KNIGHT-A-THON: #GoingGold

ALSO IN THIS EDITION: BLACK PANTHER OPENS IN THEATERS WITH RECORD-BREAKING WEEKEND BITCOIN CRAZE SWEEPS THE NATION
MEET THE STAFF

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Above: The Future Leaders of Tomorrow class traveled around town to get an inside look at local businesses and organizations, like Boca Helping Hands. LU Photos.
THE RISE AND FALL OF CRYPTOCURRENCY: BITCOIN
New Global Currency Makes Mark As Quickly As It Loses Momentum

By DYLAN KLIM
Copy Support and Staff Writer

In recent months, investors have been left on their toes due to the sudden drop in the price of Bitcoin. This drop has the nation wondering if this is the beginning of the end of what has been a global currency phenomenon.

Bitcoin is the first of its kind. What makes it so unique is the fact that the currency is worldwide, there is no need to visit a bank or have any physical form of payment. Being completely digital, bitcoin is as simple as sending an email and can be used to purchase any item.

Ten years ago, the thought of digital currency was nonexistent. By the year 2012, it took off and the price of the cryptocurrency started off at $12 each. Approximately twelve months ago, the price had risen to a thousand dollars. Bitcoin continued to grow up to around twenty thousand dollars per until it took a sudden turn of events, causing the market to crash.

Since December, Bitcoin’s price has continued to plummet. In the past month, Bitcoin’s cost has dropped as low as sixty percent, causing customers to lose faith in the evolution of digital currency.

Although the market is currently at a low point many investors believe it is a great time to cash in on Bitcoin because it is on a continuous up-and-down roller coaster, suggesting the market will rise again.

"Compare it to filling an air balloon, you can keep filling it but eventually it will burst," said Natalie Beck, junior. "In one of my business classes, I heard about Bitcoin and buying into it right now would be like catching a falling knife."

It is simple supply and demand. The more people that buy into Bitcoin, the higher the price will be. This will make a market for it to increase substantially, but in due time the price will be valued high. This, therefore, causes the demand for bitcoin to decrease forcing the market to crash.

"You have to be foolish to invest in Bitcoin right now and trust you will make a profit from it," said Beck.

For now, Bitcoin is at a standstill; all investors can do is just merely be patient and wait for the Bitcoin roller coaster to rise again.

If investors buy during a fall, they are basically paying to lose money. In simpler terms, the Bitcoin roller coaster is on a rapid dissent currently but will be on the rise again. Surveys predict that Bitcoin will be worth over $30,000 by the end of 2018.

Above: Bitcoin is a worldwide currency, any individual can send money to someone who is across the globe and the transaction does not include any banks. /Stock Photo.
LYNN LEADERSHIP INSTITUTE PARTNERS WITH POST
Students And Faculty Dance For A Cause In The #GoingGold

By DAVID CZARLINSKY
Copy Support and Staff Writer

Lynn will soon be hosting its first Dance Marathon, Knight-a-Thon: #GoingGold.

The all-night event will be taking place on April 20 in the deHoernle Sports and Cultural Center. Students, faculty and staff members will be dancing for 12-hours to raise money and awareness for the Pediatric Oncology Support Team (POST).

The vision of POST, Inc. is that no family walks their child's cancer journey alone. POST professionals work with each child and their family to give them the emotional and financial support needed while they combat the disease. POST is run by an eight-member executive board made up of members from all areas and fields. In fact, some board members have been personally affected as well.

Anthony Alteri, vice president of student affairs is an active member on the board of POST, Inc.

"It is a blessing to serve on the board," Alteri said. "After meeting many families dealing with cancer, it has given me a perspective on how fragile life really is."

Lynn chose POST, Inc. because of the organization's impact in the local community. The organization relies on fundraising and grants, and assisting about 150 families every year with only four staff members.

Knight-a-Thon is being put together by the Lynn Leadership Institute (LLI), a program in its third year at Lynn. LLI students are working in different committees throughout the planning process by hosting fundraising events, registration events and planning every second of the 12-hour marathon.

Baylee Howe, senior, is leading the fundraising committee for Knight-a-Thon. She has helped plan three successful fundraising events thus far including nights

"After meeting many families dealing with cancer, it has given me a perspective on how fragile life really is,"

- Anthony Alteri, vice president of student affairs

Above: Indiana University students holding up signs to show the money they raised after hosting their own Dance Marathon. /Stock Photos
INCORPORATED TO HOST FIRST ANNUAL KNIGHT-A-THON

Marathon Event To Raise Money For Children Battling Cancer

Above: Lynn students write messages on yellow ribbons to show their support for the children who are fighting cancer throughout the country /LU Photos.

out at Phenomenom, Chipotle and a Smoothie King give-away on campus.

"Heading this committee has been a great opportunity for me to give back to the community that has given so much to me," said Howe. "I am so excited to see this event come to life and see how much we are able to give to POST, Inc. I am so honored to play a part in making these children’s days so much better."

Alteri also discussed students in LLI and the important role they play at Lynn and in planning this event, "When looking at LLI in general, you are talking about a group of very talented leaders," said Alteri. "That is why they are in this program."

"I am so honored to be given the opportunity to help plan the first Knight-a-Thon," said Katheryn Millian, senior. "It is a rewarding experience to know you are playing a role in helping a child with cancer have the time of their life."

Overseeing the Lynn Leadership Institute and the event are three employees in the Student Affairs division, including Hannah Link and Stephanie Peguillan.

"Seeing children at the event is going to be most rewarding," said Hannah Link, assistant director of Housing and Residence Life. "The impact it is going to have on these patients and their families is going to be beyond remarkable."

For students interested in having a part in the event, there are three ways to get involved in Knight-a-Thon: create an account and raise money, participate or donate.

There are many ways students can get involved other than dancing, "If students don't want to dance, they are highly encouraged to create a fundraising page," said Stephanie Peguillan, coordinator of student involvement. "We encourage all members of the Lynn community to raise $25 for POST, Inc."

Individuals that raise $100 or more prior to the event will receive a free Knight-a-Thon t-shirt. The event will kickoff at 2 p.m. and students are encouraged to dance throughout the entirety of the event until 2 a.m. on April 21.

To be a part of this life-changing event, go to the direct link at www.lynn.edu/events/dance-marathon-20180420-200pm or visit lynn.edu and search “Knight-A-Thon.” For any questions or concerns, please email Hannah Link at hlink@lynn.edu or Stephanie Peguillan at speguillan@lynn.edu.
ENTERTAINMENT

BLACK PANTHER OPENS WITH RECORD-BREAKING SALES

Marvel Introduces First African-American Super Hero Film To The Public

By KAITLIN ARMSTRONG
Staff Writer

The biggest event, arguably, to happen this month was the release of Black Panther. This long-awaited film has finally given African American children and adults the opportunity to see heroes that mirror themselves on one of the largest superhero platforms imaginable.

 Seeing a movie with a predominantly black cast is something that is not usual in Hollywood although it has proven itself to bring in large followings in addition to sales. According to the same report, Black Panther outsold every previous superhero film in advance ticket sales. The previous record belonged to "Captain America: Civil War". According to CNN Money, Black Panther was projected to open around $130 million or higher.

 As Black Panther opened in theaters, it brought in 426.8 million dollars, having the sixth largest opening of any film in history.

 "I think the film was long overdue but at the same time necessary," said Shabach Tyus, senior. "The Black Panther had a very strong following since its debut in the Fantastic Four comics in 1966, and it still shows considering its early success".

 Black Panther is made up of a predominantly African American cast by a group of African American writers, something that is extremely rare and almost nonexistent in blockbuster films. Young black children across the country and the world will be able to have a super-hero that they can look up to on the big screen, as opposed to all seeing typical heroes like Captain America, Iron Man and Batman taking the main role.

 "Personally, this movie means a lot to me considering my family ties with Africa, but it's significant on a grander scale because this month is a testament to the drive, perseverance and strong will of the African American culture. I believe the world can always learn from that," said Tyus.

 With a year to prepare it was clear that Black Panther would bring in record-breaking sales, this movie carries a larger meaning to the African American community and African communities around the globe.

 "When it comes to Black Panther, just from the name alone this movie means more to me in terms of a historical standpoint," said Zenas Jones, Lynn alumnus. "In an industry where people of color rarely see any type of representation outside of cliché roles, such as thugs and misfits this movie takes a superhero of African royal descent. He is intelligent, fearless, and distinguished, something that is almost nonexistent in the movies today."

 As Black History month has come to a close, it is important to review the accomplishments of African American figures from the past and present bringing encouragement to the individuals who will be making an impact in our futures.
The Lynn Sports Network is looking for qualified camera operators to film live Fighting Knight broadcasts

Both student worker & work-study positions are available

For more information, contact:

T.V. Director, Joey Hefferan
jhefferan@lynn.edu
561-237-7635
### ATHLETICS

#### WOMEN’S

**UPCOMING MATCHES**

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#### MEN’S

**UPCOMING MATCHES**

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<td>BASEBALL vs. Wingate</td>
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<td>TENNIS vs. Georgetown</td>
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3/12 @ 11 a.m. | ASSAF Lawn

**Social Change Fair**  
3/12 @ 11:30 a.m. | Perper Plaza

**Intramural Basketball**  
3/12 @ 7 p.m. | Basketball Gym

**Ownership Market**  
3/13 @ 11:30 a.m. | Perper Plaza

**Wellness Wednesday Hydration Station**  
3/14 @ 11:30 a.m. | Student Center Courtyard

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More than 1,600 Lynn University students returned from holiday break with a mission—to learn by doing. January Term. LU Photos.
KEEPING THE FAMILY TRADITION

LAUREN ODOM

ALSO IN THIS EDITION: McMAHON REINTRODUCES XFL GREEK LIFE BENEVOLENCE
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How Lynn Students Have Used Campus Recreation’s Yoga Program To Strengthen Themselves  

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Above: The most recent Preview Day saw 180 prospective guests arrive to talk to current students and faculty while getting a taste of the Lynn environment. LU Photo.
GREEK LIFE
LEAVING AN IMPACT ON SOUTH FLORIDA
Sisterhood And Brotherhood Encouraging Local Change Via Events

By KELLY MARMO
Copy Editor

Lynn's Greek life gets involved in and embraces the community each year through its various charitable functions.

Chartered in 1998, Sigma Sigma Sigma takes part in philanthropy events both on and off campus. Grounded in their values of power, hope, wisdom, faith and love, they attend the Breast Cancer Walk in Mizner Park every year.

"We love supporting various causes around our community," said Sydney Grusd, senior. "We attend several events each year, such as the Breast Cancer Walk in Mizner Park and Relay for Life at FAU."

Grusd has been the recruitment director of Sigma Sigma Sigma for two years. On campus, this sorority encourages students to join their efforts in helping local causes by making a team for their annual kickball tournament.

"One of our largest events each year is the kickball tournament taking place on campus," said Grusd. "All the proceeds go to our local philanthropy which is the Miracle League."

The sororities and fraternities of Lynn work together in several aspects, but each individually takes on their own philanthropic event to best represent the different organizations they support. Sigma Alpha Epsilon (SAE) works closely with the Women's Center.

"We work with the Women's Center to host SAE Against Sexual Assault," said Josh Harlow, vice president of SAE. "This is a week planned to promote healthy relationships and educate people on the difficult matter."

SAE has partnered with Boca Helping Hands, the Boys and Girls Club and the Children's Miracle Network in the past. This month, SAE is hosting their second annual Paddy Murphy week, a time dedicated to philanthropy work in order to raise money for Lynn's Knight-a-Thon in April.

"I would absolutely suggest others to join Greek life," said Grusd. "It is definitely an amazing way to get involved in so many aspects, including school activities, philanthropy, leadership opportunities and social experiences."

Above: Through connecting with the Boys and Girls Club of America and the university women's center, Lynn's Greek life continues to leave its mark in the community. Stock Photos.
THE ODOM FAMILY: MAKING OWN PATH TO Freshman Volleyball Star Reflects On Being The Product Of

By NIKKI COLONNA
Staff Writer

With her mother being a four-year member of the Florida Gators women's basketball squad and her father a standout for both his college football team and the NFL's Tampa Bay Buccaneers, Lauren Odom was seemingly always destined for athletic success.

Both alumni of the Gainesville sports powerhouse, Odom's parents had high hopes for their daughter as she aged. Both Linda and Jason Odom wanted to share their love of sports with their kids to highlight the lessons learned and experiences they gained.

"I've always wanted my kids to play a collegiate sport because it teaches so many life lessons and builds a strong work ethic," said Linda Odom. "Lauren's younger brother is also heavily involved in high school sports as a result."

Lauren Odom fell in love with volleyball in high school, with her abilities allowing her the opportunity to play at the next level. She knew there would be pressure to perform and to make her parents proud, but she was willing to take on a challenge. Not only has she fallen in love with her sport, but she has also grown lifelong friendships, developed a more determined mindset and become a more disciplined individual.
STORY
SUCCESS USING ATHLETIC BACKGROUND
Sports Prosperity And Meeting Generational Expectations

"Having two collegiate parents [created] a lot of pressure for me to succeed in sports [because] of [their] legacy. However, they have never tried to put pressure on me," said Lauren Odom. "I've learned from my growth as an athlete that all they have wanted to do is support me to be the best I can be."

Knowing that her parents are her most stable support system, Lauren Odom has continuously sought to do the best that she can for herself and for them. They encourage her to get the most out of every practice and live her life through hard work, discipline and faith.

"I learned numerous things from my NFL experiences, but the most notable would be from my [NFL] head coach Tony Dungy," said Jason Odom. "He showed me what it looked like to live out Christian faith in a powerful and real way."

As she nears the end of her first-year as a college athlete, Lauren Odom has a better understanding of the lessons her parents hoped she would learn. Ultimately, all they would ever ask is that she enjoys the sport of volleyball and feels blessed with the opportunities it has offered thus far.

She is humbled by her freshman successes, including earning a starting spot on the team, setting a school blocking record and earning defensive player of the week. She looks forward to her future experiences that will help her in school and beyond.

"[My parents] have shared their past experiences with me about their athletic career to help me in certain situations and motivate me to give my best, no matter what the score or outcome," said Lauren Odom. "They inspire me everyday, and I strive to make them proud."

"I learned numerous things from my NFL experiences, but the most notable would be from my [NFL] head coach Tony Dungy,"

- Jason Odom, Lauren's father

Above: Jason Odom was a standout athlete at both the University of Florida and with the Tampa Bay Buccaneers, where he was coached by Pro Football Hall of Famer Tony Dungy. Stock Photos.
SPORTS

ADDITIONAL COMPETITION FOR THE NFL
XFL's Renewal Draws National Attention As Two-Year Wait Begins

By SHAWN JOHNSON
Editor-in-Chief

When WWE chairman Vince McMahon recently announced the revival of the rather controversial XFL football league, citizens across the country responded with one of two reactions – eye rolls and excitement.

McMahon, one of the most powerful figures in sports entertainment, revealed the decision in a press conference that garnered immediate attention. Reminiscing on the XFL's failed first attempt at success, he strongly alluded to changes that would focus more on the fans than ever before.

"The new XFL will kick off in 2020, and quite frankly, [we are] going to give the game of football back to fans," said McMahon. "[It] will be a fan-centric league with all of the things you like to see and less of the things you don't."

Of the key talking points for McMahon, player safety, political involvement and game experience were at the forefront. In contrast to the rather extreme standards of the formerly unsuccessful league, fans have been promised changes that will yield high-quality players under the care of equally high-quality physicians.

Additionally, McMahon made sure to guarantee league policies that would require all athletes to stand for the national anthem. Meanwhile, the press conference also allowed the opportunity for the sports tycoon to hint at shortening quarters, halftime and other aspects of the game to make the length comparable to that of a soccer match.

"What would you do if you could reimagine the game of football," questioned McMahon. "Would you, for instance, eliminate halftime? Would the game of football be faster?"

For football fans, this announcement brings an intriguing competitor to America's athletic powerhouse in the NFL. While the initial launch of the XFL quickly sizzled when trying to match up to its big brother, McMahon is giving himself nearly two years to reestablish the outside-of-the-box sports brand. For many, expectations are high that this attempt at relevance will be here to stay.

"The gimmicks, the dangerous nature of the games - they were all too risky for NBC, and the declining ratings showed that," said Ulsadat Notrez, freshman. "[McMahon] has definitely learned from those mistakes, so I expect he will give Roger Goodell a battle for viewership at the very least.

For those who remember the failures of the league's initiation in the early 2000s, it would be easy to quickly dismiss this relaunch as yet another sales ploy by one of the greatest in his field. However, it is clear McMahon wants to make things right this time around, to make football enjoyable and less laborious. While a lot is left to be seen from the XFL team, the family-friendly resurrection will most definitely have the nation's attention come 2020.
AROUND CAMPUS

YOGA BRINGS LYNN COMMUNITY TOGETHER

Campus Recreation Program Provides Mental And Physical Release

By CARLOTA GARCIA
Staff Writer

Weekly offered outside of the Old Lynn dormitories Sunday through Thursday, campus recreation’s yoga classes have changed how students are tested both mentally and physically.

The yoga classes usually take about an hour to complete, and the program has brought along numerous new faces along the way. Ashley Kaufman joined the campus recreation community at the end of January by becoming the new yoga instructor and is currently enrolled in the graduate program for clinical mental health counseling.

"Yoga means to 'yoke', to 'come together,' and I think that in some ways we have lost that," said Kaufman. "However, I think that if someone is showing up to their mat consistently, then it is doing some good and benefiting them."

Kaufman’s yoga classes relax the mind, create clarity and increase body awareness. The standard level of the class is for beginners, making it inclusive to everyone. Still, Kaufman is happy to accommodate any incoming level of experience.

Hriday Ahuja is a sophomore student from India studying entrepreneurship. To him, yoga is part of his culture as the practice started in India, rooting from Hinduism.

"I enjoy it because it is a good form of physical activity," said Ahuja. "I do it to calm my mind and put myself at ease."

There are physical, mental and emotional benefits to partaking in yoga. Physically, it is a great way to increase flexibility, muscle strength, toning and is an excellent form of cardio. Mentally, it is a healthy way for managing stress, which affects the mind, body and one’s habits.

"When we get into stressful situations or we have that panic, our bodies immediately go into fight or flight mode," said Kaufman. "Focusing on your breath is such a grounding experience. Neurologically, it completely relaxes your body."

In the midst of this rapidly operating and interconnected world, being able to take a few moments to pause and breathe can be helpful. Participating in yoga provides individuals with this outlet, and Kaufman’s approach to this exercising platform continues to alter fitness lives across campus.

Above: Ahuja and so many others have pursued yoga to benefit their mental and physical elements. Staff Photos/C. Garcia.
ATHLETICS

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UPCOMING MATCHES

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<td>vs. Lindenwood</td>
<td>3/13</td>
<td>Noon</td>
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<td>SOFTBALL</td>
<td>vs. Lindenwood</td>
<td>3/13</td>
<td>2 p.m.</td>
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<td>TRACK</td>
<td>@ Shark Invite</td>
<td>3/14</td>
<td>8 a.m.</td>
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<td>TENNIS</td>
<td>vs. Auburn Montgomery</td>
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MEN’S
UPCOMING MATCHES

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<td>vs. Westminster (Utah)</td>
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<td>vs. Adelphi</td>
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UPCOMING EVENTS

Social Change Fair
3/12 @ 11:30 a.m. | Perper Plaza

OwnHERship Market
3/13 @ 11:30 a.m. | Perper Plaza

Hydration Station
3/14 @ 11:30 a.m. | Student Center Courtyard

Leaders Lunches
3/15 @ 1 p.m. | Library Cube

Tunnel Of Oppression
3/20 @ 10 a.m. | Henke Wing

FIND US ON

Student Exhibition
through March 31, 2018

THE 60’S
by Meagan Paese

Official Opening
March 13, 2018 | 11:00 A.M.
#ENOUGH
LYNN SCHOOL WALKOUT

FEATURE STORY: PLAYA BOWLS COMES TO SOUTH FLORIDA
MEN'S ICE HOCKEY FINISHES SUCCESSFUL THIRD SEASON

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7 STUDENT PROFILE
Maria Saldarriaga Talks About Her Home Country Of Columbia

Above: Marilyn & Mark Swillinger are proactive donors that do more than give by sharing time, talent and expertise to better the Lynn community. LU photo.
COVER STORY

LYNN COMMUNITY SAYS #ENOUGH TO GUN VIOLENCE

Today’s Walkout Signifies Unity In Face Of Nationwide Uproar On Laws

By SHAWN JOHNSON
Editor-in-Chief

Continuing the nationwide dialogue on gun violence in America, multiple student leaders across Lynn have come together to organize a walkout today at 10 a.m.

Offering both fundraising and support activities, the demonstration is part of the #NationalSchoolWalkout movement. While advocating for legislation in Congress is a focal point of the event, honoring the lives of those lost in the Marjory Stoneman Douglas tragedy will also be at the forefront for those participating.

“We're doing this to take a stand on not only school shootings, but also mass shootings in America," said David Czarlinsky, walkout organizer. "We need to take a stand. If our generation fails to do anything, no changes will be made for the future.”

The event will take place on the walkway between the Green Center and the International Building. Lasting for 17 minutes to recognize the 17 lives lost in Parkland, students will have the opportunity to purchase wristbands supporting the cause. All donated funds will be given to the MSD Shooting Victims’ Fund, and participants will be invited to sign a banner labeled “#ENOUGH” to signify unity.

Despite the nation being in an uproar regarding gun control, the organizers of the demonstration have chosen to focus their efforts solely on gun violence. While the firearm policy conversation is on the minds of many, the coordinators behind Lynn’s walkout simply want the fear and pain to end.

“It seems as if everybody disagrees about gun control on a daily basis,” said Czarlinsky. “Rather than fighting over laws, we want people to come together to end senseless attacks, especially in public settings.”

With the help of student leaders Baylee Howe and Lourdes Rubero, along with the Knights of the Roundtable (KOR), Czarlinsky saw a vision become a reality. Without these other key contributors, Lynn’s #ENOUGH walkout likely would have never materialized.

“1'm proud we are supporting this,” said Nick Harguth-Galyas, KOR public relations officer. “After experiencing a shooting myself [in Colorado], I know the support from the surrounding communities makes a big difference in the community’s healing process.”

Above: Lynn is one of many schools taking a stand against gun related violence on March 14 by participating in a school-wide walkout. Stock Photos.
RECENTLY, Playa Bowls celebrated their grand opening at 895 East Palmetto Park Road in Boca Raton.

Originally established in Monmouth County, New Jersey, Playa Bowls was proud to announce their first Florida location right here in Boca. For their grand opening, the first 50 people in line received a free bowl.

"I am really excited that Playa is coming to Boca," said Shannon Johnson, sophomore. "It's huge back at home and I'm happy to get my friends a little taste of home."

The Playa Bowls franchise is known for its fresh juices, smoothies, and acai and pitaya bowls. The menu includes fresh, healthy options for their customers, which correlates with the theme of this restaurant. Playa Bowls already plans to open another location in Deerfield Beach.

"The location is perfect since it is right on Palmetto," said Johnson. "It is really going to tie together the whole beach vibe that Playa is all about."

Along with the first 50 people in line who received a free bowl, Playa Bowls offered a Grand Opening Give Away to the 100th and 150th customers in line. These winners received a Fujifilm Instax Mini Camera and free apparel.

"Having Playa Bowls in Florida will

Above: Playa Bowls is the latest health food craze to hit South Florida, offering healthy and refreshing acai fruit bowls and smoothies. Stock Photo.
AND WELCOMES CUSTOMERS TO PINEAPPLELAND
Bar To Open Up Shop In Southern Palm Beach County

give Floridians a chance to taste one of Jersey’s finest places to eat," said Julie Woloshin, sophomore. "The menu is unique and the environment inside is like nothing you have ever seen before."

Playa Bowls has already become active within the Boca community by getting involved in several beach cleanups. It is easy to say that Playa Bowls will be a great place to grab a bite to eat after the beach, and a friendly environment for all.

To see more of what Playa Bowls is all about, check out their Instagram page @playabowlsboca.

Above: Fresh fruit and smoothies are served alongside good vibes in the laid back, tropical atmosphere that Playa Bowls brings to Boca. Stock Photos.
The men's club hockey team recently finished up its third season of play by competing in the Sodexo Cup tournament in Daytona, ending the season in third place.

This season has been a trying one for the team, which finished play with just 10 players, compared to the average 20 that other teams competing in the EFCHC have, due to untimely injuries.

“We showed that we can battle through the adversity and hardship of having a depleted bench, and we finished in a spot in which we feel we can be taken seriously,” expressed Noah Linkner, junior.

Linkner is the alternate captain of the team and one of the few who lost significant playing time due to injury this season.

“What started out with just a few players,” said head coach Ted Curtis about his team, “has now grown into an intercollegiate and a recreational team.”

The team is administered through Campus Recreation, rather than Athletics, giving it the title of a club. Regardless, the players are still student-athletes and proud Fighting Knights.

Hockey athletics in the U.S. falls under three different associations, the NCAA, NCAA Division III and the ACHA. The first includes 60 colleges, mostly in the Northeast and Northern Midwest, and it is scholarship-funded. The second one includes another 60 non-scholarship colleges, and the latter is the American Collegiate Hockey Association, to which the Lynn Club Hockey Team belongs, among 300 other colleges.

In order for a team to become part of ACHA, it requires years of organization, dedication and financial support. Luckily, Lynn provided the team with enough resources and support, and in a matter of months, the program was participating in the East Coast Florida Collegiate Hockey Conference (EFCHC) in the ACHA.

“This program has the potential to be one of the most competitive in Florida,” said Mickey Peroni, assistant coach.

Now that the season is over, Lynn hockey will continue in the K2 league until April, when they will have the chance to chase a Championship. Next fall, Lynn will start back up with ACHA play, and also with more new players.

Above: The men’s club hockey team finished up their third season with the Sodexo Cup tournament in Daytona. Staff Photos/C. Garcia.
STUDENT PROFILE

LIVING A CONTINENT AWAY, BUT STILL CLOSE TO HOME

One Columbian Student's Plan to Stay in the United States After Graduation

By NICK LANDGREN
Contributing Writer

After growing up in a place as lush and beautiful as Medellin, Colombia, senior Maria Saldarriaga is making plans for a future in the United States.

Coming from Spain as a transfer student in 2015, Saldarriaga is graduating this coming May with a major in communications & emerging media and minor in marketing, with hopes to become a PR professional.

Having visited the United States many times before her most recent move, Saldarriaga was excited to be going to an American school like the ones she had grown up in. With Miami just a three-hour flight away from her home country, she was excited to be able to see her family more often.

When back in her home country, Saldarriaga chooses to spend most of her time with her family and horses. Her family owns a horse and cattle farm in Medellin and she says that her favorite part of being home is the nature. "In the Andes region, the hills are very steep. What I miss the most are the hills and all of the green around me," said Saldarriaga, "I am an animal lover so I like to spend most of my time with my horses on my family's farm."

Colombia is a very catholic nation, and Saldarriaga describes her family as very catholic as well. During this time of year there are a lot of holiday traditions that she would usually be a part of. With her busy schedule close to graduation, she will only get to see them for a few days over winter break.

One of Saldarriaga's favorite things about the United States is the diversity. Back home in Medellin, everyone seems to know everyone else, and it is hard to be recognized as your own person.

"I love the diversity in the U.S. Where I come from in Colombia, it's like a bubble, everyone knows who you are and it's hard to get away from your last name," said Saldarriaga. "I want to be me for who I am. I don't want to be known for what my father or grandfather may have achieved. I want to be known for what I am achieving."

However, one of the things she wishes she still had is her country's food. As many international students come to find rather quickly, eating healthy in the United States can be quite difficult if not doing the cooking for themselves.

Saldarriaga has ambitions in her field as well as in her love for animals.

"I plan on working in public relations and I would love to live in the northeast, but my real dream is to start a non-profit working with animals and horses with a rescue program."
ATHLETICS

WOMEN’S

UPCOMING MATCHES

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MEN’S

UPCOMING MATCHES

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UPCOMING EVENTS

Wellness Wednesday Hydration Station
3/14 @ 11:30 a.m. | Student Center Courtyard

Leaders Lunch
3/15 @ 1:00 p.m. | Library Cube

Therapy Dog Thursdays
3/15 @ 3:30 p.m. | Trinity Hall

Tunnel of Oppression
3/20 @ 10:00 a.m. | Henke Wing

Wellness Wednesday Tunnel of Oppression Info
3/21 @ 11:30 a.m. | Student Center Courtyard

FIND US ON

Lynn University recently welcomed some of the world’s most prestigious trumpet students and educators to the Roger Voska Memorial Trumpet Competition. The inaugural event was founded and directed by Lynn Trumpet Professor and Assistant Dean Marc Reese, who studied under Voska at Boston University and Tanglewood Music Center. LU Photo
2018 SPRING FASHION SHOW PREVIEW

ALSO IN THIS EDITION:
- CONSERVATORY STUDENT FOLLOWS DREAMS WHILE PLAYING TRUMPET
- NEW STUDIES POINT TOWARDS POSSIBLE CURE FOR ALZHEIMER'S
3 ALEXANDER RAMAZANOV
Conservatory Student Continues Passion For Music At Lynn

4 ANNUAL FASHION SHOW
A First Look Into The Preparation For This Year's Show

6 THE ALZHEIMER'S FIGHT
Studies In Mice Show Signs Of A Cure For Alzheimer's Disease

7 NEW PILATES STUDIO
[solidcore] Popular Fitness Studio Opens South Florida Location

Above: Scholarship recipients Dunia Benitez, Marisa McGrady and Julia Gordon are three students who have received scholarships this semester. LU Photos.
LEAVING HOME TO PURSUE A MUSICAL PATH AT LYNN

Alexander Ramazanov’s Journey to Lynn By Through Love For Trumpet

By: CARLOTA GARCIA
Staff Writer

Alexander Ramazanov, junior and trumpet player, is one of the 110 conservatory students at Lynn, a program known for being a predominantly international group.

Ramazanov was born in Ekaterinburg, Russia, but moved to Moscow when he was 13 years old. Moscow is at the heart of the Russian performing arts, with the Moscow International House of Music being well-known for its classical music performances. Ramzanov began playing his instrument at a young age and music shortly became second nature to him.

“I always loved the sound that a trumpet can produce," said Ramazanov. "Maurice André is a major inspiration and is my favorite trumpet player. André is a French classical trumpeter, considered to be greatest of the century." 

Ramazanov found his way to Lynn through a deep desire to come to the U.S. The Lynn Conservatory provides full scholarships to students, granting students with a unique opportunity to improve their musical talents. Ramazanov is majoring specifically in Performance.

A regular day for the trumpet player begins with rehearsal, followed by classes, more rehearsal, and ends with more practice along with homework. While his major requires individual effort, it relies a big deal on teamwork.

"Since the conservatory community is rather small, it’s easier to establish personal connections among students and it makes working together much easier." Ramazanov said.

Besides classical music, Ramazanov enjoys all kinds of music, both to perform and to listen to, especially jazz. His dream is to become part of one of the major symphony orchestras in the US, commonly known as the Big Five.

These five include the New York Philharmonic, the Boston Symphony Orchestra and the Philadelphia Orchestra. He also expresses an interest in forming a brass quintet one day.

"Musicians and athletes share a lot of the same life principles" said Ramazanov. "We both have to be persistent and dedicated if we want to succeed in life."

As a junior, Ramazanov is looking forward to life after Lynn and showcasing what he has learned in the Conservatory to the rest of the music community.

Above: Ramazanov took up playing the trumpet at young age and has yet to stop. Outside of his classes Ramazanov also takes time to practice in his dorm and around campus./C.Garcia
Lynn University will be hosting its annual fashion show on Saturday, May 5 at 7:30 p.m in the Wold Performing Arts Center. Fashion students in the College of Business will be showcasing their original pieces and clothing lines.

Year after year, the event is assigned a general theme that the fashion show participants follow. This year, the theme has been announced as “carnival,” in an effort to portray the different celebrations that take place all around the world.

Following this theme, this year’s show is expected to feature pieces and cultural designs that represent many different countries. Some of the different styles that will be featured will range from areas all over the world, such as: the Caribbean, Trinidad, Haiti, Aruba and Mexico. There will also be styles from European countries including Italy, France, London and Ireland.

“This year my students are definitely raising the bar for the class of 2019,” said Lisa Dandeo, associate professor and fashion show coordinator. “You can expect to see more ostentatious fashion. The show will be giving the entire global view of the fashion industry and will be much more cultural.”

In an effort to ensure the event showcases cultural diversity, Dandeo turned to a lot of Lynn’s current students from various backgrounds to become involved in the show. This way, they can utilize their own personal cultural styles and implement them into their work and planning of the event.

The planning of the actual event begins taking place months in advance and Lynn students are hard at work to exceed all previous shows. “Last year, the theme was the ‘seven wonders of the world’ and this year we decided on a ‘carnival’ theme, but the kind of carnival you see in the Caribbean and South America with big beautiful feathered headdresses,” said Maria Kahn, sophomore and fashion student. “We wanted to do a cultural theme where we can showcase celebration and carnival all over the world across the continents. The styles are all very authentic.”

The fashion show will feature the work of 13 Lynn students who will be showing a three-piece themed collection, adding up to a total of 39 pieces. Lynn students who auditioned for the show and were chosen by the student designers will be modeling the work of their peers on the runway.

There are 50 models participating in the show, a mix of 35 females and 15 males. “There is no criteria to model in the show,” said Dandeo. “We take any shape, size and culture. As long as you feel beautiful in your own skin, we want you on our runway.”

The fashion show is open seating and free of charge for all members of the Lynn community. Members of neighboring communities can attend the event with the purchase of a $5 ticket. Tickets can be purchased in the box office located inside the Wold Performing Arts Center.
2018 ANNUAL SPRING FASHION SHOW AT LYNN
Together And Create One Of Lynn’s Beloved Spring Events

Above: What makes this show unique is that it is student-run. Students make the clothing, handle the event planning logistics of the show and also model. Stock Photos.
SCIENTISTS FOLLOW UNLIKELY RESEARCH FOR ALZHEIMER'S

Removing An Enzyme In Mice Could Lead To A Cure For The Disease

By: KAITLIN ARMSTRONG
Staff Writer

An experimental treatment completely reversed Alzheimer's disease in mice by reducing the levels of a single enzyme in the animals' brains. As noted by Newsweek, they tested mice that were bred to develop Alzheimer's and produce less of the BACE1 enzyme as they grew older.

This enzyme was a crucial removal. According to the study these mice should have developed Alzheimer's disease, but without BACE1, they did not. The mice aged normally and healthy.

"Alzheimer's is a scary disease that has affected so many families and alters a person's personality," said Tara Lunsford, sophomore. "This study really gives hope that the new generation will not have to suffer from Alzheimer's disease once we get older."

Researchers found that reducing the BACE1 levels prevented Alzheimer's disease in mice and reversed the disease in other animals that had started to show early signs of the disease. The offspring of the tested mice were concluded to not show any plaques in their brain.

"Alzheimer's disease is something that I think about happening to me in the future because so many people I know have families that are affected by this disease," said Megan Selfridge, junior. "These studies may sound inefficient because they are testing on mice but this could lead to a bigger study that can be done on humans in the future."

Dr. Richard Isaacson, director of the Alzheimer's Prevention Clinic at New York-Presbyterian/Weill Cornell Medicine, told Newsweek that the results were promising and added further evidence that BACE1 inhibitor could be an effective Alzheimer's treatment. Isaacson has also said that 99 percent of all clinical drug trials have failed and there is not a reason why.

Although results for this study are providing positive research it is important to remember that mice are very different in comparison to humans therefore, we should always keep an open mind to the positives and negatives of the research.

"I hope that these tests on mice will develop into something bigger for humans," said Katie Tiell, senior. "This study makes me excited for a future without Alzheimer's disease."

While this study is mainly focused on mice at the moment, this is a sign of hope for a cure to Alzheimer's disease. This study could further develop to testing on larger animals and soon leading to tests on humans to find this cure.

Above: According to the Alzheimers Association, nearly five million people are living with alzheimers around the world /Stock Photos.
[solidcore] FITNESS STUDIO OPENS NEW LOCATION IN BOCA

Popular Pilates-based Studio Introduces Unique Twist Locally

By: NIKKI CLERI & HADASSA DELHOMME
Contributing Writers

[solidcore] recently opened its doors in Boca Raton and already is building up a roster of classes beginning as early as 6 a.m. to 8 p.m. daily.

This unique Pilates themed exercise lasts 50 minutes consisting of a high-intensity low-impact workout focused on a machine found only at [solidcore] called Sweatlanal. This specific workout is meant to work muscles to failure in order to see an overall improvement in the body.

“We are one of the most effective workouts for people who are looking to build strength, lengthen, tone and define their muscles,” said Julia Gilliam, studio manager.

“One of the things that makes us special is that we have the ability on this machine to add resistance and weight, we focus on slow and controlled movements, but also implement quick transitions.”

With only nine to 12 machines located at each location, [solidcore] prides itself on having small class sizes in order to provide equal attention among all attendees.

“The goal is that everyone can get attention from the coach, everyone will receive a one-on-one interaction throughout the class,” said Jessica Christoff, coach.

Class sizes are also kept small due to the fact that this workout is done on Sweatlanal, a complex machine with moving components, therefore it is vital to keep an eye on proper form to promote overall safety.

Although [solidcore] is an intense workout, trainers encourage beginners to take a class and get a feel for this workout.

“I have become obsessed with [solidcore] in such a short amount of time. It is definitely one of the hardest non-cardio workouts I have ever done targeting every muscle in the body,” said Alli Kane, attendee.

The Boca Raton location currently holds 28 classes a week and plans to extend the schedule to 35 classes weekly with a new team of trainers. [solidcore] is open seven days a week leaving time to book a class anytime throughout one’s schedule.

To book a class, or inquire more information about the fitness studio, visit solidcore.co.
ATHLETICS

WOMEN’S

NEXT GAME | Date | Time
---|---|---
TRACK @ Hurricane Invitational | 3/16 | 2 p.m.
SWIMMING @ NCAA Championships | 3/16 | All Day
SOFTBALL @ Palm Beach Atlantic | 3/17 | 1 p.m.

MEN’S

NEXT GAME | Date | Time
---|---|---
BASEBALL vs. Barry | 3/16 | 3 p.m.
LACROSSE vs. Belmont Abbey | 3/17 | 12 p.m.
TENNIS vs. Florida Tech | 3/17 | 12 p.m.

UPCOMING EVENTS

Milk and Honey
3/17 @ 2 p.m pm | Wold Performing Arts Center

Tunnel of Oppression
3/20 @ 10 a.m. | Henke Wing

Women Today Luncheon
3/24 @ 12 p.m. | Henke Wing

John Oliveira String Competition
3/24 @ 7:30 p.m. | AG Theater

"Out of the Darkness" Suicide Awareness Walk
3/25 @ 9 a.m. | Florida Atlantic University

Recently established, the Marshall Turkin Honors Award recognizes achievements of students in the Conservatory. LU Photos.
SPRING EMPLOYMENT FAIR: FUTURE IS NOW

ALSO IN THIS EDITION: CAMBIA RECEIVES DIAMOND HONOR BEAR'S COMES TO PALM BEACH
3 MUSIC MEETS WATERFRONT
50+ Bands Coming To Play At Annual Festival

4 FINDING A CAREER
March 21 Fair Allows Students To Professionally Connect

6 CHAMBER PICKS CAMBIA
Honoring More Than 35 Years Of Service In Boca

7 CHILL DINING IN DELRAY
Pricing And Options Help Bear's Standout

Above: This Friday, the men's golf team will be staying close to home while facing off against other top universities at the FAU Slomin Autism Invite. LU Photo.
LOCAL EVENTS

SINGING UNDER THE SOUTH FLORIDA SUN
Previewing SunFest, Palm Beach’s Annual Music Festival In May

By KELLY MARMO
Copy Editor

SunFest music festival, where premier music meets the waterfront of West Palm Beach, will take place on May 3-6. The event will be headlined by Logic, Billy Idol, Pitbull and many more fan-favorite performers.

This year’s lineup will feature 50 bands throughout the weekend-long affair. Tickets are currently on sale starting at $75 for a four-day pass, $59 for a two-day pass and $37 for a single day at the festival. Ticket prices will only continue to rise as the event approaches.

"SunFest will have amazing artists, many that I’ve always wanted to see," said Erica Migoya, sophomore. "It also helps that the tickets are so inexpensive if you buy them early."

In between sets, attendees can enjoy food, the Art District, shopping and many other attractions. They can also take part in the TG15K run through West Palm, ending at the heart of the music festival upon crossing the finish line.

"SunFest was the best time I have ever had," said Dryden Brous, sophomore. "When Stick Figure performed last year, they blasted the crowd with their sticky notes."

To begin the festivities, Thursday’s headliners include Logic, Billy Idol and popular disc jockey, Girl Talk. The performers over the next couple of days will consist of Zelda, Incubus, Rae Sremmurd and Nick Jonas. On the final day, the festival will close with Miami native, Pitbull, alongside Sublime with Rome and PartyNextDoor.

"From what my friends have told me about last year’s SunFest, it was a blast," said Danielle Assini, sophomore. "After looking at the lineup for this year, I can’t wait to join my friends in the fun."

The bands will begin to hit the stage as soon as 5 p.m. on the first two days of the festival while Saturday and Sunday will see an earlier start time of noon. Each day, music fans alike will come together to make West Palm the trendiest place to be in early May.

For more information and a look at SunFest through the years, visit their website at sunfest.com.
LYNN HOSTS EMPLOYMENT FAIR, PROVIDES
Upcoming Spring Career Event Offers More Than 50 Employers

By ALLI MANCINI
Assistant Editor

This Wednesday, the Hannifan Center for Career Connections will be hosting its fourth annual employment fair from 3-5 p.m. in the Wold Lobby.

The Employment Fair provides students with opportunities to speak with employers about their organization, their career field, possible internships and even potential full or part-time positions.

Companies such as chewy.com, ESPN West Palm Beach, Lexis Nexis and many more will be attending, as there are around 55 companies that have registered to be in attendance.

Before participating, the career center urges students to know which employers to connect with via research to make their interests a priority.

"The purpose of the Employment Fair is to provide students with the tools and resources to make important and valuable career decisions," said Cameron Gill, internship and employment coordinator. "During the fair, students will take their vital first steps toward gaining employment by meeting with the employers face-to-face."

Even if a student is not a senior or looking for a full-time job, they are still encouraged to sign up for the Employment Fair. For freshmen, it will be a great opportunity to start thinking about for whom they might want to work. For sophomores and juniors, it could prove immensely useful to begin seeking internships and part-time jobs.

Through the years, attending the Employment Fair has been beneficial for many. The event helps students improve their job search skills, practice effective communication skills and network.

"When I was a student at Lynn, I attended the Employment Fair twice," said Audrey Theroux, coordinator of student engagement. "The first time I went was more for networking opportunities and to see the companies that were there. The second time I went, I met the company for which I ended up interning."

The Employment Fair will be a quick and efficient way for students to meet with employers. It is different from the fall Internship Fair, as that event is mostly aimed for part-time and

Above: During past Employment Fairs, countless students have come across their future employers while alongside their collegiate peers. LU Photos.
STUDENTS PRIME OPPORTUNITY TO NETWORK
To Aid Students In Beginning Life After College Graduation

Internship opportunities during the school year. Meanwhile, the Employment Fair focuses on summer and full-time positions.

The Career Connections team has highlighted basic things to remember when preparing for the fair:

"Create a plan for the day and dress professionally. Research the companies that will be there. Do not ask questions that can be found online. Remember this is a networking opportunity. Be prepared to answer questions about yourself."

"I'm really excited about the Employment Fair because it's such a great chance for us as students," said Megan Selfridge, junior. "[The Career Connections office] has worked really hard to get employers and students interested. Everyone just wants the students to get the most out of it that they possibly could."

Although pre-registration is recommended, it is not required. Students who do not sign up ahead of time can still attend the function.

To sign up, individuals can visit the Career Connections office on the first floor of the library or visit Career Connections on Instagram, @LynnUCareers.

"During the fair, students will take their vital first steps toward gaining employment,"

- Cameron Gill, internship and employment coordinator

Above: A few of the minds behind this year's Employment Fair: Cameron Gill (left), Audrey Theroux (center) and Bob Nealon (right). LU Photos.
The Boca Raton Chamber of Commerce recently named Barbara Cambia, executive director of the Hannifan Center for Career Connections, as their 2018 DIAMOND award winner.

Honoring women who enjoy success in their field while making a difference in Boca, the DIAMOND award recognizes individuals who are dedicated, inspiring, accomplished, motivated, outstanding, noble and driven. After an intense selection process, the Chamber leadership was certain Cambia was the right person to recognize this year.

"Barbara was chosen because she represents everything a DIAMOND represents," said Sarah Pearson, Boca Chamber executive vice president. "She's somebody that makes a difference in anything she touches."

Beyond Cambia's influential role at Lynn, she also serves as the president of the Boca Habilitation Center's board. After coming across the organization through the Chamber's Leadership Boca program, where individuals meet with local experts from various fields, Cambia has helped grow the center under her leadership.

"She's really elevated that organization because of her involvement. They've gotten more known and have more support because [she has helped] the community understand what they do," said Pearson. "Everything she does, she does with her heart in it."

Surrounded by her closest friends and associates, Cambia was awarded the recognition at the DIAMOND luncheon at the Boca Raton Resort.

At the event, Boca Chamber president Troy McLellan recognized Cambia as an individual who has been an incredible partner with his organization through the years. Still, the honor came as somewhat of a shock for her and her fellow colleagues at Lynn.

"It was a big surprise when I found out. I had no idea I was being considered," said Cambia. "The ceremony was really nice; it was like a big party for Skylar Mandell, [the Chamber's Pearl award recipient], and myself."

While she has been involved in the Boca community for more than 35 years, Cambia's leadership impact is far from over. She currently runs a January Term class modeled after Leadership Boca, allowing students the opportunity to meet other influencers throughout the city.

While the DIAMOND award might be the crowning accomplishment for many, Cambia seems to have much more left for Boca.
FOOD AND DINING

BEAR BRINGS EATS TO DELRAY BEACH
New Food Shack Invites Variety And Experience Into Palm Beach

By BEN HIRSCHMAN
Staff Writer

With a wide-ranging menu, Bear's Food Shack has seen massive success in its first two months of business in Palm Beach County.

The owner of the eatery, Bear, has flourished in the restaurant business throughout his career. With experience in Hawaii and Washington, D.C., he has owned over 20 restaurants and hopes to continue his success in Delray Beach.

Thus far, Bear's multi-location history has helped him prosper in the short run. Bear's food shack has been a hit locally due to its fairly priced menu.

"I start my day every morning at Bear's with an egg and cheddar cheese sandwich for about three dollars," said Frank Torres, freshman. "It's hard to beat that unless you go to [a fast food establishment] for a lesser quality breakfast."

From wraps to specialty coffees and tacos, the minds behind Bear's cuisine has truly provided a wide array of options for its guests. In fact, many health-conscious individuals have found their own tasty treats to enjoy at the Delray outlet as well.

"When we started two months ago, we consulted with numerous health professionals to provide the best acai bowls and smoothies," said Freddy Mogh, chef at Bear's. "We use organic ingredients, gluten-free and vegan items to make sure we have food for all our fans."

The shack is located before the main Atlantic Ave. strip and houses a large parking area for customers. Unlike the typical hassle of finding parking on Atlantic Ave., Bear's makes it easy for loyal supporters to visit their dining spot.

"One of my favorite reasons to come here, aside from the delightful food, is the fact that stopping by is so easy," said Taylor Johnson, junior and Delray native.

As Bear's thrives in the south Florida community, it has and will continue to make changes to accommodate the public. Having already expanded their hours from closing at 4 p.m. to now doing so at 9 p.m., it is clear the team at the food shack have a people-centric focus. While the food shack grows, food enthusiasts alike should keep an eye on Delray's standout eatery.

Above: With specialty beverages and cuisine, Bear's Food Shack presents savory options for all of its newfound guests. Stock Photos.
ATHLETICS

WOMEN'S

UPCOMING MATCHES

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TENNIS vs. Columbus St.
SOFTBALL @ Saint Leo
SOFTBALL @ Saint Leo
TENNIS @ Embry-Riddle

MEN'S

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BASEBALL vs. NYIT
TENNIS vs. Columbus St.
BASEBALL @ Florida Southern
BASEBALL @ Florida Southern

UPCOMING EVENTS

Tunnel Of Oppression
3/20 @ 10 a.m. I Henke Wing

Employment Fair
3/21 @ 3 p.m. I Wold Performing Arts Center

Jennifer Sheehan: You Made Me Love You
3/21 @ 7:30 a.m. I AGCH

Mostly Music Series: Debussy
3/22 @ 7:30 p.m. I AGCH

Undergraduate Preview Day
3/24 @ 9:30 a.m. I International Center

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Recently, former softball star Christina Rolla was inducted into the SSC Hall of Fame, becoming the 13th overall Fighting Knight to be selected to the distinguished group of athletes. LU Photo.
CULTURAL DIFFERENCES FROM LIFE ACROSS THE POND

ALSO IN THIS EDITION:

DEVIN CROSBY TALKS ABOUT D2 SUCCESS AGAINST D1 SCHOOLS
FIRST-HAND ACCOUNT FROM A HOLOCAUST SURVIVOR
MEET THE iPULSE STAFF

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Tibor Hollo Shares A Story Only Few Have Lived To Tell

Above: On April 20, Lynn will be hosting its first all-night dance marathon, Knight-a-Thon: #GoingGold to raise money and awareness for the Pediatric Oncology Support Team./ LU Photo
Lynn Athletic Director Devin Crosby has structured the athletics program so that student-athletes will have the best possible collegiate experience.

He has been able to establish the Division II culture and atmosphere while also creating opportunities for head-to-head competitions against Division I schools.

Already respected in D2 sports with successful programs like soccer, golf and tennis, Crosby wanted to show that Lynn athletics is capable of competing at the D1 level. As a first step this year, he entered Lynn into the South Florida Showdown, a nine-game series of competitions that gave Fighting Knights teams the chance to compete against Division I teams in men's soccer, men's golf, baseball, basketball and tennis.

"I personally feel that Lynn University has one of the most competitive athletics departments in higher education," said Crosby. "[The South Florida Showdown] was an amazing opportunity for us to compete against D1 institutions to show the country how competitive Lynn University is and to show our culture."

This year-long challenge has not only been a fun and competitive experience for the teams and the students, but it has also drawn national attention to the university. With coverage of the athletic events by the likes of Sports Illustrated, the New York Times and ESPN, the programs have received great exposure.

"[People have said] look at that school in South Florida, Lynn University, and look what they are doing, and they have been very successful," explained Crosby. "This has been amazing for our institution and amazing for our higher brand position as innovators in higher education."

Being innovators, Lynn also makes it a priority to make sure that their athletes are physically, mentally and emotionally prepared through strong coaching and sophisticated athletic training. Crosby firmly believes that if the whole person is taken care of, the athlete will be much stronger in competition.

Since Crosby has been a part of Lynn athletics, the program has prided itself on three defining characteristics: spirit, service and strength. He humbly believes that these attributes are the core values of the athletes, and that they dictate how they act.

"I believe that success in sports is never the goal," Crosby expressed. "I think success and winning are the byproducts of who you are and [the] culture [you create]."

While interdivisional play, like the South Florida Showdown, has many benefits, Crosby thinks that D2 works well for Lynn and that it is important Lynn remains true to its culture of innovation, success and care.

"We are happy and proud to be a member of Division II because we believe in D2 values; life in the balance and education of the whole student," said Crosby. "[That being said], we also [are able to] display to the world that, even though we are D2 and our resources may be a little less than Division I, we can still compete at that high D1 level."
Lynn alumna Victoria Paulsen experienced what it was like to live life day-to-day in one of Europe’s most well-known and popular cities, London.

Paulsen hails from Ridgewood, NJ and is a dual citizen of Sweden and the United States. Hoping to take advantage of her citizenship, Paulsen made the decision to study abroad not once but twice. As a result, she ended up in Italy for a summer and London for a semester.

“I chose London because it is my favorite city in the entire world”, said Paulsen. “And on top of that, I have always had dreams of living and working there.”

Being half European, traveling to Europe had become a routine. She loves traveling to immerse herself in other cultures and thought it would be a great time in her life to live in a different country before she graduated.

Spending an entire semester abroad opened Paulsen’s eyes to the cultural differences that exist between London and America.

“Although it is a city, individuals did not seem to be as rushed,” said
STORY

POND MAKES ONE ALUM FEEL RIGHT AT HOME

Time Studying Abroad In Both London And Italy

Paulsen. "When asking for directions, people were much more willing to help and cooperate than they would be in the U.S."

Holiday traditions in London differ from holiday traditions celebrated in America. One holiday specifically is Christmas. The American tradition is to celebrate the holiday on Dec. 24 or 25. This holds true in London, however, there is also a holiday following Christmas Day that is celebrated called Boxing Day.

Boxing Day is celebrated on Dec. 26, almost as the second day of Christmas. This is another day to spend with friends and family and to eat up all of the leftovers of Christmas Day.

In addition, London's cultural customs differ compared to America's cultural customs. For example, it is routine to have 'afternoon tea' with crumpets after lunch. 'Afternoon tea' is a social gathering, where friends and family get together and have tea, desserts and finger sandwiches.

Drinking in London is also more casual and frequent compared to drinking in America. Paulsen said that it would be routine to go have a pint or two of beer after class every day.

Another significant cultural difference that Paulsen noticed when studying abroad was transportation methods. Most people, including herself, took the tube (subway), walked or biked to their destinations. Cars were not utilized.

"Living in London made me realize that America is so focused on gossip and drama, while people in London just live their lives and are already so independent," said Paulsen. "There is absolutely no drama, everyone is so relaxed and does not care for that."

After graduating last May with a degree in fashion, Paulsen accepted a job with Venus Fashion, a local company in Boca. The former Fighting Knight began as an Assistant Product Coordinator, but then made a lateral move to the position that she holds now as a Merchandising Coordinator.

Paulsen aspires to one day move back to London and work for Arcadia Group, the owners of Top Shop.

Although Paulsen has been residing in the United States her whole life, she will always call London home.

"I truly feel that half of myself is in London, that a piece of me is missing," said Paulsen. "I don't think that I will ever get that missing piece back unless I end up back in London. Without this experience, I would be a completely different person than who I am today."

Above: Paulsen poses in front of a red telephone box, outside of the Victoria & Albert Museum in London. Staff Photo/V. Paulsen.

Above: Victoria Paulsen poses in front of Big Ben. Staff Photo/ V. Paulsen.
AROUND BOCA

THE GIFT OF LIFE: AN ORGANIZATION FOR A GOOD CAUSE

Founded By A Leukemia Survivor To Give Hope To Those Still Suffering

By CARLOTA GARCIA
Staff Writer

Gift of Life is a non-profit organization that helps people battling blood cancer with a focus on finding matches for the patients who require a marrow transfusion.

Founded by Jay Feinberg, a leukemia survivor, the organization is headquartered on Yamato Rd. in Boca Raton. Feinberg suffered from leukemia and was told that his chances to find a match were about five percent. His family made it a goal to find a match for him and it happened to be the last person at the very last drive.

"At Gift of Life, we believe every person battling blood cancer deserves a second chance at life," said Feinberg. "We are determined to make it happen."

Gift of Life has accumulated a total of 296 Campus Ambassadors (CAP) in the U.S. since 2015. Lynn University has two of its own CAPs, both juniors. The CAPs partner up with different clubs and organizations to run drives on campus. During the drives, they swab people and send the kits back for testing to see if a person is a match for someone suffering from any type of blood cancer.

Rocio Carreño is one of the two CAPs on campus.

"I have always been passionate about the medical field," said Carreño. "Since childhood, I have always liked helping others and aiding the ones in need. I knew that through an organization like Gift of Life, I would gain experience and knowledge as well as make a difference in someone’s life."

On Feb. 26 they ran a drive with Diversity Club. Some of the future drives will include partnerships with SAE, Hillel and Tri Sigma. The CAPs hope to get as many people swabbed as possible, while also educating people on blood cancer and what Gift of Life does.

"If I have the opportunity to save someone's life or to help someone in need, I would take it," said Connor Larocque, freshman. "It’s the least I can do to give back to the community."

Gift of Life has grown to be the first registry to collect bloodless specimens at donor recruitment drives and to have helped thousands of patients find their life-saving match. The five percent chance the doctors gave Feinberg, increased to a 75 percent chance after Gift of Life’s creation and hopes to raise the chances of many more.

Above: Gift of Life recently held an organ and tissue donor awareness event in Allentown, PA./LU Photo

Above: A look at a swabbing kit that can potentially save someone's life if a match is found. /LU Photo
Recently, a Holocaust survivor named Tibor Hollo, a humble man from Budapest, Hungary, took time to share his story with THE students and faculty of Lynn.

Hollo’s astonishing story was shared with 13 professors, 7 classes, over 90 students and 30 invited guests.

Now a successful realtor with a multi-million dollar company, Hollo was once a prisoner of the Nazi Germans. At the age of 17, Hollo was arrested in Paris and sent to Drancy internment camp.

In the year of 1944, Hollo was sent to Auschwitz in a tiny boxcar that was almost as deadly as the concentration camps from what he described.

“Most of the passengers did not survive,” said Hollo. “Traveling to Auschwitz in those small boxcars made me appreciate the little things like fresh air. I did not know where Auschwitz was, but I knew I was being sent there to die.”

Hollo described the concentration camps in unexplainable words. He was tasked with cleaning the quarters of the soldiers’ homes.

“The soldiers didn’t care about us. If they wanted us dead, they would just do so, without question,” said Hollo.

Later in the same year, Hollo was forced with his father to walk on a Death March to Mauthausen concentration camp in Austria. Close to 3,000 prisoners marched to Mauthausen, as only 1,300 actually made it to the camp.

“It was so cold that when prisoners fell, their cheeks would freeze to the ground. Germans would just shoot them out of inhumane, not letting them freeze to death,” said Hollo.

After almost spending a year in Austria, Hollo was liberated on May 5, 1945. He left Austria as an eighteen-year-old who stood over six-feet-tall and only weighed ninety pounds.

Hollo arrived in the United States in 1949, where he worked for a curtain factory and made forty-five cents an hour. Later, he became a successful general contractor in New York, and by 1956 he relocated to Miami. He founded Florida East Coast Realty (FECR) and in 1967 married Sheila Hollo.

As Tibor Hollo told his story, the audience remained completely silent. It was almost as if the air had left the room entirely. Tibor Hollo’s story was so graphic, as if he was bringing it to life again.

In the end, Hollo gave his advice to students, expressing that when they reach certain obstacles in life, they should never forget about the knowledge that they have.

“Always hold your head high, educate yourself. Education defines you,” said Hollo.
ATHLETICS

WOMEN’S

UPCOMING MATCHES

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MEN’S

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UPCOMING EVENTS

Wellness Wednesday Anti Bullying
3/21 @ 11:30 a.m. | Student Center Courtyard

Spring Employment Fair
3/21 @ 3:00 p.m. | Wold Lobby

The Key To Organization
3/22 @ 6:00 p.m. | DeHoernle Lobby

No Stress Oranges
3/22 @ 8:00 p.m. | Lynn Resident Lobby

Femenist Friday
3/23 @ 3:00 p.m. | Library Event Room

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LYNN UNIVERSITY’s graduate education program ranked its health care program on U.S. News & World Report’s annual list of Best Graduate Programs. (LU Photo)
BROOKE RUDISILL’S JOURNEY TO THE TOP
3 CELEBRATING A LEGACY
It’s A Beautiful Day In The Neighborhood To Celebrate 50 Years of Mister Rogers’

4 BROOKE RUDISILL
Lynn Alumna Talks About Her Journey To The Top Of Young Hollywood

6 SPRING FASHION TIPS
Learn How To Change Winter Wear Into Spring Wear

7 ENOUGH IS ENOUGH
Campus Community Holds National School Walkout Against Gun Violence
IT’S A BEAUTIFUL DAY IN THE NEIGHBORHOOD
Celebrating 50 Years Of Mister Rogers’ Television Show

By: CHARLOTTE HANSEN
Staff Writer

Recently, the world celebrated the 50 year anniversary of Mister Rogers’ Neighborhood, remembering the lessons that Fred Rogers taught in his episodes.

Many adults have grown up with the show, and most share memories of watching the show as children and then sharing it with their kids.

Beginning in 1968, the show quickly became very popular with children and adults of all ages, becoming a childhood staple for many. The show also won several awards shortly before airing its final episode in August 2000.

“His storytelling was nice; he kept the audience entertained,” said Shannon Clancy, senior. “He impacted my childhood because he was out of the ordinary. It wasn’t like any other cartoon show that was on TV.”

Taking place in the real world, Rogers introduced children to all types of situations and life experiences without being harsh about it. To make the show more high-spirited, Rogers also had the “Neighborhood of Make-Believe,” where he put his puppetry skills to good use.

Despite Rogers’ death in February 2003, many adults look back at his TV show with fondness, remembering the man who wore cashmere and slippers.

“I remember how civil, kind-hearted and understanding he was,” said Shirley Luttio, tutor. “That ritual of putting on the sweater made everyone feel so comfortable. It helped little children who might have anxieties about things, reassuring them it was going to be okay.”

Rogers made sure to help support his young audience and talked to them in a reassuring, comforting way. With the show airing at such difficult times, it was important viewers had a support system outside of their home life. Recently, lost episodes have reemerged from the Cold War era, showing Rogers talking about misunderstanding and using communication to help solve problems. But Rogers’ overall message still stays with his viewers years later.

“There’s only one person in this whole world like you,” said Rogers. “And people can like you exactly as you are.”

Above: Daniel Tiger in a Fred Rogers-inspired TV show for PBS/Stock Photos.

Above: The original episodes were in black and white until the mid 1970s. It then changed to color which appealed to the younger audience who continued to view the show over the years. /Stock Photo
Lynn alumna Brooke Rudisill not only left her mark at Lynn but continues to leave a lasting impression on Lynn students and staff, as she continues her career in California working for Young Hollywood.

After graduating in 2016 with a bachelor’s degree in multimedia journalism, Rudisill continued her studies at Lynn in 2017, receiving her master’s degree in communication and media: media studies and practices. Rudisill was the editor-in-chief for iPulse, studied abroad for a summer in Dublin, Ireland and gave the commencement speech at the Class of 2016 graduation.

“Growing up in York, Pa., I knew I wanted to travel outside of the state for college,” said Rudisill. “I actually enrolled at Lynn as a psychology major.”

After her freshman year, Rudisill transferred to Kutztown University where she remained studying psychology for a semester. Briefly after, she returned to Lynn and began studying multimedia journalism.

“I realized psychology wasn’t exactly my passion and how I wanted to study multimedia journalism,” said Rudisill. “The reason I transferred back to Lynn was because I knew if I studied there, my opportunities of making it within entertainment, would be much higher because it was a place I felt truly happy at.”

During J-term while Rudisill was in Santiago, Dominican Republic she decided to apply for an internship she completed the internship Rudisill was offered the position of a studio coordinator by the CEO of Young Hollywood. She is currently still maintaining this position, as well as an internship supervisor, and a part of the creatives team.

“To me, having a dream job is not about a title,” said Rudisill. “It’s about
being able to enjoy yourself and put passion into what you do every single day.”

Rudisill will be speaking at the Women's of Today luncheon this upcoming March in Florida where she plans to focus on inspiring students to “Dare to Know Yourself”. She hopes to encourage her audience at this event to dream big, take chances in their careers, and believe in themselves and the journey’s each individual is on.

“There’s a difference between making a change within your dreams and giving up on them too early,” said Rudisill. “My advice to students is to truly believe in your dreams.”

Above: Rudisill in her element working at the Young Hollywood Studios in California. Here she gets to interview and meet people from all over the world. /Stock Photo.
WINTER WEAR TRANSFORMED THIS SPRING
Ways To Get Creative At An Innovative University With Fashion

By: JAYLA HALL
Staff Writer

Although residents of South Florida did not get to step out in their best winter wear this past winter, they still can during the spring. All one has to do is be a little creative and turn some of their winter items into spring outfits.

“When I came back to Boca from winter break I brought back a lot of my winter clothing because it was getting cooler before I left,” said Lauren Pineau, senior. “Out of all the clothes I brought back, I only got to wear four of them before the heat returned.”

With a little cutting, sewing, folding and tucking a new outfit can be made. A great winter item that everyone has that can be turned into an easy outfit is a scarf. Scarves are very versatile, one could make a sun dress, maxi skirt, top or even a kimono out of one scarf without even having to cut and sew. To make a dress all one does is wrap the scarf around them, take two ends and tie them in a knot around their neck.

“I wish I would have thought about trying to do this before I went shopping,” said Alexa Juanteguy, freshman. “I know my bank account wishes I did too.”

Another set of items that are golden and useful are flannels and button-down shirts. Celebrities such as Rihanna, Gigi Hadid and Khloe Kardashian have turned these shirts into a spring off-the-shoulder look with just a little cutting and sewing here and there.

For more information on innovative spring wear, email me at jhall4@email.lynn.edu.
STUDENTS PARTICIPATE IN SCHOOL WALKOUT

Lynn Community Join Together In The Stand Against Gun Violence

Above: With over 100 in attendance, 17 Students led the national school walkout against gun violence in the hopes to make a change for the future. /D.Peterson
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**UPCOMING EVENTS**

- **FAU “Out Of The Darkness” Campus Walk For Suicide**
  3/24 @ 9:30am | International Center

- **Women Today Luncheon**
  3/24 @ 12pm | Henke Wing

- **FAU “Out Of The Darkness” Campus Walk For Suicide**
  3/25 @ 9:00am | FAU

- **Real Talk**
  3/27 @ 12:00pm | Library Alumni Room

- **Guillermo Figueroa Violin Recital**
  3/29 @ 7:30pm | AG Theatre
GIVING BACK: COACHING THE FUTURE

ALSO IN THIS EDITION:
FOOD CRISIS HITS ZULIA ZOO
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Wildlife Of Venezuelan Park Continue To Suffer From Malnutrition Amid National Epidemic

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The Student Athletes Leading The Next Generation Of Sports Stars

6 TIME TO INCREASE?
Leading Developers In Video Game Empire Engaged In Ongoing Dispute Over Consumer Expenses

Above: The men's golf team recently shot 296 as a team on the final day of the Bobcat Invitational to garner yet another top-six finish. LU Photo.
INTERNATIONAL NEWS

ZOO ANIMALS OF VENEZUELA GOING HUNGRY
National Food Crisis Continues To Tear Apart Wildlife Population

By DYLAN KLI
copy editor

At the Zulia animal park in Maracaibo, Venezuela has numerous animals that are suffering from malnutrition as many zoos throughout the country are feeling the nationwide food crisis deepen.

A downward-spiraling economy has brought havoc to the struggling nation, and many photos have been released on social media of the undernourishment endured by Venezuelan zoo animals.

At Zulia, Numerous pumas have lost enough weight that their bones are visible through their skin. In addition, ducks, pigs and goats have been sacrificed to feed other animals throughout the zoo. Notorious carnivorous animals such as African lions and Bengal tigers were once the most prominent animals inside the zoo, but they have since lost substantial amounts of weight.

“The truth is, Venezuela’s zoo animal problem is merely an extension of the deeply permeating economic problems in the country,” said Antonella Regueiro, assistant professor from Venezuela. “Unfortunately, the animals have become collateral damage, not just in the zoo but in regular households as well. Many pets have been abandoned by Venezuelans due to their owner’s inability to feed them.”

Zoologists have insisted that these animals should be eating 10 percent of their total weight daily, but in Venezuela, they are lucky to eat that much in a week. This is all a result of a country that was once the wealthiest countries in the world becoming the poorest of them all.

To make matters worse, Venezuela is bringing in outside animals to feed species that have not been fed for weeks. Venezuela has had many cases where birds are eating other birds in their cages out of spite because they are so hungry.

Many animals would be able to recover if they received the right amount of resources. In a country where resources are already constrained, the future is not looking bright. Management at these zoos has acknowledged the problem, solely placing the blame on their small budget and food scarcity.

“This food crisis in Venezuela is catastrophic, and yet it continues to grow,” said Anna Krift, associate professor. “There are many students, faculty and staff at Lynn with ties to Venezuela, and I believe that during such a difficult time we should all support them in any way we can.”

Many Venezuelan zoo veterinarians are not optimistic that they will be able to overcome this epidemic, particularly based on the political state in which Venezuela stands.

While the epidemic is likely the weightiest in the history of the country, many feel the food crisis is strictly a political issue that has no relation to the animals. Still, they continue to suffer.

“Venezuela should be one of the richest countries in the world due to its oil reserves. More than that, it boasts a perfect climate, wonderful people, beautiful sights and the potential for greatness,” said Regueiro. “The situation in Venezuela will unfortunately get much worse before it gets any better, which means many of the zoo animals in the photos released will not survive.”

Above: Amid arguments and riots across the nation, numerous animals have fallen victim to the strengthened food crisis. Stock Photos.
This season, many Lynn student athletes are going beyond playing their sport to coach and mentor others on the field, in the gym or on the court.

Athletes already endure a busy schedule, juggling academics, workouts, games and practice schedules. However, many of these individuals are choosing to take on the responsibility of teaching younger kids the same skills in the sports they love.

"It was hard at first, but I think as I have continued to coach over the months, I have gotten much better at time management," said Lauren Odom, freshman and volleyball mentor. "It is so important to plan your week so you have enough time to get proper rest, do homework and fit in a social life around [your sport] and coaching."

Not only is the experience beneficial for the children they help but also very satisfying for the athletes. The feeling of seeing the kids improve and be inspired to succeed in the same sport they are passionate about is incomparable.

"It is pretty cool when you see your players getting better," said Jose Porfirio Ordonez, junior and tennis instructor. "Coaching [club volleyball has] helped me a lot, pushing me to give more effort in my own practices."

"It is very exciting and rewarding seeing their development."

Not only is it a fun activity for many, but mentoring helps give players a little perspective on what their own leaders go through when coaching them. Putting the athlete in the coach's shoes and seeing players from a different perspective gives the athlete a better understanding of why coaches say certain things or react

Above: While serving as Fighting Knights, Ordonez (top) and Odom (bottom) have earned numerous honors as part of the Sunshine State Conference. LU Photos.
a certain way. In essence, it is an active learning experience.

"This is the first time I understand my coaches when they say, 'I can't play for you. I can teach you how to do things, but it's on you how much you will show,'" said Sonja Udovcic, sophomore. "Coaching [club volleyball has] helped me a lot, pushing me to give more effort in my own practices."

Though it can be hard to be in the opposite role of coach instead of player, much can be gained from the challenge. Guidance, passion and love for the game rub off on the kids and makes all the work worth it.

As they move forward, these student athletes hope to pass on their work ethic and drive for their sport so that more kids are inspired to pursue a collegiate career, realizing success in the process.
GAMING

INDUSTRY CONTINUES FIGHT ON COSTS
National Debate Intensifies Between Upfront And Backdoor Charges

By LUCCA SALOMONE
Staff Writer

While inflation has continued to have an impact in all mediums of entertainment, it has had a particularly interesting effect in the video game world.

From the beginning, video games have been an expensive luxury, allowing few people to possess them due to the extra cost. While the people of 2013 thought Microsoft was crazy to sell their new console for $500, the Nintendo Entertainment System of the 1980s was far more expensive when adjusting for inflation, especially due to its significantly inferior hardware.

In order to make games more affordable, developers set the maximum price for most software to $60 in 2005, and few companies have strayed above that daunting price tag with their releases. According to IGN, a game priced at $60 adjusted to inflation equates to more than $100 in expense. This has been a nagging issue in value for the game developers that had their game budget increased more than a decade ago.

This issue is currently in the spotlight after the backlash that recent AAA games, those of the highest quality in the industry, used predatory practices such as pay-to-win micro-transactions and loot boxes to build revenue.

Multiple government agencies around the world are reviewing these practices to determine the legality. People from the gaming industry are equally divided on what to do, however, no developer wants to pass the $60-mark.

"We have to decide what we want," said James Portnow, developer for Extra Credits. "Are we content paying more for these games at launch? The data suggests that many are not willing to do so, [meaning] we are going to have to learn to live with loot boxes or micro-transactions."

Famous video game critic Jim Sterling is on the opposite side of the debate. He has argued that games containing micro-transactions and other revenue-generating functions should be free to play, similar to the mobile market.

"In some ways, you can argue that major publishers have embraced a much needed business model," said Sterling. "The only issue is that they have also kept the old business model, [allowing both upfront costs] and back-door expenses."

Without a doubt, the gaming empire appears unstable in its current state. EA's controversial usage of loot boxes in this year's Star Wars Battlefront II release is a prime example of developers standing their ground. Still, many of these companies refuse to surpass the $60 ceiling, something all gamers can appreciate.

"My console already costs more than $300," said Eddie Jones, freshman. "I definitely wouldn't purchase games at $80 price points, and I feel most developers respect that to be the general view of consumers."

Above: James Portnow (top) and Jim Sterling (bottom) have been at the forefront of the argument on game pricing. Stock Photos.
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## ATHLETICS

### WOMEN’S

**UPCOMING MATCHES**

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- **Real Talk - What Is Intersectional Feminism?**
  3/27 @ Noon | Library Cubicle

- **Roommate Social**
  3/27 @ 8:30 p.m. | Trinity Lobby

- **Pop The Stress Away**
  3/28 @ 8 p.m. | Lynn Residence Center

- **Poster Making 101**
  3/31 @ 5 p.m. | DeHoernle Lobby

- **Light It Up Blue - Autism Awareness Day**
  4/2 @ 11 a.m. | Perper Plaza

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SOCIAL IMPACT LAB
LEVERAGING THE POWER OF BUSINESS FOR GOOD

ALSO IN THIS EDITION: TRUE FOOD KITCHEN OPENS IN BOCA RATON, MEN'S GOLF UP TO BUSY SEASON
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7 DMAC PHOTO ESSAY
Explore Lynn’s New Addition, The Digital Media Arts Center

Above: The Boca Raton Chamber of Commerce recently named Barbara Cambia, executive director of the Hannifan Center for Career Connections, as the 2018 DIAMOND award winner.
TRUE FOOD KITCHEN OPENS IN SOUTH FLORIDA
The Restaurant Features A Menu Based Off Of An Anti-Inflammatory Diet

By NICOLE CLERI & HADASSA DELHOMME
Contribution Writers

True Food Kitchen recently opened its doors of their 22 location in Boca Raton, introducing a new take on living a healthy lifestyle.

“What sets us apart from other leading restaurants is that we live by the philosophy that food should make you feel better, not worse,” said Manfred Gessa, general manager. “We are a full service restaurant that truly provides fresh, organic food.”

Originally founded in the 90’s by famed medical doctor, Andrew Weil and restaurateur Sam Fox, the chain aims to show the world that healthy food and good food can be part of the same conversation.

The menu encourages simple yet small changes in eating habits to avoid and counteract chronic inflammation which can lead heart disease, Alzheimer’s disease and many cancers. Offering a seasonal menu, True Food Kitchen also provides gluten free, naturally organic, vegetarian and vegan meals; making the restaurant ideal for any type of customer.

“We spend about 35-45 hours a week juicing fruits and vegetables so that they can be used for wide array of ingredients throughout the menu,” said Gessa. “We want everything to be freshly squeezed so you can really taste the difference in our products.”

True Food Kitchen uses ingredients such as turmeric, holy basil and lemon at the base of most of their products. These natural substances are considered to help the body adapt to stress and to exert a normalizing effect on bodily processes to help the body recover and reproduce faster.

“Although I don’t consider myself a health fanatic, I have been coming here almost every week since the opening,” said Melissa Fox, customer. “I can truly taste the difference in how fresh the produce is that they use in their food.”

True Food Kitchen is located at Town Center in Boca and is open seven days a week for breakfast, brunch and dinner. For more information, contact (561) 419-8105.
THE LYNN SOCIAL IMPACT LAB: INNOVATING THE WORKING TO HELP PROVIDE STUDENTS WITH OPPORTUNITY

By DYLAN M. KLIM
Copy Editor

The Lynn Social Impact Lab is a local and global learning space based off innovative business concepts.

Students at Lynn can take part in learning experiences locally or abroad, ultimately creating a positive impact in all communities.

It does not matter what the Lynn student's area of study is. If the student wants to make a difference, the Social Impact Lab will find a way to make it work.

"Social Impact as a practice is a way to leverage your expertise to create positive change," said Rigoberto Beltran, senior.

Within the Social Impact Lab, they have a program called the Ambassador Corps, which is a 10-week long summer internship explicitly made for Lynn students. The Ambassador Corps is an excellent way for individuals to gain work experience while also acquiring the building blocks for social impact.

Students are not limited to staying in South Florida either, as there are numerous locations they can go depending on the non-profit organization or social enterprise they are with. Within the Ambassador Corps, individuals will be able to identify their passions and gain experience in social impact with practical application.

Beltran participated in the Ambassador Corps last summer, as he was placed in Nicaragua with a coffee company called Vega Coffee.

"My experience working internationally for a startup company focused on making both a profit and a difference, was an incredibly valuable one

Above: The Ambassador Corps program has allowed students, faculty and staff to join various organizations and volunteer in locations from Rwanda to Macedonia. LU Photos.
STORY

POWER OF BUSINESS FOR THE GOOD OF OTHERS
To Create Change Abroad And In Local Communities

for my professional development as well as my own personal growth," said Beltran.

In addition to the Ambassador Corps, the Social Impact Lab is preparing for future growth. This past spring Lynn launched the Social Impact Fellowship which allows for undergraduate students to get involved with on and off campus community projects.

Also the Social Impact Lab will be sent two fellow students to the Fair Trade USA conference in Washington, D.C. The ultimate end goal is to be established as a fair trade university.

"Becoming a Fair Trade certified campus to me is just a natural step for Lynn. It’s us simply upholding our commitment to social justice, but for this specifically through fair trade," said Megan Selfridge, junior.

Selfridge started within the social media aspect of it all, but now is the co-head of the fair-trade campaign.

Like many, Social Impact Lab is something that Lynn students are very passionate about, having become an eye-opener for many.

"I’ve always been interested in Fair Trade and ethics, so finally getting to put my passion to work has been extremely rewarding," said Selfridge.

Here at Lynn, a movement has begun, and the future looks promising for the Social Impact Lab as a whole. Beltran, Selfridge, and all other members are striving to be “change-makers” after graduation.

If you are looking to get involved or inquire any more information, contact Erina McWilliam-Lopez at EMcWilliamLopez@lynn.edu or visit Lynn.edu/impact.

Above: The Social Impact Lab helps generate a positive impact locally and globally. Last summer, Lynn student Rigoberto Beltran and faculty member Antonella Renghi participated in the Ambassador Corps program, allowing them to go abroad in their fields. LU Photos.
ATHLETICS

MEN'S GOLF SWINGS HIGH THIS SPRING SEASON
Golfers Use Teamwork To Pull Though Upcoming Tournaments

By: NIKKI COLONNA
Staff Writer

Though struggling this season with competition in tournaments, the Lynn men’s golf team is determined to go out with a bang in the last tournaments of the year.

Individual performances have been good; players are working hard to get better each day at practice by listening to their coaches to better their mechanics.

“During practice, being a perfectionist, I focus a lot on each and every shot,” said Charlie Bustos, sophomore. “I try to do the same in practice as in the tournaments, [and transfer] the same routines and thoughts.”

However, it is also important for the athletes to work together going into upcoming events. The brotherhood of golfers is an elite collection of talent.

Freshman Jorge Villar is ranked as a top golfer in the country; Manuel Torres, senior, was recently named a top-15 in the nation. Sophomore, Toto Ghana has garnished national attention since last spring after winning the 2017 Latin American Amateur Championship and participating in the 2017 Masters and British Amateur Championship.

“I would say we are all great ball strikers...everything just seems to click for the team,” said Torres. “We are on a good track and it’s just a matter of time to get a win this season.”

Though golf is seen as an individual sport, the goal is always to support and encourage their teammates. Cheering each other on helps motivate to work hard and know that they are doing well. Their goals are mutual and they work together to be successful.

This season’s mission involves improvement on individual swings and on moving forward together, one stroke at a time. Any personal win is seen as a team win, and everyone plays for each other. Having a player win the NCAA national championship is the ultimate goal, but they appreciate the benefits of the process.

“[Our goal is] to win a national championship and be the best team in the country,” said Gana. “Last year we lost the final, so I think this year we are going to finish stronger.”

Above: Manuel Torres works on his precision on the course. LU Photos.

Above: Toto Gana strives to do his best and help his team reach their goals. LU photos.

Above: Charlie Bustos helps his team by performing in the tournament as he has practiced. LU photos.
Above: Located just a mile off of Lynn’s main campus, the Digital Media Arts Center comes as an addition to the Communications and Design College. D.Peterson.
ATHLETICS

WOMEN'S

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TENNIS @ Saint Leo
GOLF @ WT A&M Desert Invite
TENNIS @ Barry

MEN'S

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BASEBALL vs. Tampa
TENNIS @ Saint Leo
BASEBALL @ Tampa

UPCOMING EVENTS

On-Campus Farmers Market
3/29 @ 11 a.m. I Perper Plaza

Guillermo Figueroa Violin Recital
3/29 @ 7:30pm I AG Theatre

SAB Coffee House
4/3 @ 2:30 p.m. I Library Event Room

Salary Negotiation Workshop
4/4 @ 6 p.m. I Library Alumni Room

Leaders Lunches
4/6 @ 1 p.m. I Library Event Room

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Student Natalia Narvaez is learning about new cultures while having fun studying abroad this semester in Barcelona Spain. /LU Photo
FAITH THOMAS
LEAVING AN IMPACT

ALSO IN THIS EDITION: UNIQUE TACOS AT ANY HOUR
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Friends Who Vlog Together Stay Together

7 CLIMATE CHANGING
The Coldest Part Of The World Melts

Above: Tanner Alvarado gives Shayne Fontana the home run chain after hitting a long shot against Barry and completing the sweep on 3/18. Staff Photo/A. Mancini.
AROUND BOCA

MIAMI SPEAKEASY MAKES WAY TO WEST PALM

Coyo Taco Restaurant Brings Interesting Concept To Palm Beach

By MATI MAZZAMARO
Managing Editor

This month, the popular Miami based taco restaurant, Coyo Taco, opened a third location in the Royal Poinciana Plaza in West Palm Beach.

Known for its affinity towards locally-sourced and humanely-harvested ingredients, this authentic and award-winning Mexican hot spot plans to bring organic, freshly prepared cuisine to the heart of Palm Beach. Following the restaurant's motto, "todo es fresco", all ingredients used come from local farmers which is good for the community as well as the local economy.

The most unique aspect about this restaurant is not only the fact that the menu features bold, traditional flavors and sustainable ingredients, with a variety of home-cooked dishes, but also that after the main restaurant closes for the night, the good times continue as the restaurant doubles as a speak easy in the back.

"The traditional Mexican dishes on the menu are all amazing and each time I've been, the line has been out the door," said Alexa Fuller, customer. "I haven't been able to experience the speak easy part yet, but I hear that's really cool too."

With the expansion, the restaurant owners are aiming to make the new location individualized and specific to the West Palm Beach community. For this location, Coyo Taco has designed an atmosphere that reflects Palm Beach's culture, providing residents, tourists and island employees an opportunity to enjoy lunch and dinner at an approachable and family-friendly price point.

Opening at 11 am and closing at 3 am, Coyo Taco provides quality food for a reasonable price all day long in a small but comfortable and cozy eating environment. With room for 70 seats and 40 employees at the West Palm location, customers beware that space is quite limited in the restaurant and reservations cannot be made.

"I've never had a bad experience here," said Eugenia Garcia, customer. "Yes, the line can get very long but it always moves pretty fast, at least in my experience. My favorite tacos are the Shrimp and Pollo al Pastor."

With a good reputation as well as original location, this trendy and upcoming late night taco joint is sure to please any food lover or connoisseur. Opening up in West Palm will be a great addition to the restaurant's customer base as well as notoriety.

Above: Coyo Tacos In Miami prepares many tacos per day with a variety of options. Stock Photos
LYNN STUDENT EXPLAINS FUTURE PLANS
Thomas Doing Whatever It Takes To Make A Difference And

By KELLY MARMO
Copy Support

Faith Thomas, junior, grew up in Atlanta, amongst her 6 sisters and one brother and is a 3.0 film and television student who goes above and beyond to help others.

Thomas made the decision this past January to complete her citizenship project in Costa Rica where she studied language and culture. Thomas also minors in digital photography and is a resident assistant.

"I have always wanted to travel and figured, 'why not start now?,'" said Thomas. "I wanted to try something new and studying abroad gave me just that."

Since her trip to Costa Rica, Thomas' life has changed completely. Since then, she has been working on creating a campaign inspired by her experience. She hopes to use this campaign to help others find their voice.

Thomas insists that one of the key factors she took away from this trip is that she has come to appreciate friends and family more. She has also learned that everything does not have to be done in a hurry.

"In Costa Rica they have this national saying, Pura Vida. In literal translation it means pure life, but it is also a way of living," said Thomas. "It's their reminder
STORY

AND THE IMPORTANCE IN HELPING OTHERS

Creates Own Campaign In Order To Get Others To Speak Up

that everything is going to be okay or is already okay."

Thomas wants to use her campaign, VOICE, to help bring awareness to sexual abuse and harassment by giving victims of it a voice to represent themselves through art. The five pillars this idea represents are virtuous, optimism, integrity, compassion and empathy.

"My passion to help others is what motivates me," said Thomas. "Everything that I do, I try and figure out how exactly it can benefit someone else." Thomas is involved at Lynn as she is part of the Lynn Leadership Institute, secretary of Knights of the Roundtable, secretary of Golden Key International Honor Society and the vice president of the Black Student Union.

"Some of my [bigger] accomplishments would be becoming a member of the Golden Key International Honor Society as well as the Honor Society here at Lynn," said Thomas.

Thomas hopes to leave a legacy at Lynn and wants other people to come out of their comfort zones in order to find their passions. She continues to encourage and motivate those around her and leaves a lasting impression on the people she interacts with everyday.

"Everything that I do, I try and figure out how exactly I can benefit someone else"

- Faith Thomas, junior

Above: Faith Thomas participating in community service by painting over graffiti and reading to children, simply just helping others during her J-Term trip to Costa Rica. LU Photos.
When getting ready to go to college, oftentimes one of the most difficult things to do is say goodbye to your best friend. But, for Dalen Parker and Caleb Murray, they have the opportunity to go to college together and document their lives through making YouTube videos.

Parker, 19, and Murray, 20, are both from Baltimore, MD and met in sixth grade when they were eleven years old. Both students are sophomores at Lynn University and in the 3.0 program.

Murray and Parker named their YouTube channel Cub & Stallion. When asked how they came up with that name, Parker had said it was because he was called Stallion during martial arts because he was short and stocky. Murray got his name, Cub, because it was the nickname his friends had called him all throughout middle school and it was brought to high school.

Parker and Murray have been vlogging and making YouTube videos since Feb. 21, 2016 when they uploaded their first video which was 11 minutes and 11 seconds. At the moment, they have uploaded 129 videos. The YouTube videos they make are simply about their everyday lives. They have 231 subscribers, and the videos are recorded with a Canon 80d camera.

"Our videos have evolved as the first video was about a trip we went on to Best Buy and Chick-Fil-A, to vlogging about Hurricane Matthew in 2016," said Parker. "One of our most interesting vlogs was in Miami at bull-fest when all our friends were together and we had the opportunity to meet Brett David."

A major part of Parker and Murray’s youtube channel is their Animal Kingdom. The Animal Kingdom is their brotherhood that supports Cub & Stallion. It consists of their group of friends who have all been given animal nicknames such as Brother Bear, Franklin, Emu, etc.

Parker and Murray used to try to upload videos weekly, but being in college has made it difficult since they are both busy and have different schedules. It also makes it more difficult to find time because they no longer roommates, as Murray is a resident assistant this year and both of them are very involved in clubs. Also, they have vlogged about almost everything that could be done in Boca Raton under the age of 21.

"I expect to bring enjoyment to others and brighten up the world that we live in with everything that has been going on. My favorite part is actually making the video and recording it," said Murray. "Doing this is something fun to do and I enjoy looking back at what I created and the good times we have doing so."

Parker and Murray's main demographics for their channel are college students between the ages of 18-24. 67% of males watch their videos and 33% are females. When looking closely at their demographics, a majority of their viewers are from the U.S. but there are viewers from all around the world such as Guatemala, Japan and the U.K., etc.

"The quality of them is well done. The videos are the perfect length," said Randi Feldman, sophomore. "They're not too short but not too long to the point you don't want to watch them anymore. The videos are fun to watch and relatable to our age group."

Parker and Murray plan to continue to make YouTube videos for as long as they can so they can look back at the timeline of their lives. They want to keep their videos and someday even be able to show their children and grandchildren. To check out some of their latest videos, subscribe to them at: https://www.youtube.com/channel/UC3Ne3olSslU0kCQL6PvsbvA
While it may be winter, the Arctic is experiencing weather that feels like summertime right now. Although the Arctic is enclosed in 24-hour darkness, the temperatures have been above freezing level. These stand as the hottest temperatures that have ever been recorded for a winter, according to scientists from the Danish Meteorological Institute (DMI).

Even though Arctic temperatures have been increasing for decades, the past few years have seen the most extreme rises, according to Martin Stengel, a climate scientist at DMI. The temperatures have been above freezing level and continue to rise every single year.

"It's devastating that the Arctic continues to become hotter with each year," said Tara Lunsford, sophomore. "The only way we could prevent this from continuing to happen is to decrease the harm we do to the environment with our carbon footprint."

The warmer the air is the less sea ice there will be. The less sea ice there is, the warmer the air will be around the world and the warmer the water will be. This is a vicious cycle that shows in the increasing temperatures every single year.

"It's really important that we continue the efforts to reduce our carbon footprint because it definitely accelerates the speed at which global warming occurs," said Kasey Swartley, senior. "I also really like polar bears so it breaks my heart that they're losing their homes because of something that is easily preventable."

While the Arctic has been hit with summerlike weather, it seems that Europe has been hit with a big cold snap the past few weeks. According to CNN, the cold weather, dubbed "the beast from the East," is the result of cold winds from Siberia sweeping across parts of Europe.

There has even been snow in unexpected places like Rome. Not only that, but there are several places other than Rome that have begun to be abnormally hot or abnormally cold in recent years. The unbalance in the Arctic can mess up the rest of the world's climate in ways that are not natural.

"I really hope that we are able to prevent these unnatural temperatures from continuing in the future," said Megan Carlson, senior. "It shouldn't be this hard to reduce our carbon footprint and hopefully large companies that produce large carbon footprints will help in the effort to reduce it."

The Arctic affects the entire world when their weather is unstable. The instability can make some places hotter than ever and as stated above, can make usually warm areas experience severely cold winters. If climate change is not addressed and it is not taken care of, the Arctic will be melted which will have a severe effect on the rest of the world.
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Feminist Friday
3/30 @ 3 p.m. | Library Event Room

Light It Up Blue - Autism Awareness
4/2 @ 11 a.m. | Perper Plaza

SAB Coffee House
4/3 @ 2:30 p.m. | Library

Matzah Pizza With Hillel
4/4 @ 6 p.m. | Heinke Kitchen

Pacific Islander Celebration
4/10 @ Noon | Perper Plaza

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