

iPulse

THE DAILY BEAT OF LYNN



HOW TO: BE ALONE ON VALENTINE'S DAY

SHOUT OUT TO ALL THE SINGLE LADIES AND MEN! FEB. 14 IS YOUR TIME TO SHINE!



By Cece Diaz
Social Media Editor

It is the season of love: chocolate, teddy bears, balloons, and Hallmark romance movies while snuggling with your significant other.

Sounds like the best thing ever, right? Wrong. For many single people, it is a day of loathing, self-pity and overeating.

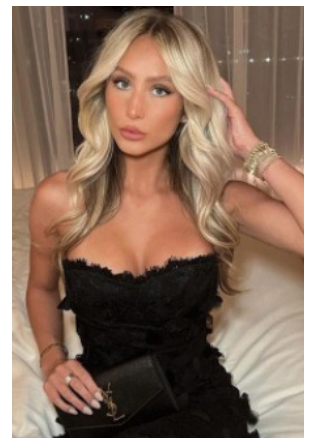
"I sit at home and self-loathe about

how lonely I am," said Aeden DeGraw, a freshman. "Either that or I go through the day like it's normal."

But I am here to tell you that it is OK to be alone on Valentine's Day.

"I just spend it how I spend any other day," said Ava Boornazian,

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ALIX EARLE

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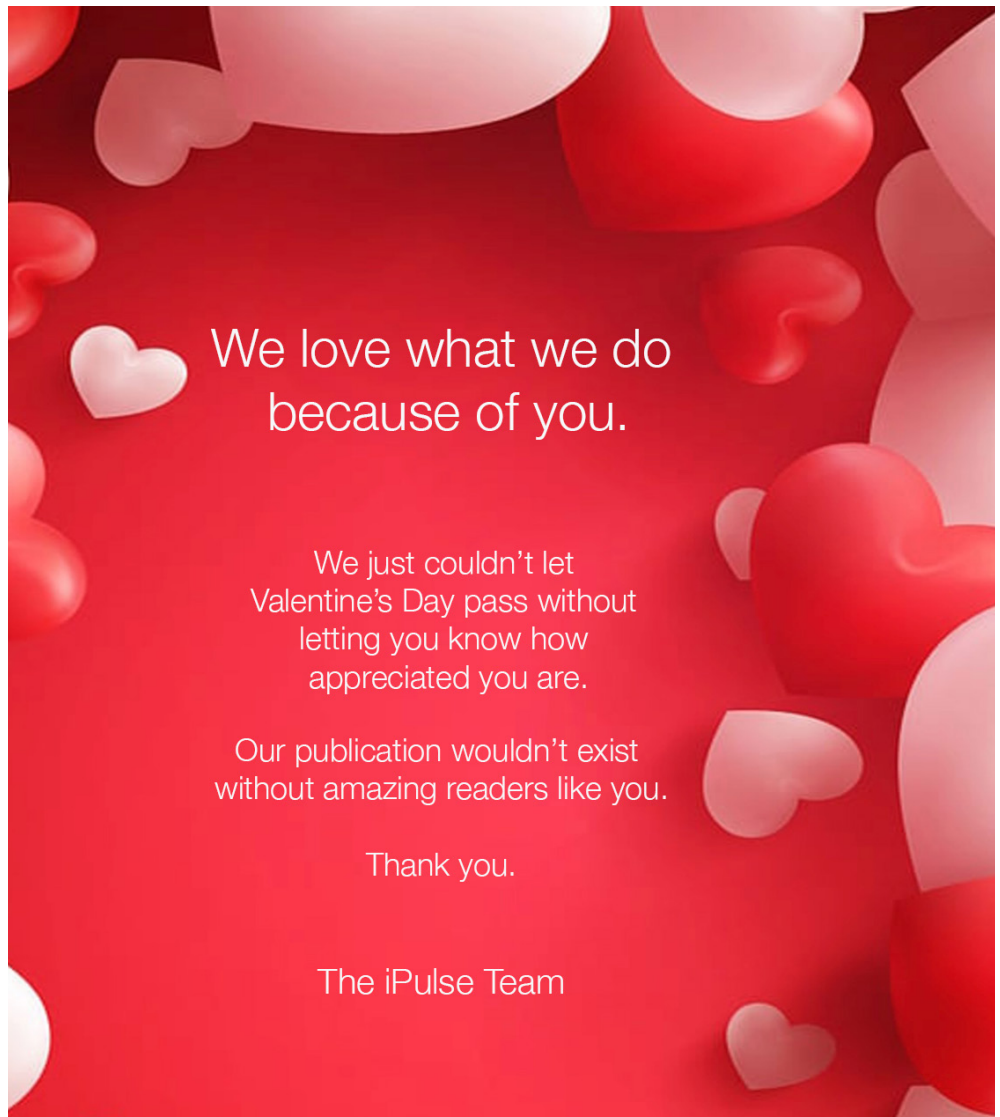
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If Ice Cream Is Not Enough, They Have More

By Xamantha Del Valle

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Above: Valentine's Day appreciation card to readers and supporters of iPulse.

a junior. "It would be different if I had a boyfriend but till then, I don't think much of it."

Being single may be a blessing in disguise because you can spend the entire day doing whatever you want. Here are a few tips on what to do if you need ideas.

TREAT YOURSELF

From personal experience, taking yourself to dinner or the beach can be very enjoyable and is highly underrated. Getting all dressed up for yourself and looking like a snack can be satisfying.

LOVE LETTER TO YOURSELF

Remember, the most important person in your life is you. Falling in love with yourself is a unique gift that only you can give. Reflect

on all the challenges you have faced so far in life and celebrate yourself with love.

GIFT YOURSELF

You do not need anyone else to get you anything. If you want to buy yourself flowers or chocolate (or both), do it. Make you or someone else smile, because kindness goes a long way.

"I hang out with my friends, and then the day after, I go out and buy all the discounted food and candy," said freshman Bryanna Robinson. "I like spending time alone because it relaxes me, and I can also work on myself without others pressuring me."

On a day when saying the three words, "I love you," can mean so much more, I am wishing all of you a happy Valentine's Day!

ALIX EARLE: TIKTOK'S NEWEST 'IT GIRL'

ALIX EARLE HAS TAKEN TIKTOK BY STORM AND HAS BEEN PRAISED FOR HER TRANSPARENCY AND RELATABLE CONTENT

Alix Earle is a 22-year-old senior at the University of Miami with over four million TikTok followers and is known for her relatable college content.



By Sydney Burke
Social Media Editor

Earle has been praised on the app for her honesty as she is very open about sharing her struggles. She is very transparent about her struggles with and overcoming acne, and has gained support from those who share those experiences.

"As somebody who struggled with acne, it's very refreshing to hear it talked about so openly," said Abigail Michael, a junior. "You don't really see that type of openness in the media very often."

Earle has also been very transparent about her diagnosis with anxiety. Discussions of anxiety and other mental health issues have become prominent in recent years and remain at the forefront of important challenges to address.

Earle has used her platform to speak about her anxiety and the stigmas surrounding the disorder to normalize it. She talks about her diagnosis in a video stating that she felt like she could not tell anyone for fear of being stigmatized and refused medication for a long time.

"Don't be afraid to go to a therapist; talk about it with people," Earle told her followers who may be experiencing anxiety. "Everybody reacts differently to different things."

She is often seen on her profile taking part in regular college activities, including getting ready for class, going to frat parties and hanging out with her roommates.

However, she is also seen on TikTok partying with celebrities and traveling around the world, which has led some to question how relatable she truly is for college students.

"Her struggles with acne and anxiety may resonate with many students," said Lynn alumna Samantha Samarelli. "But I think it's important to acknowledge that most parts of her lifestyle are only attainable to those that

have money, which is a struggle for most college students."

While most college students may not be able to afford Earle's lifestyle, her relatability stems from her transparency.

"My favorite videos of Alix's are the ones where she is sitting in her room and doing her makeup for class or telling a funny story from a night out," said Michael. "Those are the videos that I can relate to and make me feel like she is just another college student like me."



Above: Earle glammed up and ready for a night out. Photo/People.



Above: Earle's most popular TikToks range from discussing anxiety, preparing for class, getting ready with Selena Gomez and talking about her struggles with acne. Photo/TikTok.

THE FASHION ICONS STUDENTS LOVE

WHOM DO YOU ADMIRE THE MOST?

Nowadays, college students come to class fascinated with their favorite fashion icons from social media platforms.



By Katie Zivley
Managing Editor

More specifically, when Lynn University students come to class, they often talk about the latest trends, viral videos, social media icons and more. Fashion students at Lynn, in particular, often talk about who inspires them the most from the Internet. They also ask one another who their fashion icons are.

“My fashion inspiration is Stella McCartney because I recently started reading about her and her work, and she’s one of the first designers to incorporate sustainability into her high fashion line,” said senior Romanshika Singh.

The Internet and social media have taken over students’ lives both positively and negatively. Social media is filled with individuals who speak out about their beliefs and anything that interests them.

Platforms like Instagram, TikTok, YouTube and others are used to represent people’s inspirations and whom they look up to most. Those who visit social media platforms every

day typically aim to catch up on what their favorite icons have been up to since last checking online.

“Over the years, I have always been drawn to fashion representing more than just the designer or the model,” said Ava Mancini, a senior. “Blake Lively has always wowed red carpets with her innovative yet classic styles.”

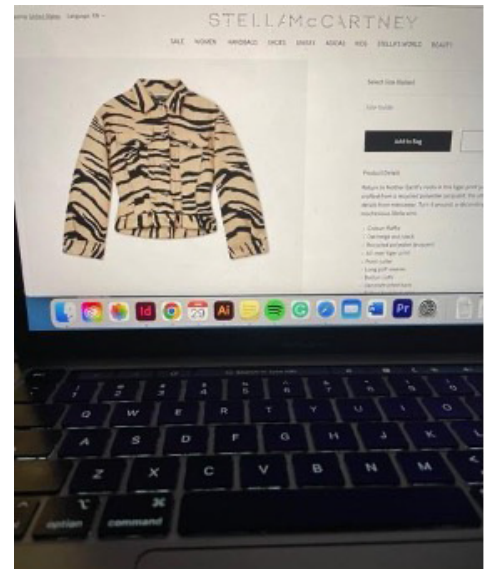
According to The Teen Magazine, Marilyn Monroe, Julia Fox, Audrey Hepburn, Monica Bellucci, Kate Moss, Grace Kelly and Jane Birkin are the best fashion icons of 2023.

According to GQ, Chris Pine, Thomas Doherty, Dua Lipa, Lizzo, Brett Gelman, Elliot Page, Florence Pugh, Dominic Calvert-Lewin, Daniel Kaluuya and LaKeith Stanfield are the most stylish people on the planet.

“To be considered a fashion icon in today’s high stakes world of beauty and glamour, your style must either create cultural conversation, have trend-worthy appeal or most commonly, outlive you,” said Associate Professor Dr. Andrew Burnstine, a fashion admirer and expert known at Lynn University as Dr. Fashion.



Above: Ava Mancini is dressed in her Sara Mique Evening Wear gown. Photo/I.Despacito.



Above: Senior Romanshika Singh’s computer screen showing her favorite jacket from fashion icon Stella McCartney. Photo/K. Zivley.



Above: Dr. Andrew Burnstine discusses holiday fashion trends on CBS12 News in 2019. Photo/CBS12 News.

COPING STRATEGIES TO DEAL WITH HOMESICKNESS

MAKE LYNN YOUR HOME AWAY FROM HOME

Leaving home comes with the price of experiencing sadness due to being thousands of miles away from friends and family in a new, unknown territory like Lynn University. This is especially true for international students.



By Javiera Sarmiento
Staff Writer

Homesickness, which comes in many shapes and forms, can be defined as the general feeling of being sad, anxious, stressed and isolated due to the separation from each person's meaning of home. Particularly for international students, extra factors such as time differences and being in a new culture make it even harder to beat the nostalgia that comes from yearning for a support system.

To understand the concept of homesickness, iPulse spoke with two members of Lynn

University's Counseling Services and a current international student who has experienced missing home.

"For a lot of international students, when they come to college in the U.S., they have the expectation that they're going to be academically successful, meet lots of friends and get involved in extracurricular activities. Still, for some students, that doesn't automatically happen, and that often leads to homesickness," said Associate Director for Student Wellness & Health Promotion Charlotte Muriel.

High expectations and eagerness to leave the nest are normal feelings before leaving home. Still, the issue comes once students see themselves in a position where optimism is not enough to feel comfortable in a new environment.

"Items from home, pictures or objects that remind international students to assimilate

can help ease the feeling of homesickness. It is all about finding things that make you feel more at ease with what is currently going on for you; that is the best remedy," said Executive Director for Student Health and Wellness Debra Futterman.

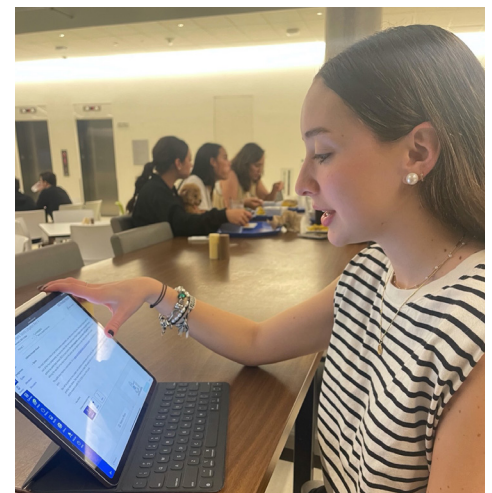
Keeping a letter from a loved one, having pictures of friends and family back home and even listening to a song that brings back memories are effective ways that students can handle homesickness. The counseling team at Lynn University is more than prepared and willing to help those who want to beat the constant feeling of homesickness and even those who need a reminder as to why they chose a path thousands of miles away from their loved ones.

"It's a feeling that comes and goes. One day, you're going to feel like giving up and going back home, and then suddenly, the next day can be your best day since you got here. Whatever it is, just remember a bad day doesn't mean a bad life," said Sofia Espinosa, a sophomore.

For international students, dealing with homesickness is the price to pay for the innumerable advantages of receiving an education in the U.S. Learning how to deal with homesickness is an internal and individual process. Still, it is vital to know that Lynn University's counseling services provide a variety of information and resources to cope with it.



Above: Espinosa discussing feelings with another student. Photo/J. Sarmiento.



Above: Duenas doing homework as a way to stay busy. Photo/J. Sarmiento.

IT ENDS WITH YOU, HOOVER

COLLEEN HOOVER ANNOUNCES CONTROVERSIAL COLORING BOOK BASED ON HER NOVEL, "IT ENDS WITH US"

Spoilers ahead for "Ends With Us," by Colleen Hoover.

Renowned romance author Colleen Hoover recently announced on Instagram her first coloring book based on her novel, "It Ends With Us." This was not received well since the novel is about the sensitive topic of domestic abuse.



By Gretchen Lembcke-Pena
Editor-in-Chief

The story follows the protagonist, Lily Blossom Bloom, finding her way through relationships, grief and acceptance after her father's death. At his funeral, she meets Ryle Kincade, with whom she gets into a relationship that later replicates her childhood abuse. As she tries to escape Ryle and find closure, scenes of abuse and trauma ensue in the book that labels itself as a romance when it is, in fact, something much darker.

"Nothing about this should be categorized as romance. I am genuinely appalled and baffled by the fact that anyone would ever classify this as a romance book," said popular book

reviewer, A Clockwork Reader. "It's a book about a girl in an abusive relationship trying to work through those emotions and eventually get out of this relationship."

Having sold over four million copies of her novel since 2016, Hoover had the opportunity to repurpose it as a coloring book. It was set to release on April 4, 2023; however, the news was so shocking that even her fans, CoHorts, questioned why she decided that in the first place. The backlash was so quick and relentless, Hoover canceled its release altogether.

"I hear you guys, and I agree with you. No finger pointing," said Hoover on her Instagram story addressing the scandal. "I have contacted the publisher to let them know I would prefer we don't move forward with it."

Although this occurred in early January, the controversy continues. iPulse asked Lynn graduate student Maria Serpas what she thought of the situation, having already read the book.

"I think this was definitely a bad and tone-deaf decision," said Serpas. "Instead of creating a

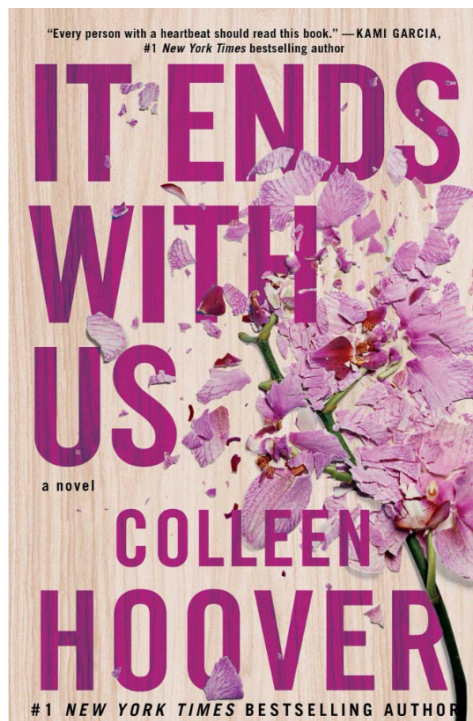
coloring book to empower victims of domestic violence, she could have donated money from the book sales to foundations dedicated to protecting and aiding said victims."

Hoover has not made any further comment on the matter and has returned to social media with the announcement of her upcoming novel, "Never Never."

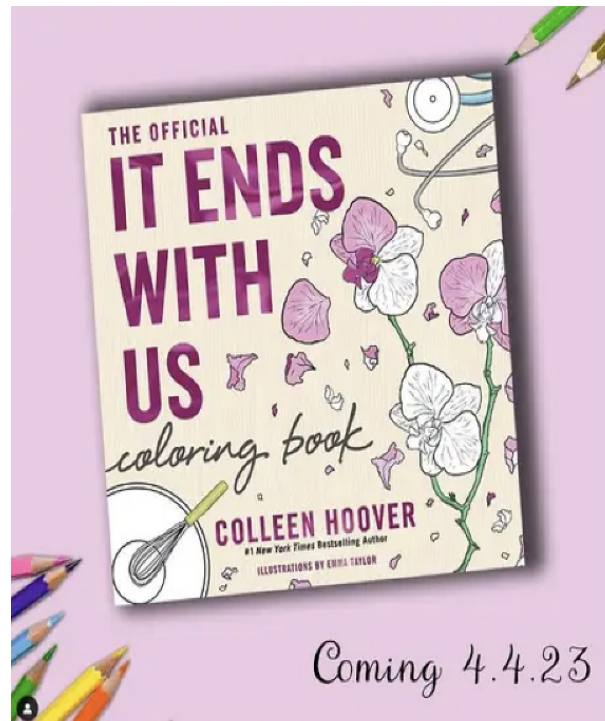
If you or anyone you know is experiencing abuse, reach out to Lynn University's Title IX coordinator at titleixcoordinator@lynn.edu.



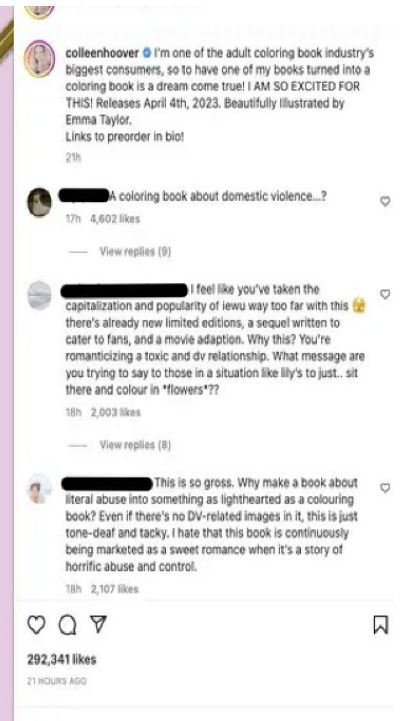
Above: Colleen Hoover, author of "It Ends With Us." Photo/LiteraryHub.



Above: Book cover of "It Ends With Us." Photo/Simon & Schuster.



Above: Instagram post of the coloring book. Photo/Insider.



DEGLAMORIZING THE LACK OF SELF-CARE IN COLLEGE STUDENTS

STOP PRIORITIZING EVERYTHING BESIDES YOUR OWN WELL-BEING

College students are notorious for severely lacking in the self-care department, and even tend to openly discuss their unhealthy habits.



By Gabi Drobot
Assistant Editor

College is a time when students attempt to juggle a multitude of tasks while also doing their best to take care of themselves and also have fun. But when there are not enough hours in the day, what is the first thing upon which students should focus?

"I haven't eaten anything today and barely slept," said Mikeyla Preziosi, a sophomore.

Skipping meals to cram for an exam, presentation or even to sleep has become an unhealthy norm for many college students. Many students will even say, "I ate sleep for dinner."

These types of statements are made daily, especially by college students, and this constant state of comparison comes from deeply-rooted ideals that work must come first, even over our well-being. Work-life balance has become obscured for many students who continue to misprioritize their lives.

According to the National Library of Medicine, 50% of college students report daytime sleepiness and 70% of college students get insufficient sleep. The reasons underlying this decrease in sleep can vary from anxiety, alcohol consumption and technology. With Lynn University being an Apple-powered institution, technology use is prevalent.

The underlying question remains: Why do college students need to express their lack of well-being to others? The reasoning can be competitiveness, jealousy or even seeking help.

"People aren't asking for attention, they are asking for help," said freshman Brianna Velaney.

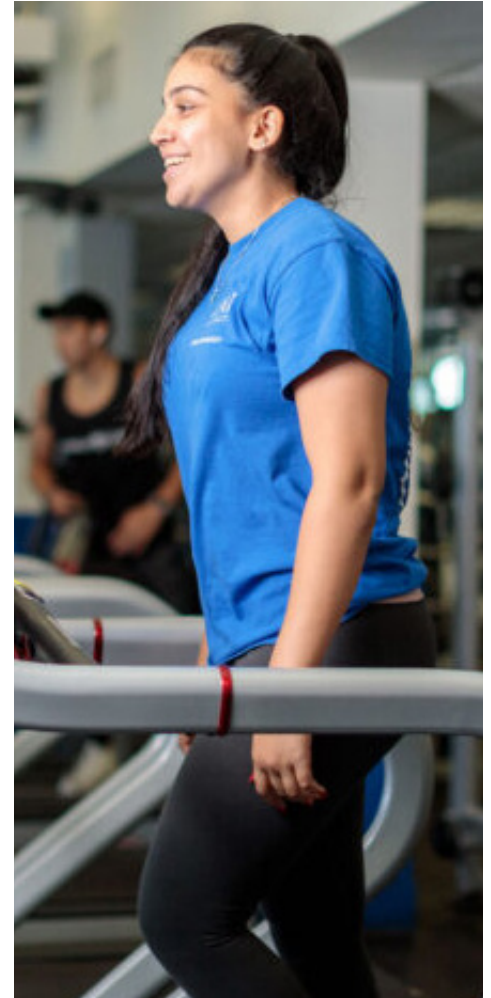
Involving oneself in these anti-well-being habits can create a sense of normalcy in the essence of lesser well-being. It creates an unrealistic expectation to live up to. On the other hand, sharing these concerns with others can develop a sense of community. Students may find a serenity in knowing they are not the only ones suffering.

"I think college students display their lack of self-care to others so that they don't feel alone in what they are feeling," said Kennedy Kraemer, a senior.

If college students start displaying their successes in self-care, others may be more inclined to practice these habits and potentially adopt them.



Above: Lynn students doing yoga outside. Photo/Lynn University.



Above: Lynn student working out at the gym. Photo/Lynn University.



Above: Lynn students talking by the Sanctuary. Photo/Lynn University.

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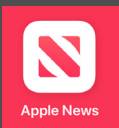
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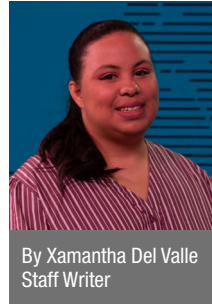
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SOUTH FLORIDA'S HIDDEN ICE CREAM PARLOR

IF ICE CREAM IS NOT ENOUGH, THEY HAVE MORE

With the Florida sun constantly beating down, one of the best ways to cool off is ice cream.



By Xamantha Del Valle
Staff Writer

The Girls Ice Cream Club in Delray Beach is a hidden that provide that relief.

Located 15 minutes north of Lynn's campus, this old-fashioned ice cream shop opens into an interactive animal garden.

The Girls Ice Cream Club has quickly become a favorite among many area residents. With over 40 flavors of ice cream and gelato, there are so many flavors to choose from.

"My favorite flavor has to be Blue Moon," said Barney, a local customer. "The best way to describe it is the milk leftover from your favorite cereal."

Ice cream and gelato are not the only things offered. The store features a variety of treats, drinks and trinkets. The atmosphere is enjoyable and provides any visitor with a memorable experience.

"We like to stock one-of-a-kind things," said Alechia, a cashier. "You can't find a lot of our products anywhere else, which is cool."



Above: Bambini's Pizzeria is filled with options for fresh Italian cuisine. Photo/ Xamantha Del Valle.

After you walk through the store, a door leads to an area that gives the location its hidden gem honorific. Visitors can navigate a lush green garden and experience a petting zoo. Goats, rabbits, donkeys and a large variety of birds wait to be fed and played with.

"No one knows we're here. Drive too fast and you'll miss us. They think we're just a rinky-dink ice cream shop," said Lisa, an employee. "But once they come back here, they can't stop. It's a great place for everyone."

Walking the premises can work up an appetite, but that is hardly a problem. Conjoined by the ice cream shop is Bambini's Pizzeria, whose menu spans Italian cuisine. The servers are friendly and willing to make any accommodations or modifications.

The food and service are not the only impressive things; it is affordable. The prices are great for students and the portions are generous. Open six days a week, it is a great place to hang out after classes and catch up with friends.



Above: The garden leads to an interactive petting zoo full of goats, exotic birds and rabbits. Photo/ Xamantha Del Valle.

iPulse

THE DAILY BEAT OF LYNN



Below: Lynn freshmen and alumni pack 1,000 Comfort Cases for foster children.

THE VALUE OF CITIZENSHIP

CITIZENSHIP PROJECT CELEBRATION HIGHLIGHTS IMPORTANCE OF SERVICE



By Gretchen Lembcke-Pena
Editor-in-Chief

On Feb. 3, the Social Impact Lab hosted its Citizenship Celebration to commemorate the contribution of students who participated in Block A's citizenship project courses and to select winners for both for both civic engagement and creativity.

Although the event began at 9 a.m., Christine's Park was filled

with students much earlier, eager to display and discuss their projects.

The Citizenship Project, launched in January 2012, has been led by Dr. Anna Krift since its inception. Dr. Krift, Dr. Antonella Regueiro, Dr. Gary Villa, Dean of the College of Arts and Sciences and

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BREAK THE STIGMA

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Delicious and Nutritious Food
Right Around the Corner!

By Xamantha Del Valle

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current Vice President of Academic Affairs and former dean of the college, Dr. Katrina Carter-Tellison, have all helped bring this project to life over the years.

"It has been an honor to be a part of the Citizenship Project," said Krift. "I've really enjoyed connecting our faculty and first-year students with community partner organizations in South Florida over the past 12 years."

Dean Gary Villa, who has been present since the project's beginnings, spoke of his journey during the starting developments of the Citizenship Project program. Starting as a professor, he taught a section of the program touching on citizen science and bird conservation. When asked about what challenges their team faced, Villa touched on the team's resilience.

"Because of the amazing work of Dr. Krift and her team, my challenges as supervisor have mostly been small and easy to manage," said Villa. "The biggest one for me is to make sure they have what they need and when they need it."

The Citizenship Project has come a long way, from removing trash from mangroves to serving meals to those in need, students have done an excellent service to the Boca Raton community. The event is hosted by Lynn's Social Impact Lab, which is responsible for bringing attention to the UN's Sustainable Development Goals, or SDGs, which aid in the betterment of society.

Regueiro has been a major player in Lynn's Comfort Cases partnership, a citizenship project dedicated to packing backpacks with books, stuffed animals, and a note from students for children in the U.S. foster

system. Over the years, Lynn students have packed a total of 4,400 cases for these children in need. When asked about lessons from her time as director of the Social Impact Lab that she has implemented into the collaboration with Comfort Cases, Regueiro learned that no amount of planning will ever make a project perfect.

"It is important for us to engage with the process more than with the final outcome since the latter will always change," said Regueiro. "The ability to stay flexible is essential to reducing anxiety and stress in these projects."

Some of the many citizenship projects that were done this year were Special Spaces Room Makeover by Adam Simpson, Beach Clean-Up for Gumbo Limbo by Begum Kaplan and Big Dog Ranch Rescue Service by Dave Baer. All projects represent an SDG, such as good health and wellbeing, clean water and sanitation or life on land.

Krift commented on what she hoped is the takeaway from this annual event.

"After finishing the Citizenship Project, Lynn students can continue to serve in the community," she said. "Most of the organizations we partner with seek volunteers and would welcome their continued commitment."

The event concluded with Dr. Cindy Khan-Jordan and her students winning first place for civic engagement. As for creativity, the award went to Dr. Rachel Pauletti and her class. The Citizenship Project initiative is one of the strongest assets to make connections, create change and inspire students to create that change in local and global communities.

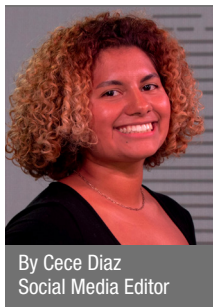


Above: Dr. Patrick Cooper and his students took part in helping Palm Beach County Department of Environmental Resources Management plant 1,000 muhly grass seedlings.

HOW TO: BREAK THE STIGMA

IT'S A CONSTANT GRIND TO BE THE BEST

*The views, opinions, positions or strategies expressed by the author and those providing comments are theirs alone, and do not necessarily reflect the views, opinions, positions or strategies of iPulse.



College students, including student-athletes, are often prone to mental health conditions, including anxiety, depression, body dysmorphia and more. It is time to break the stigma that comes with mental disorders.

The U.S. Centers for Disease Control and Prevention defines mental health as our emotional, psychological and social wellbeing. It affects how we think, feel and act, and it determines how we handle stress, relate to others and make healthy choices.

Today, in every town, on every city block, in every family across America, someone is hurting. Too many people are struggling to navigate an under-resourced, fragile system for the lifesaving support they need. Lynn University is no different.

I have made many social sacrifices throughout the years based on a vigorous swim team schedule, but I did it because I fell in love with the sport. Being a D2 collegiate athlete has its highs and lows. Advocating for my mental health illnesses has been a passion of mine for as long as I can remember. I have been diagnosed with attention-deficit disorder (ADD) and depression, and I have had suicidal thoughts.

I am here to tell you that you are not alone. Yes, it can be cliché, but it's the truth. Trust me; I've been there. Addressing these issues is not a sign of weakness but a sign of strength. Remember that you are human, and we are all flawed in one way or another, and that is OK.

I spoke with some Lynn University students to find out how they promote their mental, physical and emotional wellbeing.

"I think it's different for a man because we are taught to just take things 'like a man'," said Anthony Muttillio, a professional golfer. "But I think the most important thing would be to not focus so much on the future. Compare yourself to yourself yesterday rather than comparing yourself to others, make time to go out and have a little fun with friends and take things one day at a time."

"By doing something every day that makes me happy. Like going for a walk or doing a workout on my own, being a photographer for the athletes," said Crystal Ayn, a graduate student. "Finding other things than school and soccer to give myself a break."

Whether you are a student-athlete, full-time student or student worker, it is OK to be sad, cry, yell, be angry and be happy. Our emotions are our most beautiful selves. I am telling you that you will be alright, and that it will be OK even if the world may seem dark and there is no hope. But something I've learned from all my experiences is that talking about it is one approach to healing, and there is always another person going through similar encounters.

"I navigate my mental health by first off seeing what is wrong, seeing what my schedule will allow me to do satisfy my mind and see what my support system looks like," said Kayla Gonzalez, a freshman. "It's a difficult task, but I tend to try and battle things on my own, and if I need help, I ask. My mental health state can sometimes be overwhelming, so at times, I need to be by myself in a quiet room or just watch YouTube or sing to relieve stress."

If you feel like you would like to talk to someone, go for it! Lynn University's Counseling Services team is committed to providing all currently enrolled students with comprehensive services to help deal with emotional, psychological, behavioral and social issues. Their services are designed to promote positive mental health and facilitate student success and psychological wellbeing.

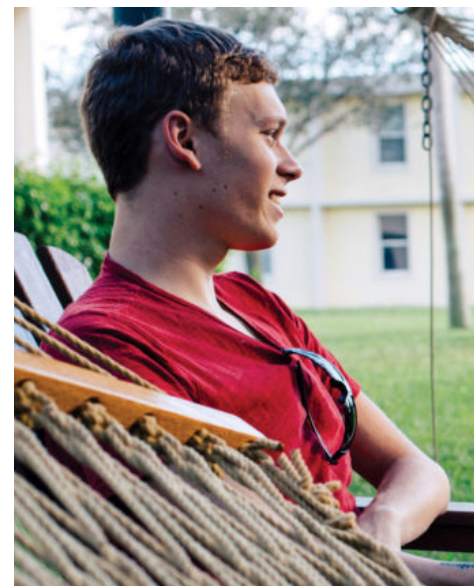
To all my readers, know that you are not invisible. I am here to listen. I see you. I love you.



Above: Lynn students participate in sunset yoga on campus. Photo/Lynn University.



Above: Helen Kreuzer takes a swing as Coach Marcelo Huarte looks on. Photo/Lynn University.



Above: Lynn University student relaxes in a hammock on campus. Photo/Lynn University.

A BODY IN MOTION TENDS TO STAY IN MOTION

HOT GIRL WALK, OCEAN SWIMMING OR BIKE RIDING: THE OPTIONS ARE ENDLESS

With February halfway done and many New Year's resolutions already broken, now is the time to include a new resolution into students' lives: moving their bodies..



By Gabi Drobot
Assistant Editor

Recent studies have revealed that many mental health issues can be treated by simply going for a walk or moving your body. College students tend to struggle with mental health issues such as anxiety or depression, and being in these states does not make exercise enticing. Also, finding time to incorporate any exercise into everyday life can be challenging for students who are juggling academics, work and personal lives.

However, movement and the mind are directly connected. Incorporating minor forms of moving your body throughout daily life can produce proven benefits. Some of those include decreasing overall stress levels and improving circulation, which allows the brain to process, retain and remember information more efficiently.

When our bodies are too sedentary for too long, our mental health tends to decrease due to a lack of a release for our emotions. Students at Lynn University explained this, and how moving your body daily benefits mental health.

"When I get in a funk and don't go for a walk or workout in a few days, I find myself more irritable and lash out much easier," said Kate Filiaci, a sophomore.

Moving your body does not mean you have to run a marathon or have a strict gym regimen. Walking or going for a swim is enough. Importantly, making daily movement a habit can decrease mental health struggles and the development of mental disorders drastically over a long period.

"Even though some days can be hard and exhausting, overall, moving my body every day has made me a lot healthier and stronger," said sophomore Tara Boyd.

If going for a scheduled walk seems daunting, that is OK! Minor changes can increase the amount of daily movement you have, like walking to class rather than driving. Minor changes like that can have positive, long-lasting impacts.

Another reason that tends to steer many away from getting up and doing something active is the fear of doing it alone. Do not worry, though; you are definitely not the only one feeling this way!

Groups are continuously being formed to defeat this ongoing feeling many have, such as a walking group in Fort Lauderdale. This group has even gained a respectable social

media following and goes by the name of Hot Girl Walk Club Ft. Lauderdale.

"Moving every day takes stress off your back and you even look better," said sophomore Shane Streibel. "It's free therapy and holding yourself accountable to something leads to being able to achieve goals."

One small change can make a huge difference in your mental health, so get your blood flowing!



Above: Student's walking to class at Lynn University. Photo/Lynn University.

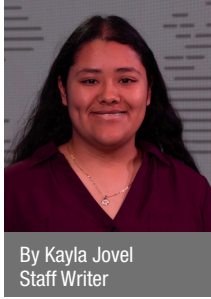


Above: Fort Lauderdale's Hot Girl Walk Club strolling down Ocean Blvd. Photo/@hgwfortlauderdale.

#OSCARSSOMALE

THE 2023 OSCARS CATERED TO MALE NOMINEES, LEAVING WOMEN SHUT OUT ONCE AGAIN

The 95th Academy Awards' nominations prompted anger as accusations of sexism flooded social media due to women being left out of the Best Director category, with only male counterparts being nominated.



By Kayla Jovel
Staff Writer

The allegations of sexism and racism have been annually reoccurring topics at the Oscars. This year was no different.

When this year's nominees were announced for various categories, nominees for Best Director specifically omitted women.

Many strong female candidates felt snubbed as films directed by women were nominated for Best Picture but not for Best Director, once again showing this is another issue plaguing the film industry.

"There are so many actors, directors and females that have been working in this industry that deserve the same level of recognition," said Jahzeel Ramos, Lynn's broadcast coordinator and digital technology specialist. "You have to see who's in the Academy right now, who's behind the doors; you don't know who's...controlling the puppet."

The long history of omitting both women and people of color in significant categories is nothing new to the Oscars nor its nominees. Since 1929, only seven women have been nominated for Best Director.

In this year's nominations, very few were nominees for film-related categories, specifically shutting out women in Best International Film and Best Original Screenplay. Many women take this snub as more than an award they were overlooked for, but as an opportunity that was taken from them.

"The Oscars is something that everyone watches, not just filmmakers," said Ramos.

"When you win an Oscar, it pulls your name out there, even if you're a nominee and your name was up there, it's like boom, you are making it in this world."

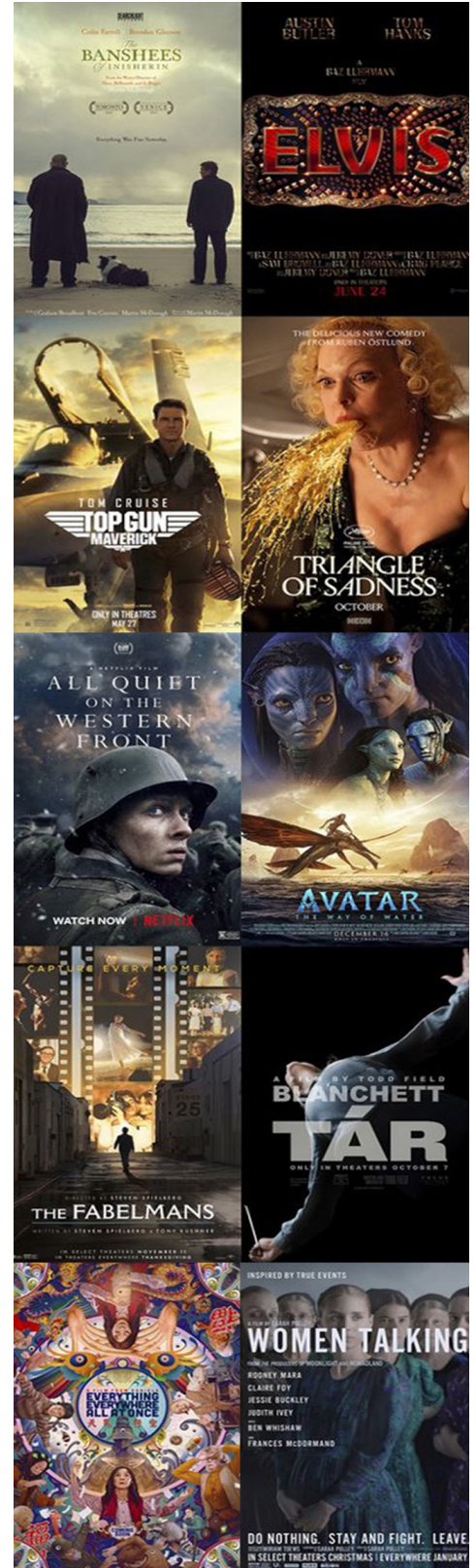
The Academy Awards continue to be criticized for its intentions and lack of inclusivity. Many in the industry accuse the event of not only lacking recognition of women, but women of color as well. Take, for example, a film like "Till," which was created by and about black people. It was not nominated for any categories at the Oscars after making \$10 million at the box office, leaving the public to once again question the transparency of the Academy.

"I feel that with the Oscars, both men and women should both have an equal chance to be nominated," said Olivia Simpson, a senior. "Not have this be about race or gender but about the creativity of these individuals."

These allegations have placed the Oscars in a negative light again. The public might never see the Academy take responsibility and change, but it will continue to hold the Academy accountable and honor those in the industry who they believe to be worthy nominees. The Oscars will announce its winners Sunday, March 12, at the Dolby Theatre in Los Angeles.



Above: Lynn University studio used for film and broadcasting needs, located on the third floor of the Lynn Library in Boca Raton, Florida. Photo/K. Jovel.

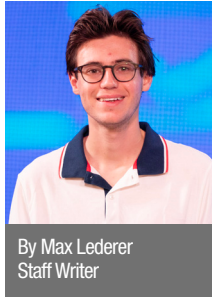


Above: 2023 Oscar nominees for Best Picture, most consisting of male directors. Photo/DailySabah.

TRAVEL TO THE MAX

THIS WEEK'S PLACE: ATLANTA, GA

Atlanta, Georgia, is a major city with the busiest airport in the world. That is largely because the city's tourist attractions are innumerable. Specifically, Atlanta's downtown and is known for having something for everyone and being a fast-paced city with much to see and do.



By Max Lederer
Staff Writer



Above: Atlanta's skyline. Photo/Travel + Leisure.

Just a quick hour's flight northwest of Lynn University, Atlanta is situated in the northern part of Georgia and travelers can conveniently hop on a MARTA train at the main terminal and easily travel downtown in as little as 20 minutes to visit all the tourist attractions

Some of the more popular attractions the city has to offer include the World of Coca-Cola, the Georgia Aquarium and the National Center for Civil and Human Rights. Additionally, there is SkyView Atlanta — a nearly 20-story tall Ferris wheel in Centennial Park, the Westin Peachtree Plaza's 50th-floor rooftop restaurant and observatory, the Martin Luther King, Jr. National Historical Park, CNN tower and Piedmont Park — Atlanta's version of New York City's Central Park.

The state capital offers tours, as well as a small museum that is also located downtown. The Georgia Aquarium has three separate theaters, a dolphin show, a virtual reality ride and several exhibits.



Above: A view of Atlanta along Interstate 85. Photo/Travel + Leisure.

Atlanta is also the birthplace and corporate headquarters of Coca-Cola, making the World of Coca-Cola a must-see for those visiting!

Just outside downtown, visitors can find the Jimmy Carter Presidential Library and Museum, the renowned High Museum of Art and Six Flags over Georgia amusement park. The Fernbank Museum of Nature & Science is also a must-see when visiting!

Atlanta is also home to some well-reputed universities, including Emory and Georgia Tech.

According to Travel + Leisure:

"While it's been years since Atlanta became

one of the trendiest cities in the U.S., it certainly hasn't left the spotlight. From bustling markets and award-winning restaurants to ample green spaces, shopping centers, fascinating museums, pivotal historical sites, and a lively bar scene, Atlanta is undeniably full of charisma with something for every traveler."

Atlanta also offers plenty of concerts, sporting events, and other opportunities. Peachtree Street is the main thoroughfare in Atlanta that runs through the entire city, featuring loads of stores, restaurants and historic theaters.

Buckhead, a neighborhood just north of downtown, features high-end stores, upscale restaurants and luxury hotels.

"Atlanta. ATL. Hotlanta. The A. Known by many names, most travelers have been through the busiest airport in the world and never explored the sprawling cultural maven that makes up the city," said Conde N'aste.

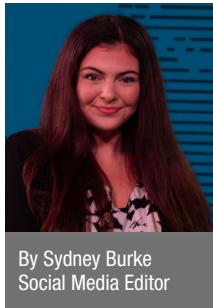
Its rich hip-hop and street art scenes — not to mention world-class museums and stadiums — will all draw you in. Its hospitality, modern Southern cuisine and bar scenes keep you wanting more.

Welcome to Atlanta, y'all. You won't want to leave.

IT'S ME, TICKETMASTER, HI, I'M THE PROBLEM, IT'S ME

THE STORY BEHIND TAYLOR SWIFT'S "THE ERAS TOUR" TICKETMASTER FIASCO

On Nov. 15, 2022, Taylor Swift fans anxiously awaited tickets for The Eras Tour to go on sale, but issues with Ticketmaster's website led to millions of disappointed fans and possible solutions for the upcoming hearings.



By Sydney Burke
Social Media Editor

Many fans turned to social media to share their frustration when attempting to buy tickets, saying they were hoping to see Swift perform for the first time in five years, but the website crashed and they were unable to make a purchase.

Ticketmaster later released a statement saying that 15% of fans who attempted to buy tickets with verified fan presale codes experienced some sort of issue.

"We strive to make ticket buying as easy as possible for fans, but that hasn't been the case for many people trying to buy tickets for Taylor Swift, The Eras Tour," Ticketmaster said in its statement.

Due to the high demand for tickets during the presale, the company was forced to cancel its general sale.

"At one point they had to pause the entire line because of the crazy amounts of people," said junior Gretchen Lembcke-Pena, a long-time Swiftie who was able to purchase tickets for Swift's Tampa show in April for her and her sister. "Maybe an hour and a half went by before they resumed the line, and we were there for two and a half hours more."

Although her experience may not have been great, Lembcke-Pena is one of the fortunate fans. In December 2022, a lawsuit was filed by dozens of Swifties against Ticketmaster in the L.A. County Superior Court following their poor experiences on the site. The lawsuit accuses Ticketmaster and its parent company, Live Nation Entertainment, of antitrust violations and fraudulent practices.

On Tuesday, Jan. 24, the Senate Judiciary Committee held a hearing on the Ticketmaster fiasco. Democrats and Republicans put their political differences aside to raise awareness about the issue and consider legislative solutions for the issue. Senators like Amy Klobuchar (D-MN), Mike Lee (R-UT) and others were heard quoting Swift lyrics throughout the hearing.

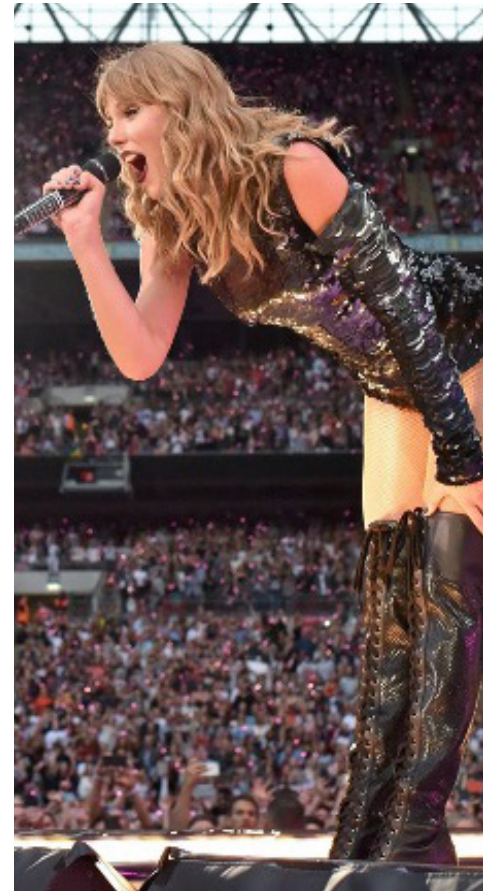
As for a solution to make purchasing high-demand tickets easier, it is hard to think of a simple one.

"I feel like it has to be up to the Senate and whatever they decide to do," said Lembcke-Pena.

Not only is accessibility to tickets an issue Senate needs to consider, so is the price of tickets.

"We're working on bipartisan legislation on that with some basic disclosures and some common-sense rules" said Klobuchar.

Although the Senate may not have many ideas for solutions yet, Swifties and music fans all over the world anxiously await the outcome.



Above: Taylor Swift performing in front of a large crowd during her Reputation tour.



Above: Taylor Swift fans pictured outside of the Capitol during the Ticketmaster.

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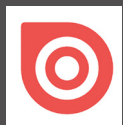
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FRESH FOOD, FRESH KITCHEN

DELICIOUS AND NUTRITIOUS FOOD RIGHT AROUND THE CORNER!

Fresh Kitchen is a restaurant located fewer than five minutes (1.1 miles) from Lynn University's campus, which makes acquiring its delicious food convenient. Specializing in clean cuisine, their menu encompasses various healthy options with quality ingredients.



By Xamantha Del Valle
Staff Writer

Between classes, work and personal lives, students are very active. Creating and maintaining a balance often takes time and a lot of energy. However, students sometimes overlook how meals should enhance nourishment. Fresh Kitchen offers an array of delicious food designed with the concept of healthful eating.

"This is my go-to place after a tennis match," said Diantha Matthews, a senior. "I feel like it really helps pick me up after I've been winded."

The menu offers different-sized bowls and allows customers to select a base, protein, veggie and sauce. Everything is proportioned, placed purposefully and the combinations are endless. Fresh Kitchen also offers a selection of teas and various fresh-pressed juices.

"I am always down to try new combinations as long as it's with the noodles," said Matthews. "The noodles are my favorite and are a must in my bowl."

Located in Park Place Plaza on the eastside of Military Trail, there are a list of activities to do after stopping by to eat. If the weather permits, there is even an opportunity to dine outside and enjoy the breeze.

"If I go after class. I like to bike it because it's right up the road," said Matthews. "And I get to enjoy the other places around it, too."

Good food with clean ingredients at an affordable price cannot be beaten. Fresh Kitchen is a delicious alternative to fast food, providing nutrition and cleaner ingredients. Great food and friendly staff make every trip worth it!



Above: A Fresh Kitchen bowl. Photo/Tripadvisor.



Above: Fresh Kitchen staff posing for a photo at the eatery's Boca Raton location. Photo/LivingFla.com.