, continue exercising and practicing stress management techniques. So, for example, you follow your regular schedule Monday to Wednesday during Thanksgiving week. Then on Thanksgiving morning, depending on your schedule, you can go for a light jog, take a yoga class or whatever other activity you like to participate in. Make sure you eat a healthy breakfast and lunch, unless you celebrate Thanksgiving early. Then, maybe you would have a healthy breakfast and a snack before going to the "feast" so that you do not go in famished.

If you are having Thanksgiving at home, be sure to prepare some healthy choices also, such as a fresh veggie platter during appetizers, whole baked sweet potatoes, salad with balsamic vinegar or steamed vegetables with some olive oil. Then fill your plate with salad, a whole sweet potato, steamed veggies and sliced turkey with half the amount of gravy you would ordinarily use. Be sure to pile on the salad and veggies so no one gives you a hard time about "not eating enough." I know how family can be; I am Italian.

Something else to consider is what this type of food may mean to you. It may be tightly associated to "comfort." When you are tempted to fill your plate with your mom's butter laden mashed potatoes, fill your dish instead as I had previously described. Have a forkful of her potatoes and opt for a big warm hug from her instead.

For more personalized nutrition and wellness coaching, I am extending discounts to all students reading this article. You can schedule an appointment by emailing me at DDeCunzo-Taddeo@lifetimefitness.com.

DONNA DECUNZO TADDEO, R.D., L.D. CGEI
Registered and Licensed Dietitian ♦ Certified Group Exercise Instructor ♦ Wellness Coach

Above: The holidays can be challenging to stay fit when there is so much food for one to enjoy. Stock Photos.
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AFRICAN ADVENTURES
Lynn Alumus has Life Changing Experience in Africa

By LIGA STRAUTNIECE
Staff Writer

Zak Richardson likes to travel and explore the world. The Colorado native graduated Lynn University in May 2013 with bachelor’s degree in communication and media with a concentration in film. He remembers Lynn with a smile on his face. “I had some of the best times of my life at Lynn,” said Richardson.

After graduation, he went to Canada for a summer job. One day he was approached by a professor Jamie Van Leeuwen from Denver University who offered him an opportunity to travel to Africa. He thought about the great life experience he would get out of this and next thing he knew, he was in Kigali, Rwanda. After spending two nights in Kigali, he took a road trip to Kabale, Uganda where he stayed in a resort Entusi by Lake Bunyoni, which is the second deepest lake in Africa.

Upon his arrival, Richardson encountered a kind and friendly culture in Africa and he was welcomed as if he was a family member. They gave him an African name; Aijuka which means God Remembers. Richardson worked at a school in a village called Kisizi where he taught them English to prep the children for their exams. He also taught them how to swim, play kickball and taught a music class. In order for kids to fully understand everything Richardson was teaching them, he had a translator by his side.

“It may seem crazy but a lot of people in the villages don’t know how to swim,” said Richardson. About eight villagers die every year because they do not know how to swim. Richardson experienced a little bit of cultural shock during his two weeks in Africa. He already knew the poverty level would be poor, but it was difficult seeing children without shoes. There was limited

(Continued on page 2)
clean water and no vehicles.
  “It really hit me when I saw four year olds carrying their newborn sisters and brothers,” said Richardson. It made him appreciate what he has and reflect on what life is really about.

One of his favorite moments was teaching the kids the song “It’s Time” by Imagine Dragons. It was hard because many of them did not speak English. However, Richardson played the song for them and told the kids to imagine that they were either the singer or the drummer of the band. After listening to the song on YouTube, the kids performed it to Richardson. “It was unbelievable,” said Richardson. “It just blew my mind.”

Another shocking thing for Richardson was seeing a little girl with a deep cut in her leg. Because of the lack of money she could not go see a doctor. Eventually, the leg will be amputated and she will most likely die from the infection because she does not have money to properly treat it.

“I want to help everyone, but if you help one person, there are so many more you have to help so it is hard,” said Richardson.

Right now, Richardson is working on two projects that are related to his work in Africa as well as working to pursue his master’s degree at the Vancouver Film School. He wants to remind students to follow their passion and to be willing to make sacrifices.

“You will have to take risks, but they will pay off in the end.”
THAT'S WHAT SHE SAID

The Family With No Bloodline

My mother is my mother, my father is my father and that is undeniable. All science aside, I am blessed to have more than one family.

Think about what the word really means to you. The best Thanksgiving I ever had was dinner on the beach with one of my best friends because to me, he was family.

Does your little sister ever annoy you to the point where you swear there is no way she could be related to you? My sisters have at one point or another. The youngest may be the most annoying, but we're usually the smartest.

At the end of the day, accept what is. There will be times when you question why you weren't lucky enough to be born into royalty, but royalty may wake up and wish for your life of normalcy. Nobody can ever choose the cards they're dealt, rather only how to play the hand.

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 KASEY MANN
Staff Writer

We all know we cannot choose the family we're born to. Family is a word that I've single handedly redefined.

Some hold the term and the responsibility of family to the fullest of it's meaning. If you ever watch Law and Order SVU (the greatest show of all time) you have to wonder how a mother could stand behind her son who is a convicted rapist or murderer. Does that define family?

Does being family mean that we have to support our blood even in the height of their biggest mistakes? I have struggled for years trying to define the word.

I consider my best friend, Melanie, family. I consider Melanie's mother as my second mother. They tell me when I'm wrong, cheer me on when I'm right and never fail to catch me when I trip up. Isn't that family?

Relatives share a bloodline, but family may not.

In the wise words of Carrie Bradshaw, "Sometimes it's the family you're born into and sometimes it's the one you make for yourself."
WXEL CLASS RECEIVES DONATION

The Advertising for Non-Profits Class Received a $10,000 Donation

By DELANEY BREY
Web Editor

Recently Professor Gary Carlin and students of the Advertising for Non-Profits class received a substantial donation to their Save the Street campaign for the local PBS station, WXEL.

BB&T Bank stepped up to the plate after Debra Tornaben, WXEL head fundraiser, presented the classes efforts to them.

On Nov. 19, BB&T Bank’s Senior Vice President W. Dale Kahle, came to Lynn to present the students with a grand $10,000 check.

“We look at other people’s mission statements and visions and come back to ours to see what we have in common and if we want to support those efforts,” said Kahle. The donation put a sizable dent in the student’s efforts to overall raise $25,000.

“It’s great to see the support from local businesses and have an opportunity for students to interact with a senior vice president,” said Carlin.

Throughout the entire semester, students have been working hard making movies, posters and updating their social media constantly in hopes of receiving donations. Besides the great opportunity to work with a local nonprofit, the class also allows students to realize just how difficult this line of work can be.
ARTS, CULTURE AND IDEAS AT LYNN

The Wold Performing Arts Center Hosts a Variety of Events Throughout the Year

By AMY STILWELL
Staff Writer

The Wold Performing Arts Center holds a variety of events that gives students the opportunity to imagine a world of creativity, engage one's mind and senses, explore new perspectives and experience spectacular performances.

Student-led productions and Libby Dodson’s Live at Lynn Theatre along with American Songbook Series are available to see and are free for students. For classical music lovers, the Philharmonia Orchestra Series started in October and runs until March, with a series of hugely talented guest conductors ranging from Jon Robertson to Guillermo Figueroa.

Music series events in January, February and April are a unique set of concerts that not only fill the air with beautiful melodies but also informs the audience of the lives and artistic developments of great composers, including Haydn, Beethoven and less well known Eastern European influences.

The Dean’s showcase series feature student soloists and chamber ensembles that have distinguished themselves as leading musicians in February and April. The piano series is perfect for piano lovers; in January, Pianist Philip Fowke will recite “The Art of Encore,” performing pieces of Chopin, Dohnayi, Grieg, Moszkowski and many others.

In February, Elmar Olveria, an internationally renowned violinist and member of the Lynn Conservatory will perform, conduct and record in live concert an entire program of Baroque violin concerti. On May 1, the conservatory graduating class will perform one last time with a serenade to the patrons who supported them in pursuit of musical mastery.

Theatre lovers are in for a treat this year courtesy of Dodson’s series of remarkable musicals. The weekend of Nov. 9 and 10 celebrated the life of Johnny Cash with a musical tribute, where 14 talented singers and actors performed 35 of the music legend’s hit’s including “A Boy Named Sue” and “I Walk the Line.”

Upon returning to Lynn, students have the opportunity to experience a range of energetic, rather famous shows that will have one up on their feet. On the weekend of Jan. 4, “Tap The Show” is full of non-stop, rhythmic and high energy performances, encompassed in sparkly costumes and supported by a rising orchestra that brings one Broadway showstoppers, soft shoe, flamenco, tribal, Irish step and more in recreation of numbers such as Fred Astaire and Gene Kelly.

One can never forget the BeeGees, and on the Feb. 15 and 16, “Stayin’ Alive” pays tribute to the legendary band with hits such as “I Started a Joke” and “Massachusetts” as well as the sound track from the film Saturday Night Fever. In honor of Black History Month, “The Music and Times of African-Musicians and All That Jazz” present a range of fabulous music by composers in contribution to the world of Jazz.

Students should be encouraged to attend and support productions held by the talented drama majors at Lynn as well. Upcoming events include “Almost Maine” in March, by John Cariani, a play about the residents of a secluded town and their unexpected, yet hilarious love. In April, Lynn drama presents a series of one-act plays entirely directed by students, giving them the opportunity to act as a director and express their imagination and creativity.

There is always a range of extraordinary performances for students that will ensure to brighten one’s weekend. Stop by the Wold today to pick up a brochure with a full list of events.
STUDENTS EXPERIENCE HUNGER

Spiritual and Religious Life Hosted an Event to Educate Students about Hunger

By AMY STILWELL
Staff Writer

Recently more than 80 students and faculty members joined Terence McCorry of Spiritual and Religious Life at the Elmore Dining Commons, for a demonstration of the state of hunger and food instability in the world.

Participants were entered into a lottery that determined whether they would sit at the fine dining table, basic buffet, or on the floor with rice and water. Played off the popular novel and movie, The Hunger Games, students were given a new identity at random.

"They were given an ID card of a person with a new name and situation of someone in high, middle and low income," said McCorry. "Then they were divided up, with high income at a VIP table and served steak and lobster, middle income with rice, beans and tortillas huddled around a table and low income, where students had to wait in line for a cup of rice and water, and eat on the floor."

The aim of the banquet was to open the eyes of students and feel first-hand what it is like to live in hunger. "Mostly everyone at Lynn is of high income, with middle income defined as a yearly income of under $10,000," said McCorry. "We are beyond privileged here with an all you can eat, 24 hour cafeteria." The banquet received an interesting reaction from female students who had to wait at the back of the line, as hunger affects more women and children than men. McCorry stated that every 3 ½ seconds, a child dies of hunger, with 15 a minute and 25,000 children dying every day.

During the course of the banquet, life could step in and change the fortune of a student. For example, a person at the VIP table could encounter a natural disaster or financial crisis and were escorted to the low income table, and vice versa. "I recruited a few members of the baseball team to be security," said McCorry. "Those of low income wouldn't have electronics, so phones were not allowed, which seemed to be more of an inconvenience than the rice."

Feeding America, a charity that aims to feed the less fortunate in America, estimates that 50 million people experience hunger every day, the equivalent to one in six of the population and 1 in 5 children. The World Food Programme states that hunger kills more people every year than Aids, malaria and tuberculosis combined, with 842 million people in the world without a sufficient amount of food. Next time one makes a trip to the café, take a second to reflect on those in the world who do not have the luxury of a slice of bread, let alone the delicious choices provided to students every day, at any time. Look out for the next hunger banquet in 2014.

Above: Students learned about world hunger in a unique manner. Staff Photos/ M. Wertheim.
KEEP YOUR HEAD IN THE GAME
Concussions are a Dangerous Threat to Football Players of all Ages

By TYLER BABCOCK
Staff Writer

Recently, NFL.com reported that ex-NFL players agreed to a settlement of $765 Million in a concussion lawsuit. Not only has the NFL been receiving lawsuits, but also the NCAA is now having a lawsuit on the same matter by former Kansas fullback, Chris Powell. This would be the fifth concussion lawsuit filed against the NCAA. With all these issues currently happening in the football world, many people believe that football could lead to an early death.

NFL.com reported that Terry Bradshaw, who’s résumé consists of being the a Hall of Famer, No.1 overall pick in the 1970 draft, 14 NFL seasons, 4 Super Bowl Wins, said “If I had a son today, and I would say this to all our audience and our viewers out there, I would not let him play football.”

In the NFL.com article, Bradshaw went on to explain his reasoning behind his decision, and his perspective on the subject. Another very notable football legend, Tony Dorsett of the Dallas Cowboys, whose resume is too long to list, was one of the most recent players to be diagnosed with signs of CTE. Chronic Traumatic Encephalopathy, caused from trauma to the head. No surprise to anyone, football is one of the most violent American sports, and can cause a lot of trauma not only to the head, but also to the entire body.

Pop Warner Football is a part of Pop Warner Little Scholars. The football aspect of Pop Warner Little Scholars is the recreational organized football program in 42 states of the 50 states in the USA, and several countries around the world. The entire program consists of 425,000 children from ages 5-16. Although some youth football teams may not even be affiliated with the actual Pop Warner Franchise, youth football as a whole is recognized as “Pop Warner Football” due to the fact that Pop Warner Scholars’ football program is the largest in the nation.

Outside the lines reporter Steve Fainaru recently reported that Pop Warner football numbers have dropped 9.5 percent in the past two seasons from 2010-2012. That 9.5 percent drop consists of about 24,000 players.

According to BleacherReport.com, “For now, the National Football League is doing quite well. The league brings in an annual revenue of $9.5 billion. To put that number into perspective, Major League Baseball, the second-highest grossing league in the USA, had an annual revenue of $7 billion in 2012 and the NFL more than doubles the National Basketball Association and their revenue of “just” $4 billion.”

Those numbers make the NFL not only the most lucrative league in America, but also the world.
So with the NFL being the most lucrative league in the world and being a business, it is hard to imagine that the NFL will one day disappear. If more studies come out leading to more information about brain damage, diseases and possibly even death, it is hard to imagine that the NFL would even be a league in America anymore.
Health

AVOID HOLIDAY TEMPTATIONS

Dietician Donna DeCunzo Taddeo Provides Tips on how to eat Healthy

By JESSICA BUGEN
Staff Writer

With the holidays here, we all find ourselves stressing out about how to avoid the inevitable temptations. The pumpkin pie, hash browns, the smell of holiday alone seems to put on weight. Dietician and Health Coach Donna DeCunzo-Taddeo has some tips on how to stay on track during the holidays. I sat down with DeCunzo-Taddeo to talk about what students can do to help alleviate these tasty temptations.

What do you think it is about holidays that has everyone worried about? It’s supposed to be a stress-free time with family right?

Firstly, and most common is that the “holidays” have come to mean a “month-long binge” rather than one meal where we may eat a little more than usual.

I am surprised when people say that they are waiting until after the holidays to begin eating healthy, when during the holidays is probably even more important when it comes to staying healthy, reducing stress and balancing out some over indulgences.

How do you suggest keeping that balance?

I always tell my clients that you truly want to eat healthy, continue exercising and practicing stress management techniques. So, for example, you follow your regular schedule Monday to Wednesday during Thanksgiving week. Then on Thanksgiving morning, depending on your schedule, you can go for a light jog, take a yoga class or whatever other activity you like to participate in. Make sure you eat a healthy breakfast and lunch, unless you celebrate Thanksgiving early. Then, maybe you would have a healthy breakfast and a snack before going to the “feast” so that you do not go in famished.

If you are having Thanksgiving at home, be sure to prepare some healthy choices also, such as a fresh veggie platter during appetizers, whole baked sweet potatoes, salad with balsamic vinegar or steamed vegetables with some olive oil. Then fill your plate with salad, a whole sweet potato, steamed veggies and sliced turkey with half the amount of gravy you would ordinarily use. Be sure to pile on the salad and veggies so no one gives you a hard time about “not eating enough.” I know how family can be; I am Italian.

Something else to consider is what this type of food may mean to you. It may be tightly associated to “comfort.” When you are tempted to fill your plate with your mom’s butter laddened mashed potatoes, fill your dish instead, as I had previously described. Have a forkful of her potatoes and opt for a big warm hug from her instead.

For more personalized nutrition and wellness coaching, I am extending discounts to all students reading this article. You can schedule an appointment by emailing me at DDeCunzo-Taddeo@lifetimefitness.com.

Above: Taddeo encourages people to live a healthy lifestyle. Stock Photos.

THE GRAPHIC NOVELS CLUB

Paper due at 10 am. Turned it in at 9:59 am. ON TIME!

Comic by: CHRISTELLE MEHU
WHERE DID DEREK BACKMAN GO?
A Look at Where Former Lynn University Soccer All-American is Today

By CLAIRISSA MYATT
Staff Writer

Before Lynn University was renamed, before it was a member of the NCAA and before it accumulated 21 National Championships, there was Derek Backman and soccer. Backman, a South African native who moved to the United States in 1983, attended the College of Boca Raton in hopes of pursuing his dream of playing professional soccer.

"It definitely was my dream," said Backman, Lynn alumnus. "Lynn gave me the opportunity to get an education and use college soccer as a stepping stone to get to the pros."

Backman's collegiate athletic success began early when he assisted his team in winning the NAIA men's National Championship against Simon Fraser in 1987.

"For three years we fell short each year," said Backman. "Come senior year, as captain it was great to finally win the whole thing."

In addition to being a part of the national men's soccer team, Backman was also a first time two teamed NAIA All-American.

After he graduated, Backman continued representing his Fighting Knight pride by signing to play professionally. He competed with the Tampa Bay Rowdies before switching to the Fort Lauderdale Strikers the following year. However, Backman was not a Striker for long because halfway through the season he made one final move back to the Rowdies where he played until retirement.

Although his playing days may be over, Backman's legacy lives on through being inducted into the Lynn University Hall of Fame in 2004.

"That was a great honor," said Backman. "I know only of a few that had done it before me. It was another stepping stone for Lynn and for me personally. Being captain for four years and to accomplish what we did in that short time before people knew us was a really great accomplishment."

Today at the age of 47, Backman enjoys coming onto campus and encourages students to approach him for soccer tips anytime.

Even though his schedule is extremely hectic between running the family business and coaching, Backman still takes time to occasionally catch a Lynn soccer game.

"It's changed a lot," said Backman. "Mostly from a campus standpoint, the new buildings and how the campus has changed physically, the school has gotten larger. Also changing from NAIA to NCAA [Division Two]. It's all changed for the good."

Backman and his Lynn alumna wife, Kim, run a furniture and interior design business in Tampa, where they reside.

Above: Backman, former Lynn Men's Soccer player, was an NAIA All-American and continued to be a professional soccer player. LU Photos.
By LISETTE VILLEGAS
Staff Writer

Plans to build the Snyder Sanctuary, scheduled to open in the fall of 2014, were discussed by President Ross in his 2013 State of the University address.

This new building will provide the Lynn community with a multi-faith place for meditative thought and spiritual exploration. With having such a diverse student body, it is only right to have a place where all faiths are welcomed.

Stephen and Jamie F. Snyder, vice chairman of Lynn’s Board of Trustees, made this building possible by contributing a generous donation.

“The Sanctuary is intended to be both a place of refuge and a spiritual place that is set apart from the everyday world,” said Snyder. “It will be a place for meditation, music, celebration and dialogue, unaffiliated with any religion, where students are encouraged to explore different beliefs and shared values.”

The building was designed by Newman Architects, who also designed the Keith C. and Elaine Johnson Wold Performing Arts Center and the Eugene M. and Christine E. Lynn Library.

“Every culture, every civilization of which we are aware has, not necessarily an organized religion, but a belief system that reflects a belief in our ultimately spiritual nature,” said Herb Newman, founder of Newman Architects. “We thought about how to reflect this reality and use it to bring people of all cultures together.”

The building will consist of seven walls that appear to be leaning on each other. This will create a spiral form and will show the interdependence of all living things. There will be frosted glass windows in the interstices to let natural light into the room. A lobby, lounge and classroom will be placed next to the sanctuary.

“This inspiring structure will serve as a focal point that will provide an inviting space for anyone looking to connect with their spiritual nature no matter their cultural background,” said Ross. “As a school that has a high percentage of international students and that likes to say ‘all styles welcome,’ it’s key that we have a place like this for our community.”

This sanctuary will be a place where people of all faiths will feel welcomed and no faith will ever be favored over another.

Above: Renditions of what the beautiful architecture of the Sanctuary is expected to look like. LU Photos.
Weekly Review

FATAL SYMPTOMS OF SENORITIS
Seniors Face the Dreaded Senioritis in Their Final Semesters of College

By JOSH SUFRIN
Staff Writer

It has been four years for many students at Lynn and finally graduation is inching closer.

Soon, students will be able to graduate and be done with their senior year of college.

Most students will not admit it, but one thing is certain, most of them have senioritis.

Senioritis is when students who are graduating simply become lazy. Students usually will not show up to class or when they do go to class they space out.

Sometimes students will become lazy with their work not turning it in or may even give poor effort on assignments and receive little to no credit.

Who can blame them? What student does not become tired of going to class?

Four years of going to class, taking tests, writing papers eventually puts strain on the body mentally and physically.

“When I was a senior, I was tired and sick of school. I did not want to go to class but I had to,” said Keila Estevez, alumna.

Seniors who do not want to endure the pains of senior year can take some minor steps in order to avoid senioritis.

Senior year takes a toll on many students. Classes seem to never end and papers get longer. Tests are harder and the material one learns happens in the span of a day.

Just focus on the end and the reward you get from graduating. That is all one can really do.

Above: Graduating seniors across the nation are prone to senioritis during their last semesters. Stock Photos.
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 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 holds their annual book drive. LU Photo.
A HALLMARK HOLIDAY SEASON

Lynn University Campus Events Put Students and Staff in the Holiday Spirit

Above: Lynn Students and staff were visited by Santa, Mrs. Clause and an elf during the Winter Carnival in Perper Plaza. LU Photos.

By KASEY MANN
Staff Writer

Everybody gets in the spirit during the holiday season in his or her own special way.

Whether one puts an angel on top of the Christmas tree, celebrates Hannukah for eight days or chooses not to celebrate at all, each person has their own meaning of what this season is all about.

Lynn students had the opportunity to celebrate this time of year in a plethora of ways. The Office of Spiritual and Religious Life hosted the Celebration of Light, which allowed students to learn more about Christmas, Hannukah and Kwanzaa.

The holiday season is traditionally all about cheer, giving and being thankful. Many students reflect this thinking in their responses to the seasonal changes.

“I always get into the spirit of Christmas because it’s been a huge tradition in my family,” said Courtney Powell, senior. “I definitely think it’s lost some magic over the years though, which is unfortunate.”

Even though the season of giving often comes with the financial pressure of gift buying and extravagant meals, students still find ways to celebrate the winter holidays cheerfully.

The “Winter Wonderland” Gala offered holiday treats and a photo booth free of charge. Students on campus had the opportunity to soak up and share all the happiness this season has to offer.

When asked what the holiday spirit consists of, what would one say?

Is everybody so stressed out about slaving in the kitchen, figuring out what to buy for people and the over-crowded malls that they forget the original meaning of this season?

“Everybody has a different meaning of what the holidays mean to them,” said Maddy Ashby, junior. “I think it’s easy for any of us to get caught up and forget what the true meaning of the season is all about.”

Regardless of how students may celebrate differently from one another, the on-campus activities are proof that Lynn will never let the jolly spirit during this time of

(Continued on page 2)
year fade away.

Be mindful this holiday season of what the true meaning is to everyone inside and outside the circle of family and friends.

Spread joy, cheer and happiness in individual and special ways, but with more heart and less Hallmark.

Above: Kevin Studer and Ashley Cacicedo take pictures in costume with staff and students. LU Photos.

MOVIES THAT GIVE HOLIDAY GLEE
Students Choose Which Holiday Classics are Most Popular for the Season

By SPENCER SOTELL
Staff Writer

The holidays are fast approaching and despite living in sunny South Florida, Lynn is starting to feel the wintery holiday spirit.

With students and faculty alike anxiously preparing for holiday break, the community reflected on popular things to do while at home for the holidays, specifically the best movies to watch.

"Christmas has always been my favorite holiday," said Scott Gordon, junior. "It's the one time of the year when all of our family gets together and spends quality time."

Students shared their thoughts on favorite holiday movies. Some movies that the students identified as being their most beloved holiday films included "A Christmas Story," "Rudolph the Red Nosed Reindeer," "The Polar Express" and many others. However, it seemed that the most popular among students was "How the Grinch Stole Christmas." With a survey taken of 40 students, "A Christmas Story" was deemed the favorite, while "The Grinch" was trailing as a close second.

"I always thought of Christmas as one of my favorite holidays and [looked forward to] watching all of the movies with my family," said Jordan Warren, freshman. "'A Christmas Story' especially made some family memories I can never forget."

These holiday movies remain particularly special to many students since they represent fun family time.

"Every year my family and I watch 'How the Grinch Stole Christmas,'" said James Williams, freshman. "It is my favorite movie to watch during the holiday season."

The holidays never seem to get old at Lynn. Students and faculty still have a special place in their heart for both Christmas and Hanukkah. There is no doubt that Lynn has adopted a holiday spirit fit for the season.

Above: "A Christmas Story," "How the Grinch Stole Christmas" and "Elf" were among Lynn University student top picks. Stock Photos.
CHRISTMUKKAH; A BIT OF BOTH
Many Students and Staff Celebrate Multiple Holidays, Myself Included

By NATHALIE DUBE
Staff Writer

My father is Jewish and my mother is a Unitarian. Due to my parents different religions, I am lucky enough to celebrate multiple holidays.

Around this time of year we celebrate Christmas and Hanukkah. As children, my brothers and I learned the traditional Hanukkah prayers, lit the candles all eight nights, ate the traditional foods and did the exchange of presents. This year Hanukkah fell on Thanksgiving, which made for an interesting Thanksgiving dinner complete with latkes, of course.

When we celebrate Christmas, we do a Christmas Eve dinner as well as a Christmas morning breakfast. Then at night we have all of our Jewish family and friends over for a huge dinner and desert party. When Hanukkah and Christmas collide with one another, we celebrate both equally, but as “Christmukkah”.

Christmukkah is a portmanteau term coined by pop-culture, which clearly refers to the joining of Christmas and Hanukkah. The term came to be from the then popular television show “The O.C.,” where the character Seth Cohen was Jewish on his father’s side, similar to me.

“I remember watching ‘The O.C.’ in high school,” said Casey Smith, graduate. “I remember that episode perfectly and thinking what a wonderful name Christmukkah was.”

Cohen wanted to celebrate the fact that he was of both religions, thus creating Christmukkah.

“Christmukkah has always been really important to my family,” said Jane Horowitz, graduate. “Since my parents are also of differing religions it gives me the opportunity to celebrate both but together.”

My family has had their version of Christmukkah ever since I can remember. Christmukkah holds a very special place for many families of interfaith households and will continue to be a wonderful tradition for all.

Above: Decorations that display both the Christmas and Hanukkah cheer. Staff Photos / N. Dube.
The winter Olympics and Paralympics will be hosted in Sochi, Russia in February where fifteen sports will be performed and the athletes will fight for the legendary gold medal.

The Olympics is arguably the most important athletic event in the world because athletes from all over prepare their whole lives to have a chance to step on the podium just once to win a medal.

The battle between Canada and America in the hockey tournament is highly anticipated. The National Hockey League takes a break for the Winter Olympics so that the best players in the world can show their skills in Sochi. Since Team America lost the Olympic finals three years ago in Vancouver against Canada, they will make an attempt to seek revenge next year.

"I can't see Team America losing against Canada again," said Mike Mercea, freshman. "The final in 2010 was horrible. I will never forget that."

The Olympic Winter games will be holding events in fifteen disciplines of seven winter sports. Therefore, over 1,300 medals have been manufactured. Since the official medals for the upcoming games were revealed, the thrill and excitement is endless.

The Russian athletes are also under a lot of pressure after a disappointing Olympic year in Vancouver. Ranked eleventh place with only three gold medals was not satisfying for the Russians, who is typically considered one of the top nations when it comes to Winter sports.

To understand the importance of the Winter Olympics, not only for America but for the world, one only needs to take a look at the contract the Olympic committee signed with NBC Sports, which is $4.38 billion.

It will be exciting to follow the world's largest sports event this February in Russia.
‘TIS THE SEASON FOR GENEROSITY

Toys for Tots Provides Less Fortunate Families with Much-Needed Holiday Cheer

By AISLING MCENTEGART
Staff Writer

Many struggling families will be unable to partake in holiday festivities this year without support from the community.

While the holiday season is joyous and festive for some, many families find themselves unable to participate in the festivities due to impoverished conditions. In the spirit of the holidays, many charities are encouraging communities to support those who cannot finance joyous celebrations for their families.

No parent wants their child to wake up and find no presents on Christmas morning. However, this is a sad reality for many. Organizations such as Toys for Tots, work hard to provide gifts for families in these situations.

“Toys for Tots volunteers its time, support and toy donations to provide for these families,” said William Meketa, local coordinating officer of toys for tots in palm beach county.

The best way to show gratitude this holiday season is to support these impoverished families so that all can experience a happy and stress-free holiday.

“Some of the biggest problems low income families face is the inability to provide their children presents and gifts for the holiday,” said Meketa.

Christmas is one of the most expensive times of the year so it puts strain on families having problems supporting themselves.

Supporting Toys for Tots is as simple as donating through their website or dropping off a toy at one of the many designated pick up areas.

“Support can be given this year to Toys for Tots by donating a toy at your local Toys R Us, or monetary donations via our website, toysfortots.org,” said Meketa.

It may seem like a small gesture but it has a huge effect on the Christmas of those in need.

For those wishing to get more involved, Toys for Tots looks for volunteers to assist with its campaigns at both Christmas time and the rest of the year as well. An application can be filled out on the Toys for Tots website.

A difference can be truly made this Christmas by getting involved and demonstrating the true Christmas spirit of generosity.
LYNN INTERNATIONAL HOLIDAYS

A Look at What International Students will be Doing During the Holidays

By HOBBE KARG
Staff Writer

It is nearing that time of the year and once again Lynn is proud to be ranked with the fourth largest percentage of international students nationwide.

As the holidays rapidly approach, it is not surprising that the question remains the same: what are Lynn University's international students doing for the holidays? While some students will maintain the same traditions they grew up with, some have welcomed new experiences.

"I will spend the Christmas eve watching fireworks at the beach with my family," said Madelyn Russo, a freshman from Argentina.

"I am very excited for Christmas. I want to go to Medellin and see the beautiful lighting of the city," said Estefanía Pérez, a freshman from Colombia. "I am looking forward to eating arepas and chocorramos with my family and friends."

"I can't wait to spend Christmas in France because of the feast, which consists of Bœuf Bourguignon, French cheese on a baguette and crème brûlée to finish," said Gatien Salaün, a freshman from France.

"When I go to Mexico for Christmas I like to spend time with my family and exchange presents after having a traditional Mexican dinner," said Mauricio Santillán, a freshman from Mexico.

"What I'm most excited about is eating my mom's pastelitos during Christmas Eve," said Manel Atie, a freshman from the Dominican Republic. "They are so good."

Christmas has always been a huge tradition for Lynn students and the upcoming holidays are sure to be filled with international festivities and traditions alike. While there are 77 different countries around the world represented at Lynn, these students give a perspective of what it means to be an international student during the holiday seasons.
DIAS FESTIVOS INTERNACIONALES

Que Harán los Estudiantes Internacionales Durante los Días Feriados?

Por DENISSE RODRIGUEZ
Staff Writer

Se acerca esa época del año y una vez más Lynn se enorgullece de ser la cuarta universidad con el porcentaje más alto de estudiantes internacionales a nivel nacional. Ya que las vacaciones se acercan, no es sorprendente que la pregunta siga siendo la misma: ¿"Que harán los estudiantes internacionales de Lynn en estas vacaciones"? Mientras otros estudiantes mantendrán sus tradiciones, algunos le darán la bienvenida a nuevas experiencias.

"Voy a pasar mis vacaciones comiendo pan dulce con mi familia y viendo los fuegos artificiales en la playa", dijo Madelyn Russo, estudiante argentina de primer año.

"Estoy muy emocionada por navidad. Quiero ir a Medellín y ver los hermosos alumbrados en la ciudad. Espero comer arepas y chocorramos con mi familia y amigos", dijo Estefanía Pérez, estudiante colombiana de primer año.

"No puedo esperar para pasar la navidad en Francia por la cena tradicional que consiste en boeuf bourguignon, queso francés en un baguette y para terminar crème brûlée". Dijo Gatien Salaun, estudiante francés de primer año.

"Cuando voy a México para navidad me gusta pasar tiempo en familia y el intercambio de regalos luego de una cena tradicional mexicana", dijo Mauricio Santillán, estudiante mexicano de primer año.

"Lo que más me emociona es comer los pastelitos de mi madre durante la víspera de navidad ya que son muy sabrosos", dijo Manel Atie, estudiante dominicana de primer año.

La navidad ha sido una gran tradición para los estudiantes de Lynn y las vacaciones del 2014 seguramente estarán llenas de fiestas y tradiciones por igual.

Mientras que hay 77 países representados en Lynn, estos estudiantes nos dan una perspectiva de lo que significa ser un estudiante internacional durante estas vacaciones.

Above: Alimentos Internacionales vacaciones traerá infinito a las vacaciones celebraciones. Stock Photos.
CALLING ALL THE FASHIONISTAS
These Current Fashion Trends are Sure to Heat up the Holiday Season

By LUCAS TUCHMAN
Staff Writer

As temperatures cool down, holiday fashion trends will be heating up campus this winter. A quick trip to the local Town Center Mall will easily guide one to what is trending in holiday fashion.

The hottest trends in women's clothing for the season are both faux and real fur, short ankle boots and scarves. Christmas is nearly here, which means colder weather will increase the sale of winter clothes. Faux fur and real fur are one of the most popular trends this winter.

"Winter trends are difficult to translate in Florida because the weather here is warmer and warmer clothing is not appropriate," said Demetrius Rogers, a fashion consultant at Saks Fifth Avenue. "Fashion wise, consumers recognize the fur vest/coat is perfect for this time of the year."

The weight and color of the fur is an extremely important factor in making fur appropriate in South Florida. "It cannot be too heavy and it has to work even if the weather is a little warmer," said Rogers.

Faux fur is available at an affordable price for everyone, while real fur will certainly stretch the budget.

Another trend in fashion this season are short ankle boots for women. These boots come in a variety of heel heights ranging from flats to five inches tall. The key to the short boot is that it is much cooler to wear in warm weather climates while remaining stylish and easy to pull off the holiday winter look.

"Short ankle boots are a trend for the holiday because here in Florida, it's easy to wear, and they are very fashionable," said Lynette Zielinski, shoe stylist at Saks Fifth Avenue. "They can be worn both casually and dressy depending on the fabric of the shoe."

Finally, the hottest trend this season is scarves. Both men and women are using this accessory to customize their holiday look. Scarves come in a variety of colors and patterns that can be used to add just the right touch to any outfit.

"The darker colors like burgundy and army green are trendy right now, but also something bright will always work," said Monica Warnes, an accessory specialist at Saks Fifth Avenue. "Camouflage is also big now."

Scarves are also available in a wide range of prices from $10 at stores such as Forever 21, to over $500 at Neiman Marcus.

Before heading out to any chic holiday party with friends and family, make sure to add one of these fabulous trends to every holiday look. There is nothing like looking "hot" even when the temperatures cool down.

Above: Winter fashion is heating up in local stores as people shop for a warmer yet stylish look. Staff Photos / L. Tuchman.
THE NEWEST HIT HOLIDAY TUNES
New and Classic Holiday Albums to Pick Up This Season for Students

By GRACEANNE TRUMPFELLER
Staff Writer

The holidays are a time of merriment and festivities filled with sleigh bells jingling, chestnuts roasting and couples kissing beneath the mistletoe. What better way to spread the holiday cheer than with favorite winter-time tunes?

This year, holiday favorites have been re-mastered to perfection, along with many popular artists releasing fresh holiday albums. The iPulse set out to hear the classics that are too good to ditch and new albums that will be sure to make a great stocking stuffer.

"Music is a great gift to give," said Sydney Trezza, freshman. "Holiday music is especially great because it'll always get the person in a festive mood, and they'll think of you every time they listen to it."

Nobody could croon a holiday tune quite like Frank Sinatra. His album, Holiday Classics, features all songs needed to jump into the holiday spirit. With hits like "Come All Ye Faithful," "Mistletoe and Holly," and "Jingle Bells," it sets the perfect scene for decorating the tree or snuggling up with a hot cup of cocoa.

"My parents love Frank Sinatra," said Megan Rivieccio, freshman. "I'm sending them his Christmas album as an early present so they can listen to it while they drive to pick me up for Christmas break."

What would Christmas be without the sounds of the King? Hear Elvis belt out "Santa Claus is Back in Town," "Santa Bring My Baby Back To Me," "Blue Christmas" on his holiday album, Elvis Christmas. A different approach to traditional songs for the time, Elvis does Christmas his way.

For a more modern approach, American Idol protege Kelly Clarkson has brought out Wrapped in Red for the holidays. This season's likely sales champ opened at number three and remains in the Top 10. Besides the holiday standards, it includes brand new songs like the spunky hit "Underneath the Tree."

"I absolutely adore Kelly Clarkson," said Natalia Paredes, senior. "She has such an amazing voice. I can't wait to pick up her new Christmas album so my friends and I can listen to it while we decorate our apartment."

Mary J. Blige is also releasing her first holiday album, A Mary Christmas. Barbra Streisand joins Blige on "When You Wish Upon A Star," and gospel legends The Clark Sisters join Blige on "The First Noel." A soul take on the holiday, the album will certainly add some groove to anybody's step.

The current season kicked into high gear the day after Thanksgiving, and it is looking as rich and dense as egg nog. This year's most prominent Santa serenades would not be complete without the classics that made them possible. Pick both up for a holiday that is sure to rock.

Above: Elvis, Mary J. Blige, Frank Sinatra and Kelly Clarkson are some of the hottest hits this season. Stock Photos.
THE GREAT GIFT OF HANUKKAH
The Religious Miracle That Lasted and is Still Celebrated for Eight Days

By SCOTT PORTER
Staff Writer

Hanukkah, also known as Chanukah, is the celebration of lights in the Jewish religion. It is called this because of the candle lighting ceremony that occurs for eight nights in honor of the fighting of the Maccabees.

Almost 2,200 years ago, a Greek-Syrian ruler named Antiochus IV tried to force his Greek culture onto the Jews in what was then Judea, but is now commonly known as Israel.

Antiochus forbade the Jews to read their practices from the Torah, which is the main center point of the religion. At the time, the Jews living in Judea did not stand down to the actions called upon by the Greek ruler.

They fought to protect not only their people and land but also their religion to keep it alive and to have something to pass down to their sons. The war lasted about three years and in that time period, the army was led by a man named Mattathias the Hasmonean. His army was soon to be called the Maccabees, which was led by Mattathias’ son, Judah.

Through vicious fighting and the Maccabee’s standing up for the Jewish religion in its entirety, they were able to keep their land and practice their religion freely.

“Although fighting was the goal to maintain their freedom, the Maccabees never lost sight of what they were fighting for,” said Rabbi Schneider.

Once the Maccabees defeated the Greek-Syrian army, the Jews gathered in a rundown temple to seek shelter and decide what to do next. A tiny bit of oil was found and was decided to be burned to shed some light at night.

The Jews thought that there was only enough oil to last about a day. This small container of oil is where the spirit of Hanukkah began.

When the oil was lit, it was not expected to last more than a day at most, but surprisingly to everyone’s disbelief, the oil lasted eight days.

“This is how the tradition of the eight nights of Hanukkah started,” said Schneider.

This gave the Jews enough time to gather themselves and figure out what to do next since they had just defeated a rival army.

The most important Hanukkah tradition is the lighting of the menorah for eight nights, thus symbolizing the burning oil for eight nights.
LIGHTING IT UP THE DELRAY WAY

Tree Lighting in Local Town Kicks Off Holiday Festivities the Festive Way

By MAX RUNES
Staff Writer

On Dec. 5, the Art Center in Downtown Delray Beach hosted its traditional Christmas festivities from 6 p.m. to 10 p.m. and provided a wide variety of novelties for all locals and visitors to enjoy.

The long-standing tradition in Delray Beach is to kick off its winter celebration with its annual Christmas tree lighting ceremony where the city lights up its 100-foot Christmas tree. The tradition began when former Downtown Marketing Cooperative Executive, Marjorie Ferrer came up with ideas on trying to bring together the people of Delray during the holidays.

“It's just as beautiful as the tree that is put up in New York City every year in my opinion,” said Marina Aguirre, freshman. “I couldn't imagine not visiting it with my family every year.”

The structure of the tree was designed to allow visitors to pass through it, looking at all the interior decorations and all the Christmas themed pictures and toys inside. In addition to the tree, there will also be an ice rink for residents and guests to partake in.

“Although I love the heat, I always enjoy ice skating with my good buddies,” said Christian Frelinghuysen, freshman. “It's a blast to get away from the school work and go skating for a bit.”

The tree also helps put local residents into the holiday spirit, promoting fun and holiday cheer to all.

“Without the tree in Delray, I couldn't see how any of the locals could possibly be in good cheer for Christmas,” said Eric Wistrom, freshman. “It gets me obsessed with decorating every year.”

For nearly two decades, the city of Delray has upheld its annual tradition and thousands of residents get involved in the joyous atmosphere it brings. The night also included a surprising entrance by Santa Clause himself.

Above: Santa Clause joined in on the local holiday celebration and greeted people while riding on his sleigh in Delray. Stock Photos.
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FANTASTIC FINDS UNDER FIFTY
Find Great Holiday Gifts for the Loved Ones Without Breaking the Bank

By RACHEL GOLDBERG
Staff Writer

Shopping during the holiday season is a blast. Browsing and leafing through different assortments of items that could be potential gifts for loved ones is exciting. However, it is all fun and games until upon seeing the price of "holiday cheer." Fortunately, here is a list of potential his and hers gifts that one can purchase for loved ones, each under $50.

HERS
- Makeup
- Jewelry
- Beanie
- Magazines
- iPhone case
- Perfume
- Scarfs
- Sunglasses
- Hygiene products

HIS
- Gift card
- Coffee mug
- Graphic T-shirts
- Books
- Sports memorabilia
- Wallet
- DVDs
- Pedicure
- Video games
- Jewelry
- Cologne

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