

iPulse

THE DAILY BEAT OF LYNN

Below: Lynn University's TEDx team poses for a photograph. Photo/G. Lembcke-Pena.



NO LIMITATIONS, ONLY INNOVATION

TEDx LYNN UNIVERSITY IS THE START OF A NEW GENERATION OF CHANGEMAKERS



By Gretchen Lembcke-Pena
Editor-in-Chief

On March 18, Lynn University hosted TEDx Lynn University in the Amarnick Goldstein Concert Hall to bring new voices and thoughts and share them with the Lynn community.

Organized by Romanshika Singh, TEDx Lynn University featured various speakers sharing their innovative ideas with students and faculty. In an interview

with iPulse, Singh described the preparation process, the selectiveness of speakers and how long it took to get approved for a license and rehearse the event. In the end, everything worked out and TEDx went from aspiration to reality.

“Working in teams is extremely rewarding because you get to

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By Cece Diaz

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work with all these different people with different backgrounds and cultures," said Singh.

The event began with opening remarks from Singh followed by a performance by Lynn's own Boulanger String Quartet, composed of conservatory students Sebastian Orellana, Benjamin Kremer, Carlos Avendano Garcia and Niloufar Mirzanabi Khani.

As for the speakers, Pranoo Kumar was first, delivering a powerful speech on critical literacy and the importance of people of color feeling seen in literary platforms from a young age. Kumar, who owns Rohi's Readery, a bookstore dedicated to social justice and a learning center for children, compared mirrors to feeling seen and windows to sharing those views with the world.

"I believe in the power of community," said Kumar. "I believe in the power of the people. I believe in children's literature, but most of all, I believe in the power of children."

Her speech was followed by artist Brandon McGill, who spoke of having a life plan while aiming to achieve your dreams. He used imagery from his own drawings, which complemented his speech.

McGill was followed by Bemsimbom Nkuo, a Lynn University senior who touched on the importance of mental health and provided a personal anecdote about her struggles while living in her native country, Cameroon.

"It took a lot of work [to prepare for this event] because some of the things I shared at the TEDx stage I haven't shared with other people," said Nkuo. "[I]t took a lot of emotional energy, but it was worth it because I'm trying to help other people."

After a 10-minute break that permitted the audience to mingle with the speakers, the event continued with Ella Davar RD, a nutritionist who talked about her struggles with balanced eating and how to tackle those problems in a healthy way.

The final speaker was Alexander Star, an Emmy-nominated songwriter and impact artist who combined his musical talent with his speech and spoke of the struggles he has faced in our current society by being biracial. Star advised the audience on how to make yourself be seen through your skills and talent.

Closing remarks were given by Romanshika Singh, who thanked everyone involved in making the event come to life. Truly a touching experience, TEDx Lynn University is something those who attended will remember for years.



Above: Lynn senior Bemsimbom Nkuo shares her story with mental health. Photo/Romanshika Singh.

BEATING THE LAST BLOCK BLUES

HOW TO AVOID ACADEMIC BURNOUT

Students are nearing the end of the academic year with the final block semester now in full swing.



By Gabi Drobot
Assistant Editor

With less than four weeks left in the term, it is easy to start feeling overwhelmed or a sense of academic burnout. Especially after spring break, it tends to be more challenging to return to that constant grind of coursework after having a small taste of summertime freedom.

Living in Florida, Lynn students are fortunate to have that summer feeling nearly year-round, and with less than a month remaining, now is not the time for students to slack off because their grades will take a hit.

Academic burnout is nothing new to students. Simply defined, it is the adverse emotional, physical and mental reaction to prolonged studies that can lead to exhaustion, lack of motivation and reduced academic performance.

“I used to get burnout all the time in high school,” said Ben Brown, a sophomore. “Block scheduling helps decrease the burnout, but by the last block, I am just ready for a break.”

The first step in dealing with academic burnout is recognizing that you are experiencing it. Some common symptoms include a significant loss of confidence in intellectual abilities, constant exhaustion no matter how much sleep you receive, increased irritability and skipping classes.

“At the beginning of the year, I am so motivated to go to my classes and get good grades,” said Brown. “After spring break, it gets tough. I always feel tired and never want to go to class anymore.”

With Lynn’s block schedule, students are fortunate to not have to cram in all the material learned since January. On the other hand, students must progress fast and complete an entire course in four weeks.

Just keep in mind that if you are feeling the symptoms of academic burnout, you are not alone! There are numerous easy fixes that can help with the final push to the end the year.

First, make sure you set reasonable goals for yourself. If you notice you are struggling, it is OK to not push yourself for a perfect grade on every assignment. If you put your best foot forward in your work, the outcome will reflect that.

Also, talk to your professors. If you are feeling burnout, there is a chance your professors are, too. Express that you are struggling with material or assignments, and they will be willing to help guide you.

While many other options to alleviate academic burnout exist, it is vital to figure out what fits your needs. Creating and sticking to a schedule is a great way to continue a regular cycle of normalcy throughout the week. Setting aside time for schoolwork outside of class is crucial, but setting aside time to have fun and rest are equally as important.

“I always do my homework right after class,” said Paige Platt, a junior. “This way, once my homework is done, I have the rest of the day to focus on myself and things I enjoy doing.”

Everyone is different, but academic burnout does not have to impact you as dramatically as it has before. Keep prioritizing yourself and your schoolwork, and somewhere along the way, you will find that common ground needed for success.



Above: Lynn Student’s working on assignments.
Photo/@lynnudebate.

HEALTHY CHOICES AT THE ELMORE DINING COMMONS

MARY’S KITCHEN OFFERS HEALTHY EATING ON A COLLEGE BUDGET

Lynn students, just like all other college students, aim to stay on budget and maintain healthy diets. Both feats can be accomplished at Mary’s Kitchen in the Lynn University Student Center.



By Delaney Gould
Staff Writer

For college students, it is crucial to stick to a budget and somewhat healthy diet while living away from home. The first thing to focus on is saving on food costs on a daily, weekly or monthly basis. Thankfully, Mary’s Kitchen provides students with an array of healthy and affordable (or even free with your meal plan) options for all students.

“The salad bar, vegan bar and sometimes expo are really healthy,” said Liz Claggett, a freshman. “It is one of the only places on campus that offers healthy options for students.”

Stations in Mary’s Kitchen that provide healthy options — like salad and vegan bars — offer an array of menu items that rotate daily. They offer açai bowls on Wednesdays and a variety of specialty salads and bowls on other days of the week.

“The veggie burger is really healthy and one of my favorite things to eat in the Dining Commons,” said Grace Werle, a

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Above: Students eating and lounging in the Elmore Dining Commons. Photo/Lynn University.

freshman. "I get it almost every time I go because it is so healthy and delicious."

Combinations can include everything one would want on a balanced plate: vegetables, fruits, protein and much more. Students can pair a grilled chicken sandwich with a side salad and a fruit cup for lunch or even a vegetable-packed egg white omelet.

"The caf is much better this year than in the past year," said Erin Reilly, a sophomore. "The options have expanded a lot and there is always something available when I want to grab a healthy meal."

At any time of the day, Mary's Kitchen provides countless healthy and budget-friendly options for students living both on and off campus.



Above: Lynn dining employees fill up bowls for students on Açai Wednesday. Photo/ D. Gould.

DIVERSIFY BOOKS

THREE BOOKS BY WOMEN OF COLOR

Women's History Month is a time for women to celebrate themselves, especially women of color. To highlight the importance of diversity, here are three books written by women of color.



By Gretchen Lembcke-Pena
Editor-in-Chief

"Blood Scion" is Deborah Falaye's debut novel. Published in 2022, it is a powerful fantasy story about 15-year-old Sloane, who discovers she is a descendant of the Orisha African gods. She is later enlisted in the Luci's army, a military system that has destroyed those within her community. To avenge her people, Sloane defies the system from within. From African mythology to a strong, Black, female protagonist, "Blood Scion" allows women of color to identify within this story.

"Blood Scion was an awesome read," said Chelsea Morin, a junior. "I really enjoyed seeing such a young, strong, female protagonist."

Another great release that has gained popularity within the book community is "Babel" by R.F. Kuang. The story follows Robin Swift, a Chinese character who works

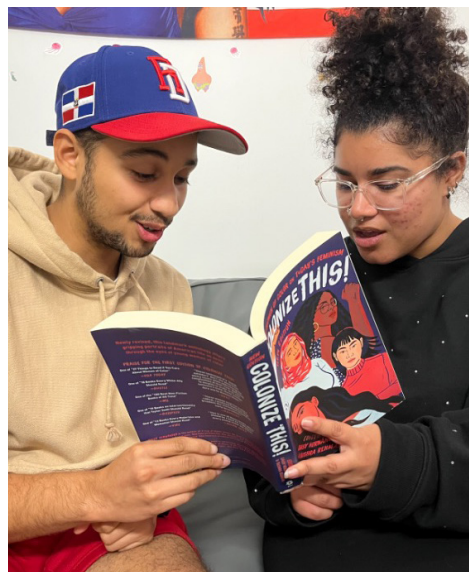
hard to be accepted into Oxford University's Royal Institute of Translation, also known as Babel. Kuang's writing is intricate and covers colonial resistance and how language is used as a tool to maintain the British Empire.

"This [book] is just so amazing," said Jess Owens, a popular book YouTuber. "I have read a fair amount of books that were on my anticipated list for [2022] and I hadn't been wowed. But this hit it out of the park!"

Finally, for those who prefer nonfiction, Daisy Hernández and Bushra Rehman's "Colonize This! Young Women of Color on Today's Feminism" is a collection of anecdotes from queer women of color navigating intersectional feminism. Funny, enticing and relatable, the authors clearly express their points in each story.

"I felt seen reading this book," said Mabel Gondres, a senior. "Women of color should be allowed to set their own rules in feminism rather than following the white feminism structure."

Diversity in literature has become more critical than ever, especially within our ever-evolving society. Listen to the voices of people of color and listen to what they have to say; you may learn a thing or two about a society that you may have been unaware of.



Above: Lynn students discuss "Colonize This!" Photo/G.Lembcke-Pena.

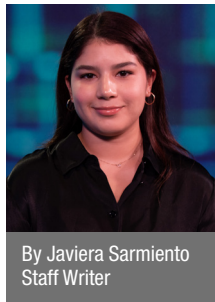


Above: R.F. Kuang, author of "Babel," discusses her book. Photo/G. Griffin/Here & Now.

INTERNATIONAL STUDENTS TAKE ON SOCIAL MEDIA

INFLUENCERS EVERY FOREIGN STUDENT SHOULD CHECK OUT

Ever feel misunderstood as an international student? If so, you can find comfort in following other international students who share their college perspectives through social platforms.



By Javiera Sarmiento
Staff Writer

Although every international student experiences college uniquely, the need to feel understood arises at some point. It is normal to question if being away from home is as chaotic for others as it is for oneself.

Do other foreign students struggle with homesickness or having to cook or even learn to do laundry by themselves? Well, the answer is YES! And thanks to platforms like Tiktok, YouTube and Instagram, more international college students are sharing their experiences with living abroad.

To create a list of the most relatable and motivational international student influencers, iPulse spoke with foreign students from Lynn University. Here are the top three influencers worthy of a follow, plus some bonus creators who are also worth the time.

“One influencer I’ve followed since I was in high school and still watch these days is Tamara Avinami,” said Sofia Espinosa, a sophomore. “It’s funny because she’s younger than me, and she just started college, but somehow I still relate and learn a lot from her.”

Avinami is a 19-year-old Colombian-American influencer who shares her daily life as an Indiana University first-year student with over 150,000 YouTube subscribers and 92,000 TikTok followers.

Avinami’s typical content includes vlogs of her university days, food and cloth hauls and sincere opinions about topics like homesickness and pledging a sorority. Although Avinami makes content in English, she still highlights how she was raised in a

Colombian household and somehow feels like an international student, although her family lives in Miami.

Avinami usually posts once a week on her YouTube channel but is more active on Tiktok and Instagram, where she shares a more aesthetic side of her life while her YouTube vlogs show a more realistic side of her as a student. Avinami is on YouTube, Instagram, Tik Tok and even Pinterest as “TamaraAvinami.”

“Whenever I need some inspiration to keep going or advice or even a laugh, I immediately think of Ana Wolferman’s Tiktok,” said Camila Madariaga, a junior.

Originally from Caracas, Venezuela, Ana Gabriela Wolfermann is a senior at the University of Notre Dame who uploads videos in Spanish and English. She moved to the U.S. more than a decade ago. The 21-year-old influencer and actress has been seen on Telemundo, Netflix and most recently Disney Channel.

Regardless of her acting success, Wolferman focuses on sharing her true self with her almost 1 million TikTok followers, 126,000 Instagram followers and 13,900 thousand YouTube subscribers.

Wolfermann’s content is characterized by optimism and looking on the bright side of situations. Apart from inspiring college students to make the most out of the four years away from home, Wolfermann shares the not-so-happy days, heartbreaks and tears.

Find out more about her journey by checking her social platforms: @anawolfermann. Wolfermann also has a podcast called “Creating Happiness,” which is available on Spotify.

“Honestly, I don’t think I could think of a better influencer than Adri Navid,” said Ana Berenguer, a sophomore. “Her content just hits home because she’s a Lynn student too. That’s something we should all be proud of and appreciate more.”

Originally from Bolivia, Adriana Veizaga is a senior at Lynn currently studying advertising and public relations. Veizaga — known on social media under the username @adriavid — is the perfect influencer to follow for day-in-the-life vlogs, reminders that missing home is OK, motivational messages and even tips and tricks on how to adapt to the language and technology used at U.S colleges.

Veizaga is beloved at Lynn and within the social media community she has created, which is made up of 834,200 followers on Tiktok and 16,400 followers on Instagram. Not every international student is lucky enough to go to the same college as a person as Veizaga, who puts all her effort into showing what her life is like. Make sure to give her a follow and feel free to say hi if you see her around campus.

International influencers who are no longer in college but are still relatable and have quality advice on living abroad, healthy lifestyles, cooking, fashion, entrepreneurship and more include Dani Schulz (@Danischulz), Paola Zurita (@Paumtzurita) and Juan Pablo Zurita (@juanpazurita).

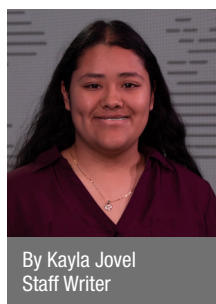


Above : Veizaga shares the accomplishment of reaching 500,000 TikTok followers. Photo/ A.Navid.

2023'S MOST INFLUENTIAL WOMEN

CELEBRATING WOMEN IN ENTERTAINMENT FOR WOMEN'S HISTORY MONTH

Although Women's History Month has come to end, 2023 seems to be the year for women, which is why we are celebrating the top influential and history-making women in entertainment this year.



To start our list, we are going down to Latin America with artists like Shakira, Becky G and Karol G, whose music has been filled with exciting projects, drama and achievements. These Latin artists have claimed their year and it's just beginning.

The Mexican-American, genre-less artist Becky G was awarded the Impact Award from Billboard Women in Music and is the most nominated female artist at this year's Latin American Music Awards. Becky G continues to reinvent herself and show her versatility with new releases, dipping her toes into mambo and meringue with the new song, "Arranca," featuring Omega and by creating a regional Mexican album soon to be released.

Although we cannot forget her Billboard Women in Music speech, which brought homage to her town Englewood and brought tears to the 200 percenters for always representing and celebrating Latinidad culture. She once again stated how millions of Latinos feel living in the U.S., facing struggles on the road to success for those who are told, "que no somos ni de aquí ni de allá," and always promising to take where she came from wherever she goes.

"Becky G is a young Mexican-American Chicana just like me," said student Anna Gonzalez. "I resonate a lot with what she says about the struggles of being Mexican-American or any Latin American living in the U.S. She makes me proud of who I am and where I come from because of lot of things that she talks about are things that many Latinos feel and face every day and she speaks about it openly, which a lot of people don't do. I respect her for that."

Next on our list is the Colombian superstar Karol G who became the first woman in history to ever score No. 1 on the Billboard 200 chart with an all-Spanish album, "Mañana Será Bonito". Karol G also claimed her year as she became the second women to rule No. 1 on Billboard Latin Songwriters chart.

Last in our list for music is another Colombian artist, Shakira. Shakira performed in the 2020 Super Bowl alongside other Latin artists and has broken 14 Guinness World Records for her collaboration with Bizarrap for BZRP Music Sessions Vol. 53. The song reached 63 million views within 24 hours on YouTube, becoming the most viewed Latin track and eventually becoming the fastest to reach 100 million views on YouTube.

"It's cool to see how women, especially Latin women, are getting the attention they deserve," said student Emily Fernandez. "Both Karol G and Shakira are big artists for Latinos and for them to be recognized mainstream is really cool to see because it feels like they are representing Latino America in a way, and their music is really good so it's cool to see others enjoying it just as much."

Leaving the music scene and heading to film, next on our list are two names: Michelle Yeoh and Quinta Brunson.

Brunson was one of this year's honorees for Time Magazine's Woman of the Year. This actress-producer created the tv-series "Abbott Elementary," where she created a comfort comedy alongside a primarily female writers' room. Brunson is an Emmy and Golden Globe winner and has continued to shine a light to not only teachers but to everyday people which is reflected on her sitcom, by establishing the importance of diversity and real-life topics. Brunson will soon make her SNL debut.

Yeoh made Oscars history becoming the first Asian woman to win the Academy Award for Best Actress. She starred in "Everything Everywhere All at Once," playing Evelyn Wang, a first-generation Chinese immigrant. On the night of the Oscars, Yeoh dedicated her award to her mother who was watching

from Malaysia. Yeoh gave her acceptance speech saying to 'Never give up' and that 'this is proof to dream big, and dreams do come true.'

"It's all over TikTok. I scroll and see scenes of 'Abbott Elementary,' which is one of my favorite shows to watch. It shows everyone's life and it's really funny. It's cool to see Quinta get some recognition," said Gabriela Thompson. "I saw the Oscars and I thought it was cool to see two Asians win such as big award, both Michelle Yeoh and Ke Huy Quan were able to make history and represent Asian-Americans."

Ending our list with athletes, Alexa Grasso is the UFC's first Mexican woman champion. Originally from Guadalajara, Mexico, the 29-year-old mixed martial artist made her debut in 2012. At UFC 285, the underdog fighter defeated Valentina Shevchenko, who was defending her title, which she has held for the past seven years.

With three Mexicans rising up in sports, Grasso has become someone to look out for and created a historic fight for not only sports fans but Latinos around the world.

From music to film to sport, women have influenced and become leading figures in their respective industries. Just this year, women have made history and received acknowledgment for their achievements worldwide. These women have created noise and have led themselves to greatness.



Above : Alexa Grasso became the first Mexican women to win a UFC championship. Photo/bloodyelbow.

HIGHLIGHTING ONLINE SMALL BUSINESSES

THEY HAVE A LOT TO OFFER!

Shopping is fun and all, but what makes the most impact is shopping at small businesses.

Currently, hundreds of small businesses online are dipping their toes into the world of retail, and they are gaining popularity on social media platforms like Instagram and TikTok.

The big question is, are small businesses doing well or just appearing as though they are trying to do well?

"There's a boutique in Far Hills, New Jersey, called Social Butterfly Boutique, and I love it because I'm supporting a small business,"



said Ava Margolis, a senior. "Their clothes are cute, reasonably priced and they are very with the trends."

According to BenchmarkOne, businesses like Greats, Entrepreneur Magazine, The Honest Co. and Brit&Co. are some of the many small businesses on Instagram that are doing well.

Everyone has opinions on small businesses, but before you decide, walk into one and see what they have to offer.

"I really like Quiet Storm in Delray Beach," said Olivia Simpson, a senior. "Unlike the typical surf shop, Quiet Storm styles are unique and have something for everyone."

Some of the more popular accounts on Tiktok include Novina, Stardust by Allie,

Bond and Seek, Bluejade Design Co. and many more incredibly creative accounts. They receive more attention because of their constant posting on social media. Doing this helps increase views, potential sales and recognition.

"I really like Coccooon; it's a small artist account on Instagram that sells keychains, art prints and stickers of their art," said Gretchen Lembcke Peña, a junior. "I highly recommend them; their products are great quality!"

The next time you think about shopping, visit a small business recommended on TikTok or Instagram and try it. You might find great clothing options and even transform your usual style preference! It is time to recognize and support small businesses because not everyone is financially stable.



Above: Model poses in new clothing from the store.

Above: Brand ambassador shows off new clothing line.

Above: Photo of an art print posted on Instagram.

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MARCH FOR OUR LIVES

IT WAS JUST A REGULAR WEDNESDAY AT SCHOOL ... UNTIL IT WASN'T

March 24, 2023, marked the fifth anniversary of March for Our Lives, a movement created to end gun violence in the U.S.



By Cece Diaz
Social Media Editor

It all began with the Marjory Stoneman Douglas High School shooting on Feb. 14, 2018, when 17 students and staff were shot and killed in the tragic incident. This was categorized as the deadliest school shooting to date in U.S. history, leading students to take on the battle to establish stricter gun control laws in the country.

From rallies, protests, and riots, March for Our Lives became a movement that would be remembered by many; iPulse interviewed Lynn students who have advocated for stricter measures of gun control.

“After the shooting, I traveled to Tallahassee, and we spoke to our state legislature and we really got the word out there about what happened to us,” said Lizzie Eaton, MSD and DECA President alumna. “I also had the

opportunity to travel to Washington, D.C. for the March of Our Lives and speak to representatives on a national level.”

Students Emma Gonzalez, Cameron Kasky, Jaclyn Corin, David Hogg and Alex Wind, among others, have banded together to lead the #NeverAgain movement to end gun violence in schools.

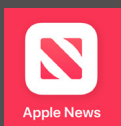
“I’m going to bring Seth Albert. I’m going to bring everything I have. I want to lift everyone’s spirit because I am a lovable person,” said Seth Albert, MSD and Lynn alumnus. “I’m going to make sure that when these elections come around, everyone gets out and votes because it’s time for a change, and that’s going to happen right now.”

Since its beginnings, March for Our Lives has issued a massive impact across the country. In the past five years, 250 gun safety laws have been passed since founding March for Our Lives in 2018.

If you or anyone else would like more resources on how to get involved or to start a chapter in your area, go to <https://marchforourlives.com>.



Above: Panel of MSD students talking about their experiences from the shooting on Feb. 14. Photo/iPulse.



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SPECIAL EDITION



Above: Dedication of the Lynn Student Center in 1978. Photo/ Lynn University Archives.

A MIDCENTURY-MODERN CHARM

LYNN UNIVERSITY'S CAMPUS IS HOME TO ARCHITECTURAL EXCELLENCE



By Dr. Tímea Varga
Faculty Advisor, iPulse

Since its official groundbreaking ceremony over 60 years ago, Lynn University's campus has changed its appearance time and time again. However, one distinct design feature stood the test of time: midcentury-modern architecture that continues to celebrate an artistic marriage of creativity and functionality.

Abstract and geometric elements of the early 20th century German Bauhaus movement of artistry,

mass production and function, the optimism of the post-World War II boom, and increasing availability of materials — including steel, concrete, and insulated glass — all set the stage for visionary architects and designers.

At the peak of the 20th century, Frank Lloyd Wright, one of the most influential designers of his period, along with his contemporaries, introduced

midcentury-modern architectural style, characterized by open floor plans, clean lines, floor-to-ceiling windows and a dedication to the use of wood paneling. Moreover, the blending of site-specific indoor-outdoor designs and the functional incorporation of built-ins are all prominent features of midcentury modern homes and buildings. Kleinhaus Music Hall in New York, St. George Greek

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Orthodox Cathedral in New Hampshire, and Disney Contemporary Resort in Florida are among the most visited displays of such extraordinary style in the U.S., but Lynn University's campus is no stranger to the muted curves, a lack of ornamentation, large windows and the mixture of organic and geometric shapes.

"Like Lynn, these buildings have weathered and withstood the test of time," said Lea Iadarola, Lynn's Archivist and Record Manager. "The buildings are a visual representation of the trials, triumphs, and changes Lynn has faced over the last 60 years."

The fifth Marymount College in the country, the two-year Catholic college for women in Florida was founded by nuns from the Religious Order of the Sacred Heart of Mary, broke ground on June 9, 1962. The college was dedicated on Dec. 14, 1963, with four original buildings displaying distinctive features of midcentury-modern design:

1. Founders' Hall: a two-story student center that included a chapel, Rowley Library, a dining room, auditorium and bookstore.
2. Trinity Residence Hall: the first dormitory.
3. Carroll Hall: an academic building known today as the Assaf Academic Center.
4. St. Joseph's Hall: a utility building.

The buildings were designed by the New York architectural and engineering firm, Evans and Delehanty, with Frank J. Rooney, Inc. as the general contractor.

"Our buildings' construction, naming, and style take you through the story of how Lynn transformed from a two-year all-female Catholic school – back when it was Marymount College – to become Lynn University, which is now one of the most innovative and diverse universities in the United States," said Iadarola.

In 1964, Marymount opened a second dormitory – East Hall – later known as Wixted Hall and now Freiburger Hall, and in 1967, a third dormitory – West Hall – later known as Patton Hall and now de Hoernle Residence Hall. Just a few years later, in 1971, one of the most exquisite examples of midcentury-modern architecture on campus, the Milton F. Lewis and Rita C. Lewis Library, today known as the Louis and Anne Green Center, was inaugurated. That was the same year the college became coeducational.

With many of its buildings and indoor and outdoor spaces carefully and strategically repurposed over the years, the Marymount was first renamed the College of Boca Raton in 1975 after Don Ross, then Founder/President of Wilmington College Delaware, saved it from closure due to financial hardship. Then, in 1991, the college received university status and was once again renamed to honor longtime benefactors Eugene M. and Christine E. Lynn.

"When you look at photos of the campus over the last 60 years, you can see it transformed gradually from the original four buildings and dirt fields to more modern structures and the beautifully manicured campus we know and love today," said Iadarola. "This speaks to Lynn's progression from our humble beginnings and, through hard work, perseverance, and unrelenting vision, achieving the ambitious goals we set for ourselves."

Today, architecture at Lynn mirrors the university's reputation for innovation, grounded in humility and respect for its institutional history as post-modern progress continues to meet midcentury-modern legacy. Lynn's campus and its most recent eco-friendly and LEED-certified buildings, including the Mohammed Indimi International Business Center and Lynn University Center both designed by the global architecture firm, Gensler, complement midcentury-modern structures and designs like the Louis and Anne Green Center, the Assaf Academic Center and the former Lynn Student Center, soon-to-be known as the Snyder Center for Health and Wellness.

Such beautiful and delicate cohesion of design and spatial repurposing of aesthetic and functional beauty is a testament of architectural excellence that spans over centuries and will, undoubtedly, continue to marvel visitors, partners and members of the Lynn community for years to come.



Above: Carroll Hall (Assaf Academic Center) in 1963. Photo/Lynn University Archives.



Above: Trinity Residence Hall in 1964. Photo/Lynn University Archives.



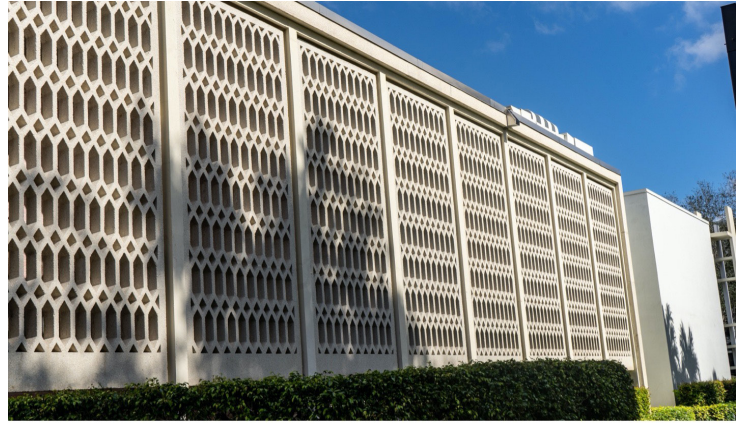
Above: Marymount College cafeteria, circa 1970. Photo/Lynn University Archives.



Above: Construction of South Dorm (Patton Hall, deHoernle Residential Center) in 1967. Photo/Lynn University Archives.



Above: Geometric paneling outside the Assaf Academic Center (South). Photo/Josh Middleton.



Above: The external design of the Assaf Academic Center (South). Photo/Riley Stewart.



Above: The Assaf Academic Center courtyard displaying the use of color and periodic design (South). Photo/Riley Stewart.



Above: The blend of glass, concrete and lines of the Eugene M. and Christine E. Lynn Residence Center. Photo/Riley Stewart.



Above: Windows of the Louis and Anne Green Center. Photo/Riley Stewart.



Above: Large ceiling lights in the Louis and Anne Green Center. Photo/Riley Stewart.



Above: The outside of the insulated glass staircase of the Eugene M. and Christine E. Lynn Residence Center (West). Photo/Josh Middleton.



Above: Clean lines displayed in the Assaf Academic Center (East). Photo/Josh Middleton.



Above: Geometric external features of the Louis and Anne Green Center (East). Photo/Josh Middleton.

THE BEAUTY IN THE CONCRETE

LOCAL ARTIST SHARON KOSKOFF TOUCHES ON HER LIFE, ART DECO TOUR AND LYNN'S CAMPUS ARCHITECTURE

On Nov. 2, 2022, iPulse joined College of Communication and Design Dean Cesar Santalo and President of the Art Deco Society of the Palm Beaches Sharon Koskoff for an architectural tour around campus.



By Gretchen Lembcke-Pena
Editor-in-Chief

The tour went from the Green Center all the way to the Sanctuary. Beginning in the Green Center, a variety of patterns, stones and tiles on the walls of the main lobby were highlighted before entering the Institute for Achievement and Learning. Koskoff was amazed by the creativity behind the architecture and the attention to detail in this building. As you walk into the Institute for Achievement and Learning, the lights on the ceiling and geometric wall by the window add depth to the structure.

"What I noticed during the tour with Dean Santalo was that [the architecture] wasn't one building in one style, another building in another style 10 years later," said Koskoff. "It was fully designed, and it all had a sense of rhythm. It's not confusing; it's all the same. It's well-designed."

After her tour of campus, Koskoff mentioned that Lynn would be the first stop for the 16th World Congress on Art Deco tour throughout the Greater West Palm Beach area. Artists

and Art Deco aficionados from around the world will attend to appreciate the architectural value behind the buildings they visit.

Koskoff is not only knowledgeable about architecture but about painting as well, having been a mural artist for decades. Her murals adorn the walls of schools, disadvantaged communities and a project done during the peak of the COVID-19 pandemic with other area artists.

That project, named "Alone Together," captures photos of what sparked joy or what was meaningful to the artists during those trying times. Some took a picture of a cup of coffee, others photographed their children; as long as it meant something to them, it was worth including in the mural.

"Art is a reflection of society," said Koskoff. "Even if it's rejected by the society, that's what's going on in the society."

Koskoff spoke of the challenges she has faced as an artist; being a woman in the art industry is no easy task. From rejection to blatant dismissals, she has seen it all in her more than 35 years as an artist. Despite this, and despite being aware of how hard the industry can be, she kept pursuing her passion for art.

"Being a female artist in a male-dominated world has been the biggest obstacle I have had to face," said Koskoff. "Although I have supported myself my entire life as an artist,

designer and creator, my mother wanted me to be an art teacher and be off for the summers, but I could never do just one thing."

As a family affair, Sharon's father Papa Ruby worked as her mural assistant for 30 years.

Truly a marvelous individual, Koskoff highlights the importance of valuing art, the work behind it and the artist behind the blank canvas that is the world.



Above: Koskoff promoting her book at a local Costco. Photo/The Town-Crier.



Above: The "Alone Together" art project. Photo/Palm Beach Daily News.



Above: Dean Cesar Santalo and Sharon Koskoff in front of the Green Center. Photo/Gretchen Lembcke-Pena.

Below: Dr. Matteo Peroni teaching a marketing course.
Photo/Lynn University.



THE POWER OF DIGITAL MARKETING

LYNN'S MBA SPECIALIZATION IN MARKETING BRINGS NOTHING BUT OPPORTUNITIES FOR STUDENTS



By Gretchen Lembcke-Pena
Editor-in-Chief

Recently, Dr. Matteo Peroni's MBA class in Specialization in Marketing proposed a marketing strategy for the Delray Beach Downtown Development Authority with the help of Don Kolodz, President and CEO of Tourism Strategic Solutions as well as their own individual projects.

Dr. Peroni, who led an eight-week course within this degree, was set to guide his students through the arduous process of satisfying their client, the Delray Beach DDA. What started out as small brainstorming sessions turned into a full-on tourist website that included everything

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TREAT WOMEN WITH KINDNESS

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from information on things to do in the area to ongoing events and a web and phone format. This received such recognition that they were able to launch their campaign alongside their client.

"I couldn't ask for a better team of students, really," said Dr. Peroni. "I had the students take a deep dive into Delray Beach. Not just rely on the package of information that was given to us. They had to go and visit the town. [T]hey shared their findings using a mind-mapping tool and presented a progress report to those in the DDA."

iPulse spoke with one of his students, Sandra Guerrero, who was a part of the website development for Delray Beach DDA. She touched on her experience in the course, her work ethic, and how to handle working on a project as big as this one.

"I think [this program] was good not only for me, since I already have experience in the workplace, but also for people who don't have any work experience outside school," said Guerrero.

Aside from this huge project, students were able to conduct their own individual projects as well. One of them, "Eskinita", is based on traditional Spanish cuisine dedicated to spreading the culture and flavors that inhabit Spain. Graduate student Sergio Blanco was the mind behind it all, and what began as a class startup continued after the end of the course.

"He brought a Spanish omelet to class, and it was really good," said Dr. Peroni. "[S]tudents can take these projects in many directions. They can either do something that is non-monetized, something with social impact involved, or as it's happened before, students who are entrepreneurs take advantage of this course because it gives them the opportunity to launch their business from a digital marketing perspective and start getting their brand out there."

Another project that stood out within the class was "Being Human", which involved helping homeless individuals in Broward County. With this campaign, they launched an event named "Out for Blood", which involved a tennis match with prizes such as tennis rackets and it ultimately raised over \$2,600 in donations for cancer research. William Ljungstrom and Ali Nazem brought the project to fruition and managed to make a huge change in their community.

"It was amazing how a Swedish and Persian student who have never worked together before teamed up and managed to achieve such results in so little time," said Dr. Peroni. "It is a true testimony of Lynn University's international diversity and emphasis on teamwork."

The power of digital marketing can be born from the smallest idea, and it is efforts like taking part in this course that bring that to fruition. Lynn University's MBA in Specialization in Marketing can help in the learning, process, and success that comes with building your vision for the future.



Above: Dr. Peroni and his graduate class post-presentations with the Eskinita project logo in the background. Photo/M. Peroni.

TREAT WOMEN WITH KINDNESS

RECENT CONTROVERSIES SURROUNDING WOMEN IN THE MEDIA

Following the 2023 Oscars, host Jimmy Kimmel is facing backlash for a comment he made towards women's rights activist Malala Yousafzai.



By Sydney Burke
Social Media Editor

During the ceremony, Kimmel approached Yousafzai, whose work as a global female education activist earned her the title of the youngest Nobel Peace Prize winner in history. Kimmel addressed this massive accomplishment during the conversation, then proceeded to ask if she believes Harry Styles spit on Chris Pine during the "Don't Worry Darling" premiere, an incident that has been joked about online for months now.

Yousafzai was clearly uncomfortable during the interaction but responded swiftly by stating, "I only talk about peace." She later turned to Twitter posting the video and urging her followers to "Treat People With Kindness," a phrase often associated with Styles himself.

"As an entertainer and a host you should know who you are bringing on stage and tailor your questions towards their accomplishments," said Nyana Chillous, a sophomore. "You can have fun and talk about pop culture, but the main focus should be on them and their lives."

Although the movement surrounding female empowerment has become stronger in the last several years, women in the media are often overlooked or judged by men for feminine qualities.



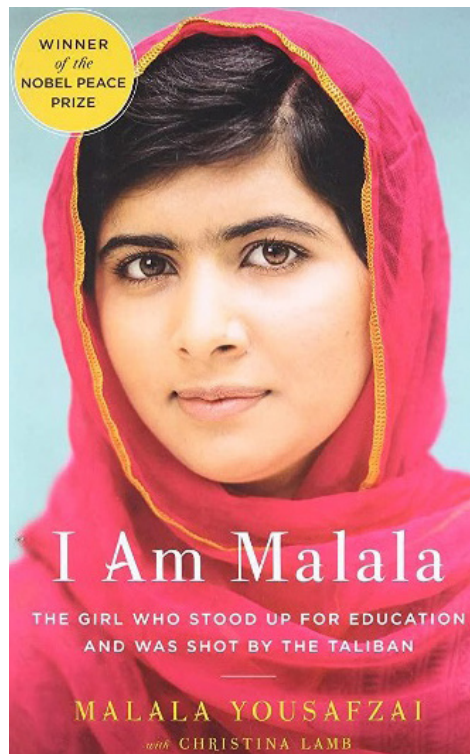
Above: Malala receives the Nobel Peace Prize at 17 years old in 2014. Photo/ABC News.

A situation like the one at the Oscars is nothing new. For years, women in entertainment have been urged to be less sexually provocative in their writing while men are celebrated for doing the same.

In fact, the Oscars have been heavily criticized for several years for their gendered categories, although women and men can be judged equally for acting performances. Additionally, a study by the Women's Media Center found that only 19% of nominations in non-acting categories (such as directing, producing, writing, etc.) have gone to women. Although it is easy to turn a blind eye to issues that women face in Hollywood, it is important to acknowledge them and change this.

"Pop culture should be about having fun and expressing yourself," said Chillous. "Gender roles should not play a role in it, but unfortunately they have to."

Kimmel has yet to comment on the uncomfortable interaction, although many watching the Oscars took to Twitter urging him to issue an apology.



Above: Malala's award-winning book, which discusses her work fighting for female education. Photo/Amazon.

YOGA 101

LEARNING THE BASICS OF YOGA AT LYNN

Lynn University students are discovering a new way to stay fit while away at college using Lynn's facilities, tools and classes to learn the ins and outs of yoga.



By Delaney Gould
Staff Writer

Keeping up with personal fitness does not stop after a vigorous workout, long distance run or any other type of exercise. In order to ensure your fitness progress, stretching needs to be a vital part of your daily regimen. Halting the movement of your body after a workout makes it hard to completely recover from the activity. This is where yoga comes into play.

"When it is done right, yoga is a very fulfilling way to stretch," says Mallory Jarka, a sophomore. "However, if it is done wrong, or rushed in any way, it is hard to see the benefits of it."

Yoga is meant to be a slow, thorough and regenerative way to keep your body moving while also engaging in restoring the muscles that have been worked through your exercise. Yoga centers on the importance of unity; in other words, unifying your body as a whole as a form of recovery.

"When we have an off day, yoga is one of the first things my team does as a way to recover," said Emily Solomon, a freshman.

Across Lynn's campus, there are many tools to begin your yoga journey. The Fitness Center has open access to yoga mats, stretching bands, foam rollers and outside and inside space to practice. Students can watch online instructional videos, join friends in doing yoga or look up tips online. Similarly, Campus

Continued ...

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Above: Students use bands to further stretch their legs in a yoga lesson. Photo/ Lynn University.

Recreation often offers yoga classes as a way for students to participate in a professionally-led yoga session.

“Often we see people who do not do yoga the correct way,” says Mallory Jarka, a sophomore. “Doing yoga incorrectly is just as bad for your muscle recovery as not doing any recovery.”

In order to truly see the benefits of all of your hard work on the field, on the court, in the gym and more, you must engage in thorough stretching. Although it may seem intimidating at first, yoga is a key tool to comfortable healing both physically and mentally. So, drop your fears and enter the peaceful world of practicing yoga today!



Above: Students follow a professionally-led yoga class. Photo/ Lynn University.

WANT TO START READING?

THREE BOOKS RECOMMENDED BY THE LYNN COMMUNITY

With the rise of platforms like BookTok, BookTube, Bookstagram and many more, many reading is gaining popularity. iPulse interviewed members of the Lynn community about books they recommend to new readers.



By Gretchen Lembcke-Pena
Editor-in-Chief

that is a genre the reader may be interested in, such as romance, contemporary and dystopian.

“Books like ‘The Hunger Games,’ ‘Divergent’ and ‘The Mortal Instruments’ are just some I would recommend,” said Cole, a sophomore. “The stories are compelling, and the books are long enough to the point where you get used to the idea of reading a whole book.”

Going back to the 2010s, John Green is an author that remains loved by many. His books like “The Fault in Our Stars,” “Paper Towns” and “Looking for Alaska” are some of his more popular publications. Matthew Billelo, a senior at Lynn, recommends Green’s book, “Turtles All the Way Down.”

“A great place to start John Green is with ‘Turtles All the Way Down,’” said Billelo. “It’s an easy read, it’s a fun read and it makes you think a little bit.”

Reading is a great activity not only for expanding your knowledge but piquing your interest and creativity. If you would like to start your reading journey, head to the Eugene M. and Christine E. Lynn Library, and you might just find your ideal read.

“Beneath a Scarlet Sky” by Mark T. Sullivan is based on a true story that takes place during Nazi Germany. Pino Tella, the main character, faces loss, love and the horrors of the war in his homeland as he grapples with being a spy for Allied forces under German rule. Lynn Librarian Leecy Barnett shared her thoughts on this book and how much it excited her.

“This book kept me on the edge of my seat,” said Barnett. “I read it so long ago, yet it stays with me.”

Young adult novels cover complex concepts but are framed in a way that is easy to understand. Student Jonah Cole recommends any book within this category

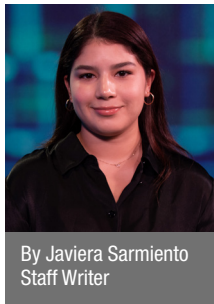


Above: Lynn student reading in class. Photo/Lynn University.

NEW HOME, NEW HABITS

HOW AMERICA CHANGES INTERNATIONAL STUDENTS

**The opinions expressed in this article are those of the author. They do not purport to reflect the opinions or views of Lynn University, iPulse or its members.*



American culture influences the habits of international students living the college experience in the U.S.

In America, fast food chains are pervasive and retail therapy is normalized as a coping mechanism. Trends like Soul Cycle and the mass consumption of Dunkin' are some of the reasons why foreign students tend to change their customs once they are away from home.

Add to that how newly discovered responsibilities and social pressure make it hard for international students to stick to what they know, and a lot is thrown at them upon arrival.

To find out what some of the most common habits picked up by international students while living in the U.S. are, iPulse spoke with some from Lynn University.

"I remember one of the first things I noticed when I came to the U.S was that there are Starbucks and Dunkin' on every other corner," said Maria Duenas, a junior. "Later on, I realized I was surrounded by the smell of coffee even in class."

Although popular in Latin America and Europe, coffee is a product that Americans have learned to exploit. The habit of drinking coffee in the morning, afternoon and at night as a way to stay awake and focused is one that domestic students have grown up with. International students — out of curiosity or even to fit in — have picked up that habit, and before realizing it, they are three shots of espresso in by 2 pm.

"I would say that something that changed once I came to Lynn was the way I ate, how I went from eating healthy to eating poorly, to finally finding a balance," said Patricio Lastra, a sophomore.

Fast food chains like McDonald's and Domino's exist outside the U.S. Still, the incredible amount of fast food establishments and their litany of options tempt international students, especially during freshman year.

The so-called freshman 15 is not at all a joke, especially not for foreign students who

are introduced to ever-present options like pizza, hamburgers and hot dogs not only in food courts but in Lynn's Dining Commons.

This can often make it challenging to eat a balanced meal. However, it is common that after the first year abroad, international students begin to analyze the food situation from other angles, since as Americans do not only have the most fast-food chains, they also have numerous healthy eating options.

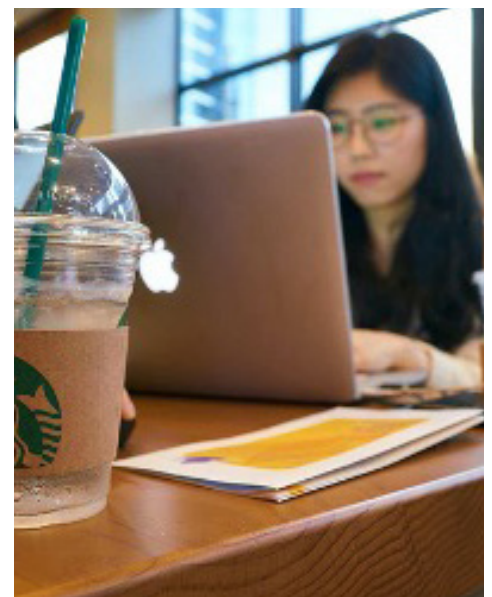
"I think being in college here in the U.S. humbles you. Just like in small ways, as everything here's more expensive, and cleaning ladies and private drives don't exist anymore," said a junior who would like to remain anonymous.

It might sound surprising, but for some international students, being abroad is the first time they see themselves doing chores as simple as doing laundry or making the bed before starting the day. The reality is, hiring someone to do those chores for you or to drive you around town is very cheap, at least in Latin American countries.

Adopting healthy or unhealthy habits while living in America is one's choice. Just keep in mind everything is about finding balance.



Above: Lynn students hanging out at a clean and organized dorm. Photo/ Lynn Admission.

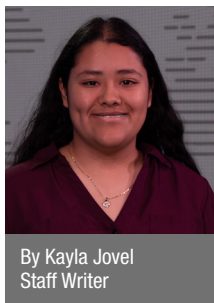


Above: A student doing some work while at Starbucks. Photo/Foodly.

CENTER STAGE

BAD BUNNY & BLACKPINK TO PERFORM AT COACHELLA

BlackPink and Bad Bunny made history as the first Asian and Latino headliners at this year's Coachella festival in California.



Coachella is an annual music festival replete with influencers, celebrities and talented musicians.

Over the years, the festival has hosted some of the greatest and most popular artists across genres, including headliners like Beyoncé, Ariana Grande, Harry Styles and Billie Eilish. Other performers have included Anita, Karol G, Kid Cudi, Grupo Firme and even Los Tucanes de Tijuana.

But in the festival's history, never have we seen a Latin or Asian artist headline Coachella — not until now.

Bad Bunny headlined Friday night, being just one of the many Latin artists who performed at Coachella this year. Bad Bunny, although not new to Coachella, has performed on the main stage as a second headliner artist. He took the Coachella stage in 2019, giving a versatile show at the time switching from emotional songs like "Ni Bien, Ni Mal" to upbeat hits like "La Romana" and "200 Mph" from his album, X100PRE.

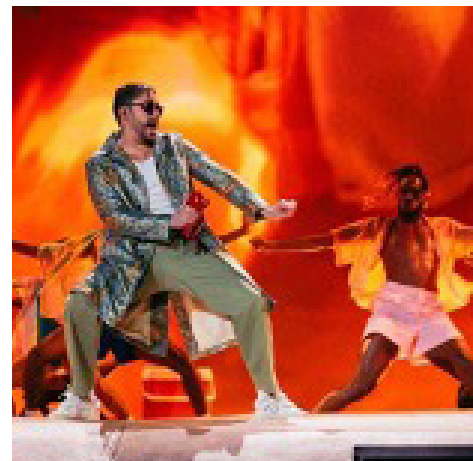
Bad Bunny released his summer album, *Un Verano Sin Ti*, in 2022, and performed at the Grammys and had his World Hottest Tour.

"Bad Bunny has been killing it this past year," said Maria Lopez. "His new album is literally for the summer and for festivals. I was happy to see Latin culture represented on stage during Coachella."

Bad Bunny was not the only performer representing the Latino culture on the main stage this year. Artists like Becky G, Kali Uchis and Rosalía were second headliners who performed, and we can expect to see great things from these Hispanic artists beyond Coachella.

"I feel like Coachella has been adding a lot more variety of the artists who they choose to perform at Coachella," said Stephanie Gomez. "Last year was probably the first time [when] we had so many Latin and Hispanic artists perform on some in the big stages like Karol G and even Banda MS. It's such as prideful moment to see our culture be represented in such a big festival."

With so much Latin representation, we cannot forget the Saturday night headliner, BlackPink. BlackPink performed on the main stage as a second headliner in 2019. This K-pop group went on to perform their



Above: Bad Bunny performing at his World Hottest Tour concert. Photo/E. Rojas.

hits, "DDU-DU-DDU-DU" and "Kill This Love," giving an amazing performance with stylish outfits and dance performances from group members Lisa, Rosé, Jisoo and Jennie.

"It's cool to see artists from other countries get their time to shine," said Gomez. "I think K-pop overtime is getting bigger and bigger like not just BlackPink performing at Coachella, but this year there are so many K-pop groups going onto the big stages like Tomorrow x Together and New Jeans are performing at Lollapalooza. It's showing how representation and how big of a deal it is to have Asian and Latin artists perform or headline in events like these."

Black Pink was not the only Asian performance at Coachella this year; artists DPR Live, DPR Ian, Jackson Wang and Sunset Rollercoaster were other Asian acts featured.

Coachella continues to make history by hosting incredible performances, and will made history this year with its diverse headliners — Bad Bunny, BlackPink and R&B singer Frank Ocean. This is a big win for people of color and especially for our Latin and Asian friends.

If you were not able to secure a ticket, visit social media and YouTube to view the highlights and most exciting performances of this year's festival.



Above: Bad Bunny performing at his World Hottest Tour concert. Photo/E. Rojas.

FROM ONE FASHIONISTA TO ANOTHER

AN UPPERCLASSMAN'S ADVICE TO AN UNDERCLASSMAN

When students begin college, most do not know what they want to do in the future or what degree they want to graduate with.



By Katie Zivley
Managing Editor

More specifically, there are those who are new to college and want to enter the fashion industry but do not know where to start.

At Lynn, the Fashion and Retail Association — also known as FRA — gives students incredible opportunities to grow their knowledge in fashion. Some examples include attending fashion shows, modeling in fashion shows at Lynn, styling others and learning from other students who love fashion just as much as you do.

“Don’t be afraid to take an unpaid job; those are usually the most hands-on and educational opportunities,” said Ava Mancini, a senior and president of FRA. “If I could do it all again, I would definitely focus on getting luxury retail jobs and experiences to build my resume.”

Students who will soon enter the real world have tips and things they wish they had done in college. Many of them wish they had known how little time they had left. It is important to remember that not every rejection should be taken so seriously. Some say that things happen for a reason.

“Only take a job if it has something to do with clothing or retail; the fashion industry is cutthroat, and you aren’t going to get a job at Prada when your resume says, ‘Starbucks barista,’” said Julie Economys, a senior and vice president of FRA.

Additionally, having a positive attitude in class may get you recognized by your professors, which in turn could result in them recommending you to a potential employer. Mancini and Economys both expressed their gratitude towards the FRA.

Economys states, “[it] was one of the things that gave me the most opportunities in

fashion, from working backstage for Saks 5th Avenue to Oscar De La Renta shows.”

The next time you are stuck on resources in the field of fashion, look into the FRA — and its amazing opportunities — to gain experience and meet incredible people.



Above: Ava Mancini walks down the runway at the Lynn Fashion Showcase. Photo/@photographygoat.



Above: Julie Economys is seen at a house in Miami hosting a private fashion show to raise money for charity. Photo/A. Mancini.

WHY USE SUNSCREEN?

THE MOST ESSENTIAL ITEM IN A BEAUTY ROUTINE

Sunscreen is an essential product everyone should include in their daily beauty routine because it protects the largest and most visible organ: the skin.



By Onielia Wilson
Copy Editor

Sunscreen protects the skin from UV rays, prevents sunburn and reduces the risk of skin cancer. It also improves the skin’s overall appearance by preventing premature aging and contributes to a more even skin tone.

Applying sunscreen 30 minutes before going out in the sun is critical to maximize the benefits. People also need to reapply periodically after swimming or excessively sweating.

“I don’t go outside much, so I don’t wear sunscreen often, but I prefer Sunburn or Neutrogena when I use it,” said Catherine Isham, a junior.

Many people think sunscreen is only for hot sunny days, but the skin still needs protection when it is cloudy. UV rays can penetrate cloud coverage and cause skin damage, even indoors because they penetrate windows.

“I apply sunscreen to my full body every day because I don’t want to get sunburned,” said Pelo Zinyana, a freshman. “I am currently using Eucerin sunscreen, and I love it, but it took me a while to find a good one because my skin is dry and other sunscreens irritated it.”

There are many sunscreen options and choosing the best one can be challenging. The key factor is that the sunscreen should have at least SPF 30 and block UVA and UVB rays.

Continued ...

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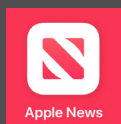
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The next step is deciding what type of sunscreen is most suitable for personal skin needs. Chemical sunscreens absorb into the skin to provide protection and are easier to apply, but they can be harsh on sensitive skin. Mineral sunscreens sit on top of the skin and offer complete protection but can leave a white cast.

"I learned all about sunscreen from my dermatologist," said Susannah Gernet, a senior.

"I try to use it daily, but sometimes I forget."

Placing sunscreen alongside other everyday morning essentials can make it easier to remember. People can also make a reminder on their phones until using sunscreen becomes a habit.

With summer quickly approaching, and with it more hours of daylight, it is even more important to remember to apply sunscreen. Enjoy the sunshine but do not skip sunscreen in your daily beauty routine.

CONTENT CREATION AND STORYTELLING
COM 399

Students will prepare content for the new Lynn television broadcast, "iPulse Live." Students will be exposed to all aspects of producing the broadcast, including hands-on experience in filming, reporting, and editing interviews, commentary, and news packages. In addition, students will work on studio production and technical aspects, including graphics and studio directing. This hands-on course is available to all Lynn undergraduates and all levels, including first-year students.

Fridays from
12:30 P.M. - 3:30 P.M.

Register Now!
Fall UG Day

For more Information Contact:
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A variable topic seminar dealing with research and issues in communication.
This course may be taken no more than three times.