STUDENTS DEFY GRAVITY
Office of Student Involvement Presented “X-Treme Air” on Campus

By TAMAE SEKI
Staff Writer

On Feb. 26 the Office of Student Involvement brought X-Treme Air to Lynn’s campus, a vertical win tunnel that breaks the bonds of gravity and lets users actually “fly.”

There were many students who came to the event held on the grounds between Freiburger and de Hoernle. Students were able to experience the feeling of skydiving without actually having to jump out of an airplane.

Paradigm Entertainment Group’s “X-Treme Air” travels from coast to coast to visit colleges and corporations around the nation. They brought the sky-diving simulator to campus and received a number of students who couldn’t wait to try out the machine. The machine supports the user’s body on a cushion of air, simulating the feeling of sky-diving.

“When I was flying, it was really cool. It felt like I was falling down in the air.”
-Paige Angelsan, junior

“I was scared before I tried it,” said Paige Angelsan, junior. “When I was flying, it was really cool. I really felt like I was falling down in the air.”

Students who wished to defy gravity had to wear a special suit and a protection helmet. Then, they were able to feel the thrill of “X-Treme Air,” which generates winds of up to 150 mph from its 1200-hp diesel engine and DC-3 propeller.

This was surely an event that students will remember. After all, it is not every day that one gets to fly without even getting into an airplane!
STUDENT AT SUPER BOWL
Robert Burns Goes to Arizona for Media Week

BY ROBERT BURNS
Special to the iPulse

When the plane touched down in Phoenix, AZ the city’s excitement to host the big game was palpable as banners, posters and the slogan “Who Wants It More?” were scattered all over Phoenix Sky Harbor International Airport.

Monday started the official media week at the downtown Phoenix Convention Center, which was littered with NFL promotional items and reporters.

Tuesday’s Media Day at the University of Phoenix stadium set the bar for absolute pandemonium.

The beautiful, state of the art stadium was filled with masses of reporters trying to get Tom Brady’s interview at the podium, huge crowds that included comedian Guy Torry, singer Kellie Pickler and the infamous reporter in a wedding dress asking EVERY player to marry her.

On Thursday the Super Bowl parties began, including the famed Madden Bowl ’08. At the Scottsdale-located party, players and stars came out to battle in the XBOX360 gridiron battle.

Having a chance to party the night away with celebrities, including players like the Chargers Antonito Cromartie and Antonio Gates, homegrown talents Willis McGahee, Kellen Winslow, Reggie Wayne and the host of the event, ESPN’s Trey Wingo was amazing.

Throughout the rest of the week the parties were pretty phenomenal. Getting a chance to hang out at the “ESPN the Magazine” party, meet up with Trey Wingo and see a private concert with Ludacris and Ciara was a great way to end the week on Friday.

Saturday included a trip to super-agent Leigh Steinberg’s annual party and a chance to hop on Jerry Jones’ private bus and hang out with the famed millionaire.

As the night went on the NFL hosted the NFL Super Saturday Night, headlined by a concert by the Counting Crows, bringing back 90’s nostalgia of sideways caps and Saved by the Bell.

By the time Sunday hit, the towns of Phoenix, Scottsdale, and Tempe were exasperated by their efforts to win over the tourists, but there was one more major event to attend: The Super Bowl.

By the time Eli Manning threw the winning touchdown to Plaxico Burress, the lingering enthusiasm of Patriots fans started to fade as they walked back to their cars, planes as well as buses. New York fans stuck around to boast their team’s triumph.

Overall Phoenix did a great job with hosting Super Bowl XLII, though nothing can compare to the fiesta Miami has put on nine times.

Next year much more fun will be in store as the game travels back to Florida, this time heading to Tampa.

For pictures of the week as well as audio interviews, visit: www.TheVIPInsider.com.

GOING GREEN
Treehuggers’ Tailgate Guide

BY AMANDA TOMEYC Staff Writer

Even tailgaters can go green with just a few simple steps. Many tailgaters leave behind piles of cans and other trash as well as spend hours polluting the air with charcoal.

Here are a few tips to have an environmentally friendly tailgate party at that next big sporting event:

Instead of using disposable Styrofoam plates and cups, buy reusable outdoor dishes and bring them from home.

“I got a great set of reusable dishes from Target,” said Erika Schwartz, junior. “They came in handy at the chili cook-off!”

Styrofoam is a huge threat to the environment; it does not break down easily in landfills, but it is also a common threat to the environment caused by the overuse of starter fluid that is so dangerous.

Not only is propane much safer to grill with, it will also help the food taste better by getting rid of the butane taste caused by the overuse of starter fluid that is so dangerous.

While propane is not chemical-free, it does burn much cleaner than wood or charcoal.

Take these few environmentally friendly steps at the next tailgate party and keep going green.

Burns at Super Bowl

Erika Schwartz, junior, grills outside her Boca home
LIB ARTS
Symposium Today

Ten student papers have been selected for presentation at Lynn's seventh annual Liberal Arts Student Symposium to be held today, 4-6 p.m., in the Amarnick-Goldstein Concert Hall.

Sponsored by the College of Arts and Sciences, the symposium is an annual showcase of the best works being produced by undergraduate students.

Student papers range in content, representing all departments from the College of Arts and Sciences: criminal justice, English, humanities, international relations, math and science and psychology.

Student scholars presenting at the symposium were selected by faculty in the college for their exceptional work. This year’s program includes presentations covering a wide array of topics.

The symposium is free and open to the Lynn community. A reception will follow in the lobby of the de Hoernle International Center. For further information, contact Anna Krift at ext. 7413.

From March 18 - 24, Lynn will hold the first-ever Lynnbledon tennis tournament for students, staff, faculty and even alumni.

The tournament is for everyone from those who have never even picked up a racket to those who could be the next Roger Federer or Maria Sharapova.

Teams will be randomly selected from a numerical system and set up fairly according to playing experience. (Teams of ones and fours compete in Group A; teams of twos and threes compete in Group B.)

Healthy food and beverages will be provided. Participation in the tournament is free. Interested participants should register by today.

Registration forms should be returned to the Information Station in the Student Center or via campus mail to Athletic events.

The tournament schedule is as follows. All games are played 11 a.m. - 1 p.m.

Tuesday, March 18: first round
Wednesday, March 19: second round
Friday, March 21: third round/semis
Monday, March 24: championship round

ATTENTION GRADUATING SENIORS

All graduating students participating in the May commencement ceremony must attend the Senior Salute today or tomorrow between 11 a.m. and 7 p.m. in the Green Center.

Students will receive their cap and gown and graduation tickets.

LYNNBLEDON
Tennis Tournament on Campus

CAMPUS VIEWS
Lynn’s Campus Statue

The entrance to the Lynn University statue

A close up of the Lynn and Ross family statue

By ISABEL LACY
Staff Writer

This week’s “Campus Views” article is dedicated to the state of the Lynn and Ross families that is located in between the library and ASSAF buildings on the north side of Lynn University's campus.

The statue was designed to look real, with coloring and details typically found in photographs and paintings. Because of this, the statue is very unique and remains popular on campus.
PENDLETON PARTS WAYS

Men’s Soccer Coach Resigns, Receives Farewell Party

By KRISTEN MORAZ
Lynn Athletic Director

Lynn University’s men’s soccer coach Shaun Pendleton re­signed after 17 years of leading the Fighting Knights. Recently Lynn held a farewell party for Pendleton.

In his final season, Lynn went 15-3-3, won the Sunshine State Conference regular season title and reached the post-season for the 14th team.

He leaves Lynn as the NCAA Division II coach with the most all­time wins with a .846 winning percentage and has firmly planted Lynn on the national map by consistently producing successful seasons year after year.

Pendleton arrived on campus in the fall of 1991 after putting together a two-year record of 27-8-1 at the University of Charleston (W.Va.) and immediately put his name in the record books by going 22-0-2 and winning the program’s second national championship.

Pendleton would go on to reach the NAIA national tournament four more times, including runner-up finishes in 1992 and 1993.

“This is a great loss to Lynn University and its athletic family,” said Kristen Moraz, athletic director. “We wish him nothing but the best at his next stop and look forward to celebrating his successes there from afar.”

I am extremely grateful to Lynn University for the opportunity it gave me 17 years ago,” said Pendleton. “I feel privileged to have worked with so many fine individuals and honored to have shaped so many young student-athletes’ lives.”

Pendleton will go on to coach at Appalachian State University.
DAILY WORKOUTS GOING GREEN
How Eco-Therapy Can Help Improve the Results of Everyday Exercise

Sophomores John Colon and Rob Brenner enjoy a “green” afternoon while appreciating nature on Lynn’s campus.
Staff Photos/Ramona Cavanagh.

By RAMONA CAVANAGH
Staff Writer

Mother Nature is a powerful force that can destroy homes, give a nice suntan and everything in between. It can even boost the average person’s workout. Research has shown that working out in nature can reduce stress, depression and anger while simultaneously boosting one’s mood and self-esteem.

This type of workout is called eco-therapy, or green exercise. Eco-therapy consists of doing any type of activity outside.

Recent research has shown that the color green can both balance the body’s nervous system and exhibit calming effects.

A study was done at the University of Essex in Britain that concluded people running in 20-minute intervals on the treadmill while looking at a rural background resulted in a significant drop in blood pressure and an improved emotional state.

The study stated that those who ran the treadmill with no view had better results than those who ran while facing an unpleasant city backdrop.

“I prefer working out and running in nature,” said Gene Prousnitzer, sophomore. “The scenery is constantly changing.”

(Continued on page 2)
It is believed that nature has healing powers beyond improving workouts. Hospitals are now using nature exercise, such as simple walks outside to speed the healing process of patients and boost psychological states. There is believed to be a definite link between nature and people’s emotions. “I just generally feel better when I workout outside,” said Thomas Shaffer, sophomore. “I will workout in a gym, but I would prefer to be in a less stuffy environment.”

It can help the psyche to take some time out each day to absorb the serenity of nature. Taking just a brief moment to appreciate the scenery and nature’s beautiful elements and improve one’s mood, and perhaps even one’s life.

Colon and Brenner take a moment to enjoy nature. Staff Photo/R. Cavanagh.

**CRAZY ABOUT MARCH MADNESS**

*College Basketball’s “Big Dance” is Right Around the Corner*

By **GREGORY BOXELL**
Staff Writer

Lace up those sneakers because the “big dance” is almost here! March Madness, college basketball’s most cherished event and arguably the most exciting tournament in all of sports is right around the corner.

Dozens of teams are finishing up their regular seasons and conference tournaments, seeking out an invitation to the “dance.”

Teams like Tennessee, Memphis, North Carolina, UCLA, Duke, Texas and Kansas have already solidified their spot in this year’s tournament. The basketball season is a long, grueling marathon that spreads over the course of a six month period.

Each game counts, from the opening night in November all the way up to the last game of the conference tournaments in March.

This is the time of year when unsung heroes emerge, major upsets can happen and Cinderella teams make a run at the championship title.

“It’s my favorite sporting event because of the excitement and the fact that anybody can be beaten on any given night,” said Michael Woo, freshman.

On March 16 all of the qualifying teams will be announced. Many people celebrate this event not only by watching, but participating in brackets with friends, classmates or co-workers.

The University of Florida has won the national title for the past two seasons, but this year looks to be different as new faces and new surprise teams have surfaced across the nation as top contenders to compete in the Final Four.

“I would like North Carolina to win this year because I’m a Tar Heels fan, and the last time they won was in 2005,” said Aude Gershy, junior. “It would be great to see them win again this year.”

This year’s “dance” is set to be an exciting one, so be sure to tune in and experience March Madness.
THE DANGERS OF FUN IN THE SUN

Keep Skin Safe From The Sun’s Harmful Ultraviolet Rays

By ALI ABRUZZESE
Staff Writer

Ultraviolet light from the sun is one of the worst enemies to skin, leading to severe damage and, in some cases, skin cancer.

Living in an environment such as Florida where being in the sun is a common factor all year round, the risks of skin damage are much greater.

It is a common belief that when in the sun for only a short period of time, or when it is not sunny outside, sunscreen is not necessary.

This is false. Even being in the sun for only a short while or under cloud coverage can lead to sunburn. Up to 80% of the sun’s rays can penetrate light clouds.

When going outdoors, even for a short while, be sure to wear a sunscreen with a sun protection factor (SPF) of at least 15 to keep skin healthy and safe from the sun’s harmful rays.

Try to reduce sun exposure between the hours of 11 a.m. and 4 p.m. when the sun’s UV rays are the strongest and most damaging.

Finally, stay away from tanning salons, which puts skin at a huge risk of getting skin cancer.

Follow these steps to take care of skin in the sun, and always remember pack a bottle of sunscreen when attending an outdoor event.

THE AUDACIOUS AUDI

Chris Hewett’s Powerful Luxury Ride

By DYLAN REGAN
Staff Writer

Chris Hewett, a junior majoring in business management, is the owner of a 2007 Audi A4.

The A4 packs a conservative 215 horsepower out of its fire-breathing 3.0 liter inline six engines. The Audi has a lightweight and durably aluminum block engine and carbon fiber body, which gives it a sleek design and excellent performance.

"There is nothing like driving a German-engineered automobile," said Hewett. "What makes the Audi so great is the four-wheel drive quattro system."

Audi was a pioneer in the industry when it introduced the Quattro system in 1980, and according to Hewett, the system has only gotten better.

"No matter what model year, the A4 is a vehicle that will provide athletic performance and a comfortable and inviting cabin space," said Hewett.

The first-generation Audi A4 was debuted by the German automaker Audi in 1994 as the successor of the Audi 80. The Audi A4 is a luxury compact executive car.

With both a great performance and a great look, it’s easy to see why the Audi A4 stays in the minds of car enthusiasts everywhere.

SUPPORT LYNN

Wear Blue and White Friday

Wear blue and white tomorrow and support the men’s and women’s tennis teams in their matches against Auburn Montgomery.

The women will hit the courts at 10 a.m., and the men will play at 2 p.m.
ATTENTION GRADUATING SENIORS
All students participating in the May commencement ceremony must attend the Senior Salute today in the Green Center.

MEET THE PRESS
Editors
Sarah Nicole Grimmer
Jennifer O'Toole
Assistant Art Directors
Joseph Fiberman
Matthew Stern
Copy Editors
Carolina Gonzalez
Nicholas Hindbaugh
Advertising Manager
Timothy Cappelli
Multimedia Assistant
Tamae Seki
Staff
Alison Abruzzese
Andrew Armenti
Gregory Boxell
Amanda Cartine
Ramona Cavanagh
Christopher Edwards
Ashley Feldman
Guy Jester
Isabel Lacy
Alexandra Minz
Dylan Regan
Amanda Tomec
Kelcey Wheeler
Robert Zap
Faculty Advisor
Stefanie Powers
Multimedia Support
Jena Zakany

Joe McNamara sits in the "big chair" brought by the Knights Activities Team. LU Photo/Anthony Bosio

HAPPY TO BE RE-ELECTED
Regional Board of Directors Votes on McNamara

By JEN O'TOOLE
Editor

Joey McNamara, KAT chairperson and Lynn student blogger, was re-elected to his current position on the Regional Board of Directors (RBD) for the South Atlantic Affilate of College and University Residence Halls (SAACURH).

"An opportunity to represent SAACURH for a second term is amazing," said McNamara. McNamara, who writes "My Knightlife," a blog about his involvement in both on-campus and off-campus activities, serves as the associate director of business administration for SAACURH.

"It's a great leadership position, and I love being part of an organization of students committed to developing leadership, honoring diversity, recognizing achievement as well as stimulating engagement and involvement among students who reside in the university residence halls."

HAVE FUN...RUN!

The Student Alumni Association (SAA) and the Lynn University Runner's Club are co-hosting the first annual 5K Fun Run on Lynn's campus.

Participants in the "In-Step" walking competition can use this as a great opportunity to get more steps.

Students, faculty, staff and alumni are all welcome to participate in this event. The event will take place on Friday, March 14, at 5 p.m. on the Freiburger lawn. Registration for the run will begin at 4:30 p.m. Have fun and "run" Lynn for a day.

Christine Johnstone and Professor (Khalique) Ahmed train for Friday's 5K fun run.
HILLEL TO RAFFLE OFF PLANE TICKETS

Students, Faculty and Staff Have Chance to Win JetBlue Tickets and Other Prizes to Benefit the American Cancer Society

By RYAN S. FEIGENBLATT Special to the iPulse

As Lynn University prepares for its second annual Relay for Life to benefit the American Cancer Society, many teams are striving to have an even more successful year of fundraising for the event.

Hillel is one of those organizations. Setting a goal of $10,000 to help Lynn reach its campus-wide goal of $35,000, Hillel is proud to sponsor an incredible chance drawing open to all students, faculty and staff.

The drawing features two grand prizes of two roundtrip airline tickets courtesy of JetBlue Airways as well as other prizes such as local restaurant gift certificates.

"I am so thrilled to see Hillel offer this unbelievable chance drawing for the second year in a row," said Taryn Hamill, junior and Lynn’s Relay for Life chairperson. "I look forward to buying my own ticket for a chance at this amazing prize, and I encourage other members of the university to do so as well."

Tickets to enter the drawing are $5, and 100% of the proceeds will be donated to the American Cancer Society's Relay for Life fund at Lynn.

The American Cancer Society is a nationwide, community-based voluntary health organization.
The grand prize drawings will take place at the event, and winners are not required to be present.

Everyone is encouraged to join Hillel and the other campus organizations at Lynn's 200 Relay for Life event for a fun-filled night that will support a vital and meaningful cause.

To support Hillel in its mission to help fight cancer and enter the drawings, e-mail RF eigenb-latt@email.lynn.edu or call 516-996-0833.

---

**U.S. POLITICS**

*Understanding Super-delegates*

**By AMANDA CARTINE**

Staff Writer

While the election system in the United States is quite complex, it is still necessary for Americans who are eligible to vote to understand the system and the terms surrounding it. Here is a definition to help further understand the process:

Super-delegate: A super-delegate is a leader in the National Democratic Party who has a vote at the national convention and does not have to adhere to the votes in the primary caucuses.

Super-delegates and delegates play a very important function in the election process, and can inevitably make or break a political figure due to the fact that each party candidate needs a certain amount of delegates to win their party's nomination.

Currently there is some controversy among Democrats due to the fact that Florida and Michigan were stripped of their delegates as a form of "punishment" from the Democratic National Convention because the two states did not adhere to the rules and help primaries before Feb. 5.

---

**BLOGGERS’ CORNER**

*Student Bloggers Share Their Views*

Blog By JANA FUSON

Lynn Blogger

The following is an excerpt from "An Open Book," a Lynn University student blog.

Check back with the iPulse for more blog excerpts or visit blogs.lynn.edu.

"Lynn Magazine"

The Lynn Magazine is out and the bloggers are in it! Debbie Stern interviewed all of us last semester for an article she planned to write for the magazine, and I think she did an amazing job!

She said that we've created "a living, breathing brochure for Lynn University," which I thought was an exceptional phrase.

She included information we gave her in our interviews and mini bios as well as excerpts from our blogs, which I wasn't expecting (though I suppose I should have).

The entire article is so colorful! The excerpts from our blogs are color coded (I’m green) and in a different font, which makes the whole article more interesting aesthetically.

And I have to give Anthony credit; the pictures he took from the beginning of the year are amazing, as well. Good job guys!
MOVIE WEEKENDER

Isabel’s Reviews: Vantage Point

By ISABEL LACY
Staff Writer

Vantage Point
Rating: PG-13
Genre: Action
Isabel’s Rating:

“Vantage Point,” directed by Pete Travis, is an action movie with “eight strangers, eight points of view and one truth.”

In the film the attempted assassination of the president is told from different perspectives, and the truth is sought out.

The movie has an all-star cast that includes Dennis Quad, Matthew Fox, Sigourney Weaver and Forest Whitaker.

“I think it was a great movie with a lot of twists and turns,” said Kevin Rabinowitz, sophomore. “Since you get to see the movie from all the strangers’ points of views, you get to see every detail that the movie has to offer. I highly suggest this movie to everybody.”

Jesse Redstone, senior, agrees, saying, “Vantage Point’ was pretty solid.”

PHILHARMONIA TO PLAY IN FESTIVAL OF THE ARTS

Free tickets are available to the Lynn community for the Festival of the Arts Latin Symphonic & Dance Night featuring Tiempo Libre and Lynn’s Philharmonia in the Florida premiere of “Rumba Sinfonica.” The concert is Saturday at 8 p.m., at the Mizner Park Amphitheatre in Boca Raton. Tickets can be picked up at the information station.

TODAY’S TIDBIT

The Grace of Giraffes

By JOE FIERMAN
Staff Writer

While giraffes may look cute and innocent, one well-placed kick from this creature can shatter a lion’s skull or break its spine. They can also run up to 35 miles per hour for short bursts.

An adult giraffe can grow up to 19 feet tall and weigh up to 2,800 pounds. A giraffe’s neck can weigh around 500 pounds and is among the longest in the animal kingdom.

A giraffe can clean its ears and face with their long tongues. They are plant-eaters and often carefully eat around the thorns with their prehensile tongues and tough lips.

Giraffes are typically found in the African grasslands or savannas.
IN CHEESECAKE BLISS
Student Couple Wins Sentimental Contest and Dinner

By TIMOTHY CAPPELLI
Staff Writer

For its special Valentine’s Day edition, the iPulse set out to find Lynn’s most sentimental comments in its “20 Words or Less” competition.

More than 100 entries were judged in this event, with most of the comments appearing in the pages of the Valentine’s Day Special Edition of the paper.

The winning entries were submitted by Mike DeMatteo and Meghan Shea:

“He’s my other half. He always makes me smile and laugh. We’re inseparable! Without him I wouldn’t be me,” said Shea.

“She’s love in my life, my best friend and believes in me. Life is complete now that she’s in it,” said DeMatteo.

The couple said that they enjoyed an “astounding experience” at the trendy and comfortable Cheesecake Factory.

The restaurant is known for its California-sleek-meets-art-deco design and the more than 200 menu selections including appetizers, salads, pastas, entrees, and, of course, cheesecake.

Above: Shea and DeMatteo enjoy their date at The Cheesecake Factory
The History of America's "Greenest" Holiday

Special to the iPulse

St. Patrick is believed to have driven the snakes from Ireland. Once a pagan himself, St. Patrick is one of Christianity's most widely known figures. The modern secular holiday is based on the original Christian saint's feast day also thought to be the date of the saint's death. In 1737, Irish immigrants to the United States began observing the holiday publicly in Boston and held the first St. Patrick's Day Parade in New York City in 1766.

Today, the tradition continues with people from all walks and heritages by wearing green, eating Irish food, and attending parades. St. Patrick's Day is bursting with folklore; from the shamrock to the leprechaun and to pinching those that are not wearing green.

St. Patrick's Day is celebrated on March 17, his religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for thousands of years.

On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink, and feast on the traditional (Continued on page 2)

Left: A student wearing green, a traditional part of any St. Patrick's Day celebration.
St. Patrick’s Day
(Continued from page 1)

meal of Irish bacon and cabbage.

The first St. Patrick’s Day parade took place not in Ireland, but in the United States. Irish soldiers serving in the English military marched through New York City on March 17, 1762.

Along with their music, the parade helped the soldiers to reconnect with their Irish roots, as well as fellow Irishmen serving in the English army.

Over the next thirty-five years, Irish patriotism among American immigrants flourished, prompting the rise of so-called “Irish Aid” societies, like the Friendly Sons of Saint Patrick and the Hibernian Society.

Each group would hold annual parades featuring bagpipes (popular in the Scottish and British armies) and drums.

Today, St. Patrick’s Day is celebrated by people of all backgrounds in the United States, Canada, and Australia.

Although America is home to the largest productions, St. Patrick’s Day has been celebrated in other locations far from Ireland, including Japan, Singapore, and Russia.

Last year, close to one million people took part in Ireland’s St. Patrick’s Festival in Dublin, a multi-day celebration featuring parades, concerts, outdoor theater productions, and fireworks shows. Source: History Channel

CELEBRATING ST. PATRICK’S DAY
Lynn Community Celebrates Irish Holiday

IRLAND: THE EMERALD ISLAND
Luck of the Irish Seen Throughout the Country

By LONELY PLANET Special to the iPulse

It’s said that Ireland, once visited, is never forgotten, and for once the blarney rings true.

The Irish landscape has a mythic resonance, the country’s history is almost tangible, and its people seem put on earth expressly to restore faith in humanity.

The weather may sometimes give the impression of swimming through an airborne ocean, but the truly luminous greens, luxuriant wildflowers, and afternoons spent holed up in riotous pubs will more than make up for the webbed feet visitors will need to grow.

Religion has always been Ireland’s meat and drink, and there are an abundance of sacred sites, from stone circles and dolmens to 1000-year-old early Christian churches. Castles, forts, museums and mansions, many with exquisite gardens, dot the countryside.

Despite its northern latitude, Ireland’s climate is moderated by the Gulf Stream, bringing the dregs of Caribbean balminess, as well as turtles and triggerfish.

The temperature only drops below freezing intermittently during the winter and snow is scarce. Summers aren’t really that hot, rarely hitting 30° C (86° F), but it stays light until around 11 p.m.

Whatever the time of year, be prepared for rain because Ireland is wet.

The heaviest rain usually falls where the scenery is best: luscious County Kerry can be drizzle-bound on as many as 270 days of the year.

For those who find the rain a problem, they can take comfort in the old Irish saying: “It doesn’t rain in the pub!”
IN DUBLIN
My Experience

By JEN O’TOOLE
Editor

The last time I visited my family’s native land of Ireland was in high school. Much of my father’s family still resides in Ireland. My grandparents migrated to the United States from Ireland before my father was born.

Whenever I visit Ireland, my main focus is always on family. The beautiful scenery is a bonus for me.

Ireland is a beautiful country, full of green and life. Culturally we share some similar beliefs, but I noticed that everyone seems to be much more laid back and willing to take things much slower in Ireland.

My family lives in Dublin, so I’ve been able to experience that great city on multiple occasions. When I was younger, I enjoyed going to the bogs, which were basically mud, and playing in them.

I love Ireland because it is a beautiful place and the people are friendly.

The Ireland Study Abroad program offers students the opportunity to spend a summer, a semester, or a full academic year in Ireland at the American College Dublin.

While experiencing the culture, learning the traditions and enjoying the craic (good fun), students will earn credits toward their degree.

At the beginning of each study term, students have the opportunity to embark either on an extensive study tour throughout Dublin or to participate in the Arts and Humanities study tour to Italy.

The American College Dublin, Lynn University’s sister school, promotes the same high academic standards and works with Lynn University to promote the global community and international education through the study abroad experience.

Courses at American College Dublin are taught by highly trained and diverse faculty members, providing students with a global perspective in each of the disciplines studied.

STUDYING ABROAD IN IRELAND
Student Armando Castillo’s Photos from his Semester at the American College in Dublin, Ireland
STUDENT DUBS DUBLIN "AMAZING"
Lynn Junior Spends Semester Abroad in Ireland

By ISABEL LACY
Staff Writer

American College, Dublin

Rachael Autiello, junior, recently spent six months studying abroad in Dublin, Ireland. She went to school at the American College of Dublin and said that she really enjoyed learning with the Irish students.

While Autiello was in Ireland, she learned about the culture, food, pubs and school curriculum. She also got the chance to travel all over Europe.

"I loved the experience of living in the city of Dublin," said Autiello. "The shopping there is amazing."

Autiello says that when it comes to food, most people head to the pubs. "Every night they go out, and it's more of a social thing," said Autiello. "After work, they go to the pub and then go home and see their families."

Popular Irish dishes include Shepherd's pie, fried fish and chips, lamb and corn beef.

As for sweets, she says that while Ireland's chocolate doesn't compare to the American Kit-Kat, the pastries are much better.

Autiello said she found some of the language differences very interesting. For example, in Ireland they call French fries "chips" and potato chips "crisps." They also call the cafeteria a "canteen."

Autiello says she loved her trip to Ireland and had a truly great experience.
LYNN’S BLUE AND WHITE DAY
Students, Faculty and Staff Come Out to Support the Fighting Knights

By GREG BOXELL
Staff Writer

Friday Lynn celebrated Blue and White Day in support of the Fighting Knights tennis and baseball teams.

Both the men’s and women’s tennis teams matched up against Auburn-Montgomery in the morning, and the men’s baseball team went head to head with rival Barry University.

Throughout the day, fans showed their support for the Fighting Knights as everyone was encouraged to wear blue and white. There was a great turnout at all three games.

“I think Blue and White Day is an exciting day because it brings the student body together and helps support the athletic teams by wearing our school colors,” said Rob Nobrega, freshman.

Friends, family and fans showed up to support the Lady Knights in the morning match and were served juice, coffee and cake.

The women’s five match winning streak would come to an end as they fell to the top ranked NAIA Auburn Montgomery 6-3. This was their second loss of the season.

The men’s tennis team faced the defending national champions in the NAIA division, ultimately being defeated 5-2.

At the baseball game, fans enjoyed the action while also enjoying free smoothies by Smoothie King.

The men’s baseball team lost their first game against Barry, but won the next two games, taking the series.

(Continued on page 2)
Lynn Celebrates Blue and White Day

The Lynn community has always had strong turnouts from both students and faculty on Blue and White Day as it has become a long-established event for the university. "Blue and White Day is a great way to get the faculty involved with the students outside of the classroom," said Craig Sheets, senior. "It is a fun way to get everyone to come out and support Lynn sports."

The next Blue and White Day will be held on Friday, April 4. Attend to cheer on and support Lynn athletics.

WEEKEND HOT SPOTS

What to Do When the Work Week Ends

By DYLAN REGAN
Staff Writer

Contemplating what to do in Boca Raton this weekend? Here are some suggestions that are sure to provide a fun time:

Try Boca Bowl on Friday and Saturday nights for cosmic bowling. Boca Bowl is an inexpensive way to entertain individuals of all ages. With great rates of just $12 for an hour of bowling, this is one way to have fun without emptying the wallet.

Looking to relax this weekend? Head to Muvico on Airport Rd. This state-of-the-art movie theater features 20 screens with stadium seating for the viewer’s pleasure. For those over the age of 21, a full dinner menu and VIP balcony seating is also available.

For those who wish to do something active, Boomers! family fun center is the perfect choice. There are many great deals and packages to choose from, such as the Super Sampler Pack for $29.99 that includes a go kart ride, a bumper boat ride, a rock wall climb, a round of miniature golf and a laser tag session. There is also a full arcade for those who love to play games.

CAMPUS VIEWS

See Lynn’s Sights

By ISABEL LACY
Staff Writer

There are interesting sights all around Lynn’s 123-acre campus. From lakes and fountains to student hot spots, Lynn has a variety of sights that are more than meets the eye.

In this week’s Campus Views, some of Lynn’s water-bound locations are featured.

The fountain outside of the library is reminiscent of that of a luxury resort.

The lake outside of the Lynn residence hall looks like an oasis on campus.

The cafeteria patio is a spot enjoyed by students and staff alike, and is perfect for Lynn community events.
ALI’S HOW TO:
Save Money and Have Fun

By ALI ABRUZZESE
Staff Writer

Many college students find themselves struggling to meet their budgets, and often end up spending money rather than saving it. Though it can be difficult, it is important to learn how to save and manage money. Here are a few tips to help save money in fun and easy ways:

1. Try saving small amounts of money instead of depositing large lump sums. By putting away a few coins a day, or a few dollars a week, the savings can rack up without any strain on the wallet in present time.

2. Get creative with cooking instead of going out every night. Create a delicious homemade meal for a fraction of what it would cost to eat out in a restaurant.

3. Set a time each week to go grocery shopping and stock up for the entire week instead of just going to the store whenever hunger occurs.

4. When living on campus eat at the cafeteria as much as possible. The cafeteria has a wide variety of foods that will provide a well-balanced meal for little to no extra cost to the student.

Try changing a few small spending habits at a time so that the transition to a wise spender can be made comfortably.

FUNNY FACTS
Interesting Tidbits

By JEN O’TOOLE
Editor

The average bed is home to over 6 billion dust mites, so today might be the perfect day to go out and buy an allergy protecting mattress cover.

Most lipstick is partially made of fish scales. Pucker up!

The next time the desire to grab a cup of coffee in the morning takes over, consider this: Apples are more effective at keeping people awake in the morning than caffeine.

Mosquitoes have 47 teeth. No wonder it hurts so much when they bite!

GO GREEN IN THE HOME
One Light Can Save the Planet

By AMANDA TOMEC
Staff Writer

There has been a lot of buzz lately about the state of the planet, and many want to do their part to go green. To get started, all it takes is the twist of a light bulb.

With recent technology and the help of environmentalists, there are now “green” light bulbs that can help save the planet, one light at a time.

These fluorescent bulbs, once known for harsh lighting and an unforgiving glow, are now available in a variety of shapes, sizes and lighting styles.

If each household in America swapped out a regular light bulb with a new “green” bulb, there would be enough money saved up to light more than 3 million homes for an entire year.

This equates to more than $600 million saved in electric bills, and would prevent greenhouse gases that compare to the pollution given off by 800,000 cars.

These compact fluorescent bulbs use roughly 75 percent less heat than regular bulbs, so they not only cut down on electric cost, they help keep homes cooler as well.

Do what is right. Head to the home improvement store and go green.
TAKING A DIP
Check Out Lynn’s Pool
By ROB ZAP
Staff Writer

The McCusker Sports Complex pool area is open to the Lynn community and is a perfect solution to a hot day or even just a stressful one. For those interested in catching some sunrays, the pool area is perfect during the mid-afternoon hours. (Just be sure to put on sunscreen!) The pool area offers more than just a place to get a nice suntan; the facility also encompasses a barbeque pit where friends can cook up some burgers and hotdogs while enjoying the beautiful weather that South Florida has to offer. Lawn chairs are also available in the pool area and make a perfect spot to relax after a hard day of classes or work. The pool area is the perfect complement to a beautiful day in Boca Raton.

Views from various locations at Lynn’s pool

POLITICAL TERMS
What Does G.O.P. Mean?
By AMANDA CARTINE
Staff Writer

Abbreviated terms are often used in political discussions, leaving even C-SPAN addicts scratching their heads from time to time. This week’s political verbiage will discuss one commonly used term, G.O.P.

G.O.P.: The term is often used when referring to the Republican party and its presidential contenders. So, what does it mean? G.O.P. stands for the “Grand Old Party,” a nickname that evolved from the “Gallant Old Party” name that the Republican Party received in 1875. There has always been some controversy over the term G.O.P., as the Democrats criticize Republicans for the seemingly arrogant title. The mascot of the G.O.P. is the elephant, and the color red commonly represents the party in modern times.

CAMPUS SAFETY
TIP OF THE WEEK

Personal safety and security begins with the self. While things may be hectic with classes, work and activities, it must still be remembered that it is important to secure all valuables.

This can be accomplished by looking dorm rooms, regardless of the length of time planned to be away from the room.

Valuables should not be left in plain view of others at any time.

Remember, “Lock it or lose it.”

Campus Safety and Security can be contacted at 561-237-7226.
BEACH BUM BASH WAS A BLAST
Event Featured a Sand Castle Build-off and Barbecue

Students in the Beach Bum Club build sand castles and enjoy a fun day at the beach.
LU Photos/Brooks Alexander.

By HUNTER BLANKENSHIP
Special to the iPulse

President and founder of The Beach Bum Club, Brooks Alexander, junior, hosted the Beach Bum Bash and Sand Castle Build-Off Saturday.

The event, which had an attendance of more than ten Lynn students and members of the Beach Bum Club, took place at Gulfstream Park in Delray Beach.

"It was a good turn out," said Alexander. "It was great that everyone participated."

Highlights of the Beach Bum Bash included a sand castle build-off and barbecue. The event, from campus involved was created to serve as an activity and out of their dorms. The day was sponsored by Boca Surf and Sail, who donated a $50 gift certificate to the winners of the sand castle build-off.

"All in all, it was a pretty good day!"
-Brooks Alexander, Junior

"All in all it was a pretty good day," said Alexander.
THE BEACH BUM BASH
Photos from the Event Held Saturday

Find the Beach Terms

Photos By BROOKS ALEXANDER

BEACH CASTLE DOLPHIN
ENVIRONMENT FLORIDA JELLYFISH
SAND SHARK SKIMBOARD
SURFING WATER WAVE

THE BEACH BUM BASH WORD SEARCH
Photos from the Event Held Saturday

Find the Beach Terms

Photos By BROOKS ALEXANDER

BEACH CASTLE DOLPHIN
ENVIRONMENT FLORIDA JELLYFISH
SAND SHARK SKIMBOARD
SURFING WATER WAVE
LYNN’S FINE EATERIES

Featured: Christine’s & Knights’ Court

By ROBERT ZAP
Staff Writer

The student center is home to many fine food establishments available to the Lynn community. Located at the north side of the student center, Christine’s is Lynn’s newest food establishment.

This coffee shop-style café offers Starbucks coffee, flavorful fruit smoothies, deli sandwiches, salads, soups and fresh baked goods.

There is a nice environment both inside and outside the café where one can sit down and enjoy a nice cup of coffee with friends.

Christine’s also offers flat screen televisions available for viewing in a comfortable surrounding where students can relax and enjoy a nice meal or snack.

On the second floor of the student center is the Knights’ Court, which offers a number of different foods and beverages in a sports bar-like setting.

The Knights’ Court is complete with booths, sofas, high top tables, outdoor patio seating and even a pool table.

From chicken fingers and cheese steaks to burgers and fries, there is something for any food mood in the Knights’ Court.

The restaurant also provides a great spot for students to socialize and hang out.

With a ping-pong table, pool table and five flat screen televisions, the Knights’ Court always has something going on.

Christine’s Hours of Operation:

Monday – Thursday
7:30 a.m. – 9 p.m.

Friday
7:30 a.m. – 4 p.m.

Saturday and Sunday
10 a.m. – 4 p.m.

Knights’ Court Hours of Operation:

Monday – Friday 11 a.m. – 2 a.m.

Saturday and Sunday 1 p.m. – 10 p.m.

PROTEST ON CAMPUS

Students Opposing Potential FRAG Budget Cuts

By JASON HUGHES
Special to the iPulse

With the Governor proposing a halt to new funding and the legislature considering broad restrictions to the Florida Resident Access Grant (FRAG) program, students at Lynn are arranging a display this morning at the campus’ main entrance to show how much the embattled program means to Lynn students.

Led by the campus’ Student Government Association (SGA) president Bernard Londoni, the students will arrange and leave behind 500 chairs at the campus’ main entrance (just off Military Trail) in a silent show of support for the program — and the almost 500 Lynn students who currently receive the grant at Lynn.

The students will arrange the seats during rush hour today from 8 a.m. – 9 a.m.

Londoni will be available most of the day to discuss the initiative, which is the latest in a string of projects students have worked on to let the governor’s office and state legislators know their feelings about proposed cuts and restrictions.

A committee led by Londoni began planning the silent demonstration more than a month ago after participating in and helping organize letter writing and phone call campaigns to state legislators.

University President Kevin M. Ross has also chimed in on the topic with letters to the Governor’s office, state legislators and in a letter to the Palm Beach Post last month, where he noted that the FRAG is the best value going in the state’s education budget.

ON CAMPUS

Events Happening Today

Internship Orientation:

An Internship Orientation will be held in the de Hoernle Lecture Hall at noon for those interested in completing an internship in the upcoming semester.

Coffee in the Courtyard:

The Knights of the Roundtable (KOR) invites the Lynn community to Coffee in the Courtyard at 5 p.m. at the Perper Plaza.

Come celebrate a patriotic-themed event with complimentary delicious desserts and iced coffee. Stop by to enjoy the refreshments, music, and people.

Highly Effective Habit:

The Hannifan Center for Career Development presents the “7 Habits of Highly Effective People: Habit 4” in the Perper Lounge at 5 p.m. This habit will discuss interpersonal leadership.

CEO Series:

The College of Business and Management is hosting Herb Zarkin, chairman of the board of BJ’s Wholesale Clubs, as part of its CEO series at 6 p.m. in the de Hoernle Lecture Hall.
CAMPUS CALENDAR

Thursday, March 20

New Music Festival: Spotlight On Bruce Polay at 7:30 p.m. in the Amarnick-Goldstein Concert Hall

Thirsty Thursday at 2 p.m. - 4 p.m. in the Quad

Customer Service 3 p.m. - 4 p.m. in the Perper Lounge, Library

SORORITY SERVES COMMUNITY

Lynn’s Sigma Sigma Sigma Shows Power in its Numbers

By RAMONA CAVANAGH Staff Writer

Stronger than a Spartan army, gentle as a spring flower, and with about as many members as the former USSR: Sigma Sigma Sigma is Lynn University’s only sorority.

Tri Sigma has historical roots dating back to 1898, and the nationwide sorority continues to grow in modern times. Last semester alone Lynn’s Eta Eta chapter of Tri Sigma gained 18 new sisters, now boasting 47 actively involved members.

Many of the sisters are involved in several other organizations on campus. Megan Perry, junior, is also president of Knights in the Community (KIC); Taryn Hammill, junior, is also president of the Student Government Association (SGA); and Lauren Fry, sophomore and Tri Sigma philanthropy chair, is also vice president of the Residence Hall Association (RHA).

These are just a few of the many Greek women on campus who hold dual leadership roles.

“I am so grateful for everything the Tri Sigma sorority has given me,” said Lauren Fry. “I really think being a member of Sigma has given me great leadership skills that I can apply to my other responsibilities on campus, as well as life skills I can use when applying for future jobs and internships.”

The Tri Sigma organization strives to constantly improve itself, its members and campus life at Lynn.

The sorority’s theme is “Sigma Serves Children,” and each year the sisters hold a “Jail and Bail” fundraiser to raise money for the Robbie Paige Memorial Fund for terminally ill children. In fall 2007, the Eta Eta chapter raised more than $500 for the organization.

Lynn’s Tri Sigma sorority is a representation of charity, Lynn pride and leadership.

DUI SIMULATOR HERE

Experience the Simulator on Campus Today

Today, from 11 a.m. to 4 p.m. the Aware III DUI Simulator will be on the sidewalk between the Green Center and the Student Center.

Students can sit in the simulator and experience what it would be like to drive under the influence.

The Aware III Simulator is a panoramic-simulated 360-degree reality program in which students sit in an actual vehicle and have a scenic view of “the road” as computer software receives data from the wheels and pedals of the vehicle, to provide an extremely interactive experience, reacting to various driving conditions.

Virtual Reality goggles are used in the simulator.
Lynn Community Event was a Hit from Start to Finish

By GREG BOXELL
Staff Writer

On Friday, March 14, Lynn hosted its first annual 5K Fun Run, which took place on campus and the neighboring Patch Reef Park.

Matt Roos, president of alumni affairs, along with other leaders of the Student Alumni Association (SAA), Lynn’s Runners Club and other volunteers sponsored the event, which drew more than 50 people from the Lynn community.

The goal and purpose of the race was to promote health and fitness in a fun and challenging way. It was also a great opportunity for the clubs to give back to the school and help students and faculty by getting them involved in a fitness event.

Despite the pouring rainfall that Mother Nature let loose minutes before the race began, faculty, staff and students were geared up and ready to run the race.

“When I felt the rain starting to fall I was a little disappointed because I thought it would make the race tougher,” said Sophie Gagnon, freshman. “Actually I ended up preferring the rain because it helped keep everyone cool so it was not too hot outside.”

Registration for the run began at 4:30 p.m., and a variety of fresh fruits to snack on was available at this time. The race started at 5 p.m.

(Continued on page 2)
The five-kilometer race was a scenic one. The starting point was in between Freiburger and E.M. Lynn Residence Halls. The runners then followed the arrows to Potomac Rd. and headed towards the trail behind the campus.

While running along the trail, participants entered Patch Reef Park and looped around the entire area before getting back onto the trail. From there the runners headed to Potomac and back onto the Lynn campus. They hit the home stretch that ran parallel to the baseball fields across from Freiburger and rounded the building to finish back at the starting point.

Prizes such as specially designed shirts and gift certificates to Christine’s were given to the top three finishers of the race. Everyone who participated received a T-shirt. Even though it was a race, the competition was very friendly and cheerful.

“The spirits of everyone who participated were very high. All the runners were happy to be a part of the event,” said Bean Johnstone, president of the Runners Club.

The Runners Club and SAA plan to continue the event next year. They hope that more participants from the school and community will gather and experience the 5K Fun Run. If the success of the Fun Run builds, the race could eventually turn into a charity event.

LYNN WHIPS
Shumaker’s Acura RSX

By DYLAN REAGAN
Staff Writer

Sara Shumaker, a sophomore majoring in business with a specialization in fashion management, is the owner of a 2006 Acura Rally Sport Experimental (RSX).

“I love this car,” said Shumaker. “I get 34 miles per gallon.”

The performance on the Acura is, according to Shumaker, inspired. From the tuned suspension to the luxury trim leather on the gear knob and the titanium on the dashboard, the RSX is a car with attitude.

“Acura is leading the way with new innovative technology,” said Shumaker.

The RSX is capturing many young driving enthusiasts around the nation, and Shumaker is certainly captivated by her automobile.

“I love my Acura,” said Shumaker. “My car is a part of my personality.”

ACURA RSX
AWARDS

Listed among Car and Driver magazine’s 10 Best list for 2002 and 2003.

John Lingenfelter Memorial Trophy

Won the September 2005 “Cheap Speed” comparison in Car & Driver.

Won the May 2002 “Four Wedges & a Bubble” comparison in Car & Driver.

Facility members and athletes (pictured above) including the Lynn volleyball players (pictured below) came out for the 5K Fun Run.
MAN ON THE STREET
Democratic Candidates: Who Do You Choose?

By ROBERT ZAP
Staff Writer

The upcoming elections are a topic of discussion and debate for many members of the Lynn community. Democratic candidates Hillary Clinton and Barack Obama are currently in a close race for the nomination. This week's Man on the Street asked Lynn students who they want in office, asking them, "Of the top two Democratic candidates, who would you vote for in the upcoming 2008 presidential election?"

Adam Kadane, sophomore
"I would have to go with Obama because he seems to be a more liberal candidate than Hillary."

Andy Rychalski, sophomore
"Obama, I agree with some of his views and if it was between him and Hillary it would be Obama."

Adam Hassen, Sophomore
"Obama, Hillary can’t run America."

Thomas Gardner, freshman
"I would have to go with Hillary, I don’t see eye to eye with Obama."

Danielle Mizrahi, sophomore
"Hillary, because she seems to know what she is doing."

Matt DuMoulin, sophomore
"I would definitely have to go with Barack Obama."

THE HISTORY OF THE EASTER BUNNY

Special to the iPulse

The Easter bunny has its origin in pre-Christian fertility lore. The hare and the rabbit were the most fertile animals known, and they served as symbols of the new life during the spring season.

The bunny as an Easter symbol seems to have its origins in Germany, where it was first mentioned in German writings in the 1500s. The Easter bunny was introduced to American folklore by the German settlers who arrived in the Pennsylvania Dutch country during the 1700s.

The arrival of the "Oschter Haws" was considered "childhood's greatest pleasure" next to a visit from Christkind on Christmas Eve. The children believed that if they were good the "Oschter Haws" would lay a nest of colored eggs. The children would build their nest in a secluded place in the home, the barn or the garden. Boys would use their caps and girls their bonnets to make the nests.

The use of elaborate Easter baskets would come later as the tradition of the Easter bunny spread throughout the country.

Source: Easterbunnys.net

FUN EASTER FACTS

1. When taking a bite into a chocolate bunny, 76 percent of Americans prefer to bite off the ears first. Five percent eat the feet first and four percent eat the tail first.
2. Each day throughout the year, 5 million marshmallow chicks and bunnies are produced in preparation for Easter. 16 billion Easter jelly beans are produced annually.
3. The first chocolate eggs were made in Germany in the 19th century.
4. Solid chocolate bunnies are favored by Americans, followed closely by hollow chocolate bunnies and marshmallow filled bunnies.
5. Traditionally, pretzels were associated with Easter because the twists of the pretzel were thought to resemble arms crossing in prayer.

Editor Jen O'Toole with the legendary bunny
GET IN SHAPE ON CAMPUS AT THE FITNESS CENTER

Newly Redesigned Fitness Center Offers New Exercise Equipment and Classes to Students

By ROBERT ZAP
Staff Writer

Lynn provides students, faculty and staff with the opportunity to participate in a variety of recreation and athletic activities in a safe environment.

One of the most popular locations for students to work out is the fitness center in the Lynn Residence Hall.

There are many features in the fitness center that the Lynn community has access to.

There is a variety of fitness equipment available at the center, including free weights, Stairmasters, elliptical machines, treadmills, bicycles, body master machines and a full locker room with full showers.

New to the fitness center are conveniently located towels that are now available at the front desk to anyone using the facility.

“The towels are very soft and they’re really good to wipe down with after a hard workout,” said Adam Hassen, sophomore.

Additionally, free fitness classes including yoga, aerobics, martial arts, jazzercise and body sculpting are available.

WORKOUT TIPS

1. Start slow. Beginners often make the mistake of doing too much when they start out. Start with a walking program of 20 to 30 minutes, three days a week.

2. Schedule workouts each week. This way sessions can be treated like appointments, making one less likely to skip workouts.

3. Set goals. Daily and weekly goals are easier to meet than long term goals, keeping you better motivated.

4. Create rewards. Massages at a local spa or new workout clothes are a few health minded suggestions.

Source: About.com

FITNESS CENTER HOURS:

Monday - Thursday: 7:30 a.m. - 10 p.m.
Friday: 7:30 a.m. - 8 p.m.
Saturday: 1 p.m. - 5 p.m.
Sunday: 4 p.m. - 8 p.m.
Sophomore Dazzles his Audiences with Slight of Hand and Magic Tricks

By JOE FIERMAN
Staff Writer

Jory Block, sophomore, is a magician and street performer. He was 15 when he first became interested in magic. Block would spend hours reading magic books by Henry Hay and practicing in front of the mirror. What may seem boring to some was a lifetime's worth of entertainment for this magician in training.

At the age of 16 Block began to work in a small magic shop in Ohio for magician Freddy "Merlin" Olson, who helped coach Block with his magic skills and eventually encouraged him to go out on the street and perform for the public.

Block then became a street magician, which he said was very hard work at first, but has now become a fun and lucrative job.

When Block was 18 he began to perform at bar and bat mitzvahs, weddings and business events. This eventually led to his participation in magic show competitions where he made many important business contacts in the industry.

Block is very passionate about magic and about his work as a magician. "I could sit a man down and teach him fifty tricks, but at the end of the day he wouldn't be a magician," said Block. "He would just be a man who knew fifty tricks."

Shortly after his arrival at Lynn University, Block entered a competition called Magi-Fest in Ohio.

He had spent months practicing the slight of hand needed to perform (Continued on page 2)
any magic trick, but he still wanted an innovative trick to perform. He approached his roommate Joe Fierman, who suggested that he perform a Zoolander-inspired trick.

At Magi-Fest, Block performed the trick: He had a member of the audience pick a card from the deck and then pulled his boxers out through his pants with the same card number and suit imprinted on the boxers.

Block won the first prize of a white rabbit and $5,000 for his performance.

He now performs locally in Boca Raton and Miami, mystifying his South Florida audiences with every performance.

“Magic isn’t just tricks,” said Block. “It’s a lifestyle.”
KILLINGS ARE A SAFETY REMINDER
Local Incidences at Shopping Mall Serve as Cautionary Tale

By AMANDA CARTINE
Staff Writer

Boca Raton law enforcement has been exceptionally tight lipped regarding the recent murders at the Town Center Mall.

In December, a mother and her seven-year-old daughter were found shot dead at the mall. A security guard discovered their bodies after they were left in a suspicious vehicle in the south parking lot of Sears after hours.

The mother, Nancy Bochicchio and daughter, Joey Bochicchio, were kidnapped and forced to go to an ATM and withdraw $500.

Bochicchio and her daughter were both bound to the vehicle with handcuffs, duct tape and other forms of bondage. A 911 call had been placed by Bochicchio but was quickly disconnected.

A very similar event occurred on Aug. 7 at the Town Center Mall in the Nordstrom parking garage. A 30-year-old mother and her 2-year-old son were kidnapped and forced to withdraw $600 at an ATM.

While being taken to the bank, the woman was blindfolded and bonded to the vehicle in a very similar way as the December incident.

The kidnapper held the 2-year-old at gunpoint while the mother went into the bank to retrieve the money. The kidnapper took the money, brought them back to the parking garage and released them.

On Aug. 10, a 19-year-old female was approached by a man with a gun in a Mizner Park parking garage.

The gunman demanded she give him $200 and then told her to go to the ATM and retrieve more money. She told him to wait in the garage while she went to the ATM and escaped instead. She called the police, but the robber was already gone.

On March 23 of last year, a female named Randi Gorenberg was kidnapped while leaving Neiman Marcus in the Boca Town Center. Her body was found shot dead in Gov. Lawton Chiles Memorial Park just west of Delray Beach. Her Mercedes SUV was returned to Home Depot on Jog Road.

Investigators believe that there are possible links in these crimes. Each of the crimes has very particular similarities, which has led to much speculation as to if the murders of Nancy Bochicchio, Joey Bochicchio and Randi Gorenberg are the work of a serial killer who is familiar with the Palm Beach County area.

Florida Atlantic University released an e-mail warning students and faculty of a possible serial killer on the loose in the area.

While the Boca Town Center Mall is being slapped with a wrongful death suit from Nancy Bochicchio’s sister, the mall has taken many safety precautions since these tragic events.

The mall has purchased 75 new cameras and also has more active police patrol vehicles since the incidents.

It is important for students to know how to protect themselves.

“I work in the mall, and since all this has happened, I always have my manager walk me out,” said Amanda Hochberg, freshman. “I never leave work by myself.”

Hochberg’s strategy is a smart one, and here are some more helpful safety tips:

1. Always be alert to what is going on around you.
2. Always carry a cell phone.
3. Lock vehicle doors at all times.
4. Bring a friend when making any trips to public places, such as shopping malls.
5. Carry a form of protection (mace, etc).

PEACE DAY EVENTS: TODAY ON CAMPUS

Peace Pledge from 11 a.m. - 1 p.m. in the cafeteria lobby
Lunch on the Lake with musician Jeff Durham at 11:30 a.m. on the cafeteria patio
Peace Train from 1 p.m. to 3 p.m. on the campus sidewalks
Love Feast and T-shirt giveaway from 3 p.m. to 4 p.m. on the Freiburger lawn
Peace Pledge from 5 p.m. to 7 p.m. in the cafeteria lobby
Yoga at 7 p.m. in room L300
"Across the Universe" screening at 8:30 p.m. on the Freiburger lawn

SPEAKER
On Campus

Maureen Corrigan, celebrated author, Washington Post columnist, Georgetown professor and editor, and perhaps best known for her 18-year tenure as the book critic on National Public Radio’s (NPR) Peabody award-winning program, “Fresh Air,” will be on Lynn’s campus for a three-day-stint (March 26 - March 28) as a College of Arts and Sciences scholar-in-residence.

Lynn will host student workshops as well as three public events with Corrigan that are free and open to the community:

• “Ain’t No Mountain High Enough: Women’s Extreme Adventure Tales,” at 7:30 p.m., Wednesday in the Amarnick-Goldstein Concert Hall;
• Lynn’s monthly poetry coffeehouse at 6:30 p.m. on Thursday in the Knights’ Court;
• Corrigan will be special guest panelist for “Palm Beach Reads” at 7 p.m. on Friday in the Amarnick-Goldstein Concert Hall.

Seats are available on a first-come, first-served basis. For more information, contact David Fleisher, assistant professor, at ext. 7212.
To view the iPulse online, visit www.lynnuniversity.net/ipulse

March 25, 2008 - iPulse - Page 4

CAMPUS CALENDAR

Wed., March 26

Career Expo,
10 a.m. to 3 p.m.
in the
Green Center

Wet Wednesday
2 p.m. - 4 p.m.
on the
Freiburger Lawn

Lunch on the Lake
11 a.m. - 1:30 p.m.
on the
Cafeteria Patio

MEET THE PRESS

Editors
Sarah Nicole Grimmer
Jennifer O'Toole
Assistant Art Directors
Joseph Fieman
Matthew Stern
Copy Editors
Carolina Gonzalez
Nicholas Hindhaugh
Advertising Manager
Timothy Cappelli
Ad Representative
Ashley Feldman
Multimedia Assistant
Tamae Seki
Staff
Alison Abruzzese
Andrew Armienti
Gregory Boxell
Amanda Carline
Ramon Cavanagh
Christopher Edwards
Guy Jester
Isabel Lacy
Alexandra Mintz
Dylan Regan
Amanda Tomac
Kelcey Wheeler
Robert Zap
Faculty Advisor
Stefanie Powers
Multimedia Support
Jena Zakany

AMERICAN IDOL'S TOP TEN

A Look at the Contenders for the 2008 Idol Throne

By TIM CAPPELLI
Staff Writer

Ratings juggernaut American Idol is back in full throttle this season, drawing more than 27 million viewers last week. With only ten contestants remaining this season, it seems that the competition is just heating up.

American Idol, aired its first season in June 2002, originating from the British reality program "Pop Idol" created by Simon Fuller.

The show seeks to discover the best singer in the country through a series of nationwide auditions.

Later in the competition, the public audience votes on who they think should win via phone or text messaging.

The contestants have an immense amount of pressure including the persistent media, their image, weekly AI promotions and super star guest judges including Mariah Carey, Miley Cyrus and Jennifer Lopez.

American Idol is now in its seventh season, and after millions of hopefuls auditioning for the idol role, the show now has its top ten contestants.

The competition is now heating up, with the viewers in the position to decide who deserves the right to the American Idol throne.

Ramiele Malubay
Age: 20
Hometown: Miramar
Favorite Quote: "If you're hated, you're doing something right."

Michael Johns
Age: 29
Hometown: Buckhead
Favorite Quote: "It's better to be a has been than a never was."

Svesha Mercado
Age: 21
Hometown: Sarasota
Favorite Quote: "Be the change that you want to see in the world."

David Cook
Age: 25
Hometown: Blue Springs
Favorite Quote: "Pain don't hurt," by Patrick Swayze in "Roadhouse."

Brooke White
Age: 24
Hometown: Mesa, AZ
Favorite Quote: "Shower the people you love with love," by James Taylor.

David Archuleta
Age: 17
Hometown: Murray, UT
Favorite Quote: "You'll never be lonely if you learn to befriend yourself."

Carly Smithson
Age: 24
Hometown: San Diego
Favorite Quote: "We are the makers of music and we are the dreamers of dreams," by Willy Wonka.

Jason Castro
Age: 20
Hometown: Rockwall, TX
Favorite Quote: "In the end, it will all be okay. If it's not okay, then it's not the end!"

Chikezie
Age: 22
Hometown: Inglewood
Favorite Quote: "Legends are made where genius meets hard work and timing."

TUNE IN TO AMERICAN IDOL

Tuesday: 8 p.m. - 10 p.m. on FOX
Top ten remaining contestants will perform on this episode.

Wednesday: 9 p.m. on FOX
One of the ten remaining finalists will be voted off on this episode.
ANNUAL CAR SHOW ON CAMPUS
Alpha Phi Delta Event Was a Smash Hit Among Students

By CHRIS EDWARDS
Staff Writer

Last Wednesday Alpha Phi Delta held its annual car show on Lynn’s campus.

The lawn in front of Christine’s looked more like a parking lot than a courtyard with the numerous cars on display.

“I really liked going to the car show,” said Lindsey Rizzo, senior. “There were so many nice cars there.”

Mike Berkowitz, senior and fraternity member, emceed the event.

“I think the car show is one of the unique events that Alpha Phi Delta hosts here at Lynn,” said Berkowitz. “It’s always a lot of fun.”

Cars were judged based on the following categories: best car, best truck/SUV, best sound system and student’s choice.

“I like to enter my truck every year,” said Angelo Phillip, senior. “It’s nice to be able to show others what you’ve got.”

Also at the event was the car bash in which students were able to pay $1 to take a swing (Continued on page 2)
Car Show
(Continued from page 1)
with a 10 pound sledge hammer to beat up an old car.
Even Jen Herzog, director of student involvement, stepped up to take a couple of swings.
The annual Alpha Phi Delta car show was certainly a hit for students, faculty and staff alike.
Left: Cars on display. Right: Jen Herzog gets ready to smash an old car at the event. Staff Photo/C. Edwards.
Left: Two Alpha Phi Delta members pose in front of a vehicle entered in the competition. Middle: A car on display at the show. Right: An Escalade enters the "best sound system" contest. Staff Photos/C. Edwards.

CAREER EXPO
Find a Job or Internship

The Hannifan Center for Career Development and Internships is hosting Lynn’s annual Spring Career Expo, 10 a.m. - 3 p.m. today in the Green Center.
The expo gives students and alumni seeking internships and job opportunities the chance to mingle one-on-one with potential employers.
Local and regional businesses including Ameriprise Financial, the Boca Raton Resort and Club, Citibank and Office Depot were among the numerous enterprises participating in last year’s expo.
Local police departments, county offices and hospitals from Palm Beach, Fort Lauderdale, Delray Beach and Boca Raton also regularly attend.
For more information, contact Career Center at 561-237-7286.

CAREER WORD SEARCH

N T R E S U M E E P P E W C Y G T
V Z E J E C O N O M Y S C Y Q R
A Y Z J V B L C P E C B R C Y X
Z H F H G Q Y L R E Y O L P M E
I N K R I Y O E U F A J Z Z V F
N S N A G Y O W H C I Z F B S K
T G S S E N I S U B J E I U I F
E U L E F A P P L I C A T I O N
R E E R A C R M E S S E C C U S
Y Z I I N T E R N S H I P I I Q
I M X P V K A D V M V G F Z M K
E B Y Y T I N U T R O P P O D T
W Y O L T C S L I P M L D T S J
APPLICATION BUSINESS CAREER ECONOMY
EMPLOYEE EMPLOYER INTERNSHIP INTERVIEW
JOBS OPPORTUNITY RESUME SUCCESS
DRESSING FOR THE DREAM JOB

No Pajamas or Flip Flops Allowed in the Real World

By STACI STURROCK
Special to the iPulse

When Lynn University professor Lisa Dandeo held mock job interviews with her business administration seniors this spring, the students tripped themselves up with an obvious wardrobe gaffe.

"Open-toed shoes!" Dandeo says. "They all wore these 5-inch heels with open toes."

Strappy sandals are more suitable to the dance floor than the sales floor, but some members of Generation Y don't make that distinction.

"There's something that's definitely happening with the younger generation now," says Joseph Rosenfeld, an image consultant based in San Jose, Calif. "There's a lot of 'Accept me now, accept me for who and what I am, and give me whatever I want right now.'"

For those students, the real world provides a harsh wake-up call. If someone's accustomed to wearing PJs to polisci, is it any wonder she'd be equally laid-back at a job interview?

Denise Bober, director of human resources at a Palm Beach resort, says she's amazed by the number of young women who show up for job interviews showing way too much skin.

"If you look in the mirror, and you look sexy," she says, "change."

Alas, inappropriate beach attire isn't limited to the beach.

"We've had applicants come in with bare midriffs or flip-flops," says Jennifer Loyless, spokeswoman for a public defender's office. "This does not give us the impression that they respect the work that we do."

And communicating respect and professionalism, through both attire and demeanor, is one of the most important components in scoring a new job.

"Grads should never delude themselves into thinking that grades trump attitude," says Carey O'Donnell of the Carey O'Donnell PR Group.

"How you dress speaks volumes about your attitude toward life and your job. Sloppy attire says you are sloppy, even if that's really not the case," O'Donnell says.

"Visible tattoos, flip-flops, chewing gum (oh yes, I've had people interview while blowing bubbles,) and cleavage are deal killers in a company like mine, where employees need to dress in a manner that's acceptable and professional in any Fortune 500 company.

"We represent blue-chip clients in law, banking, real estate, government and consumer products. We're not working with emerging rock groups or sandwich shops, where the culture would clearly be very casual."

According to the National Association of Colleges and Employers' Job Outlook 2006 report, recent graduates will enjoy the best job market in four years.

Almost 47 percent of employers responding to the survey rated the job market for new college graduates as very good or excellent, compared with just over 29 percent in 2005.

That doesn't mean students can be slack about dress.

"You don't want them to say, 'She's the one with the tattoo or the thing in her ear,'" says Carole Martin, president of InterviewCoach.com.

"Anything that will make them remember you in a negative way is a no-no."

Many candidates may have similar credentials, "and that begs the question: What makes you stand out?" Rosenfeld says.

WHAT TO WEAR

How to Dress for a Job Interview

By STACI STURROCK
Special to the iPulse

Job applicants obviously want to be remembered by potential employers, but for the right reasons.

Image consultant Joseph Rosenfeld offers these interview attire tips for the Gen Y crowd:

• Look for clues beforehand. What are the recruiters at job fairs wearing? "Observe the way they look, what they are wearing, how formally or informally they are communicating," he says.

• Do the homework. Learn about the corporate culture of the potential employers.

• Suit it up. "If your parents insist on buying you a 'rite of passage' suit, let them. It's always good to have a suit."

• Up trumps down. "Dressing up is better than the alternative."

• Dark trumps light. "Lighter colors can be beautiful, but can connote a little bit more of a casual tone. A darker color signifies a readiness to do business."

And for shoes, play it safe: black, dark brown or navy.
STUDENTS' VIRTUAL EXPERIENCE

Interactive DUI Simulator on Campus

By AMANDA TOMEK
Staff Writer

Recently the Aware III DUI Simulator was brought to campus to allow students to experience what it feels like to drink and drive.

Once a student sat in the simulator, the machine calculated body weight, number of drinks and the period of time during which the alcohol was consumed before calculating the DUI experience.

Upon entering the vehicle, students placed a pair of virtual reality goggles on their heads that connected to the interactive pedals and computer, which provides the virtual experience and results.

"It was like I was playing a video game," said Shane MacFarland, junior. "I don't think anyone made it to the end without crashing. Hopefully this will prevent some people from hitting the road after a few drinks."

The virtual reality test gave students a hands-on feeling and provided a great example of why not to drink and drive.

"I was on the wrong side of the road 18 percent of the time, off the road completely 35 percent of the time, over the speed limit 73 percent of the time and I hit a motorcyclist," said C.J. Bonacorso, junior. "That's more than enough to keep me off the road after a few drinks."

More than 17,000 people are killed each year due to alcohol-related accidents and drunk drivers.

The students who experienced the DUI simulator will certainly think twice before getting behind the wheel after consuming alcohol.
SGA ELECTIONS TO BE HELD TODAY
Students are Encouraged to Vote and Let Their Voices be Heard

By JEN O'TOOLE
Editor

Student Government Association (SGA) elections will be held today from 9 a.m. to 6 p.m. in the student center. Students are encouraged to participate in this event. Students will be voting for their SGA officers as well as casting votes for the individual who will receive the Outstanding Teacher of the Year Award. Students are looking forward to the elections and many are planning on voting today.

"I will be voting in the election," said Aaron Starkman, junior. "I think that this election is vital to the university," said Samantha Bartley, senior. "This is a chance for students to choose who they want to lead the student body. It's a way to get your voice to be heard and to support the university."
COMMUNITY FORUM

Campus Event Focused on Election Reform

Lynn’s American Studies Series recently held a Community Forum focusing on election reform, the Florida delegate debate and Palm Beach County’s new balloting systems. The forum featured a panel of experts including Arthur Anderson, supervisor of elections in Palm Beach County, Pam Goodman, president of the League of Women Voters of Palm Beach County, Antonio Fins, editorial page editor at the Sun-Sentinel, and Robert Watson, coordinator of American Studies at Lynn.

CAMPUS HOE-DOWN

Lynn Hosts Sixth Annual Event

The Knights Activities Team is bringing a traditionally favorite event back to campus for its sixth annual Hoe-Down today from 4:30 – 8:30 p.m. on the lake-front patio adjacent to the Student Center.

Students will be taking a blast to the past while dressing up in old-time western clothes and making their own candy apples while enjoying kettle corn and funnel cake. This is event is not to be missed!

For more information, contact Mark Adamson at 561-237-7153.

CALLING ALL FANS!

Anime • SciFi • Comic Books • Animation & Manga

1ST ANNUAL NARUTO STAR TREK CONVENTION

ADVANCED TICKETS ON SALE NOW!
$15 WEEKEND PASS • $10 DAILY PASS

MARCH 28-30 • FT. LAUDERDALE • 561-479-3872
visit: www.naruto-trek.com
for guest appearances, event schedules & more!

Resistance is Futile -- Believe It!

HOW TO:

Dress Up That Little Black Dress

By ALI ABRUZZESE
Staff Writer

Every woman should have a little black dress in the closet. It is a staple item that can be perfect for almost any occasion.

What some women might not know is the potential to create new and different looks with the dress. Here’s how to dress it up or down and create a fabulous look:

1. Shoes. Black shoes can give a sophisticated look that is perfect for a classy occasion. For a more edgy look, choose bold, noticeable shoes. Animal prints such as cheetah, zebra and giraffe are very popular. For a look in between sophisticated and edgy, try a nice solid colored heel.

2. Accessories. Adding a big necklace will draw attending and dress up a simple dress. Putting hair up and wearing fantastic earrings can also make the dress, and the woman, look better than ever. A nice bracelet can also add complimentary detail.

3. Handbag. Wearing a big, bold bag is not always a good decision with a simple black dress because it can take away from the thoughtful effort put into shoes and accessories. A simple clutch with bright colors will help dress up the little black number in a much more complimentary way.

4. Belt. For a sophisticated and trendy look without any flashy accessories, add a belt to give the dress a classy image that people will be drooling over.

Before spending hours trying on different dresses or heading to the shopping mall, try pairing up that little black dress with these tips for a perfect look for any occasion.

Pair accessories with the dress for a great look.
March 27, 2008 - iPulse - Page 2

BEST OF BOCA: ITALIAN RESTAURANTS
Where to Find Great Italian Food Around Town

By ASHLEY FELDMAN
Staff Writer

Boca Raton is home to many culinary delights, ranging from the ordinary to the extraordinary.

One thing that Boca is not short on is great Italian food. Here are three Italian restaurants that are sure to please:

Bova Ristorante: Located on N. Federal Highway, Bova Ristorante reaches for the highest culinary levels, and more often than not succeeds. Some of the popular entrees include a succulent veal chop and a sublime giant shrimp prepared saltimbocca style.

Cucina d’ Angelo: Located at the Shops at Boca Center, Cucina d’ Angelo delivers a menu of comfort Italian food with a rare twist: a dedicated and knowledgeable staff.

“The Pasta Fagioli is delicious, as well as the grilled veal chop with mushrooms and truffle oil,” said Theresa Tarzia, sophomore.

La Viola Restaurant: Operating for more than 14 years at Royal Palm Place, La Viola Restaurant is for those who enjoy real Italian food served in family style portions.

Comfortable enough for families and elegant enough for a romantic date, La Viola suits the needs of all Italian food lovers.

“The rigatoni is perfect,” said Dan Strass, sophomore. “Both the vodka and meat sauce versions of the pasta are great.”

Sophomores Elyse Daskalovitz and Jessika Kaneb eating dinner at Bova Ristorante.

PAPER OR PLASTIC?
Grocery Stores are Going Green

By AMANDA TOMEC
Staff Writer

“Paper or plastic?” Grocery store customers have heard this question from cashiers and baggers for years. However, this question may soon be changing to, “Have you brought your own bags today?”

One-time use plastic bags are extremely harmful to the environment as they do not break down in landfills. They also play a large role in causing clogged waterways, endangering nature and littering roads.

One grocery store is setting out to change this common American habit. Whole Foods Market is aspiring to eliminate all single use bags by this year’s upcoming Earth Day on April 22.

“Whole Foods is the one place I go when I want to nourish my body with healthy, great tasting food,” said Evan Ruderman, junior. “I always feel great afterwards.”

Whole Foods is already well known for their selection of all natural and organic, locally grown products.

In January, this popular marketplace further distinguished themselves as a marketplace that cares about the environment by implementing a “Bring Your Own Bag Day.”

More than 50,000 reusable bags were given away companywide at this event and it helped raise environmental awareness in communities across the nation.

Head to Whole Foods and bring a reusable tote bag, or purchase one there, at its Boca Raton location on Glades Rd. If not near a Whole Foods, visit one of the other grocery stores that are making the conscious decision to go green.

Reusable bags are being sold at Publix for only 99 cents, and the bags can also be purchased at Winn-Dixie, Wal-Mart, and soon at Target.
CAMPUS CALENDAR
Fri., March 28
Ice Cream Social, 4 p.m. - 6 p.m. in the Perper Plaza
Sat., March 29
Powder Puff Girls' Football Game, 11 a.m. - 1 p.m. on the Intramural Field

MEET THE PRESS
Editors
Sarah Nicole Grimmer
Jennifer O'Toole
Assistant Art Directors
Joseph Fiennan
Matthew Stern
Copy Editors
Carolina Gonzalez
Nicholas Hindhaugh
Advertising Manager
Timothy Cappelli
Multimedia Assistant
Tamae Seki
Staff
Alison Abruzzese
Andrew Armienti
Gregory Boxell
Amanda Cartine
Ramona Cavanagh
Christopher Edwards
Ashley Feldman
Guy Jester
Isabel Lacy
Alexandra Mintz
Dylan Regan
Amanda Tomay
Kelcy Wheeler
Robert Zap
Faculty Advisor
Stefanie Powers
Multimedia Support
Jena Zakany

iPULSE ASKS THE STUDENTS: How Do You Feel About Skyrocketing Gas Prices?
By ROB ZAP Staff Writer

Currently gas prices are at an all time high. Whether the cause of the recent spike in cost is due to depleting oil reserves, battered refineries, or simply the green of the oil companies, one thing is for sure: the cost is affecting every American's wallet.

Whether driving a compact car or an SUV, these gas prices are hitting everyone, and they are hitting hard.

The iPulse set out to find what Lynn students think about the increasing amount of money it takes to fill up their gas tank.

A.J. Grunow, sophomore
"I have a truck, so gas prices are hard for me now."

Dylan Lipman, sophomore
"I don’t have a car, but gas prices are awful."

Joey Cataldo, sophomore
"The prices are pretty bad. Right now it’s about $3.80 a gallon, and I have to fill up about two times a week. It just puts a damper on my spending money."

Sarah Shumaker, sophomore
"The prices are really expensive, and I have to drive to Wellington every day. It’s hard to keep up with the money since I’m driving so much."

Matt Cosgrove, freshman
"Gas prices are definitely high, but it doesn’t matter much to me. I don’t have a car, so I don’t drive."

Luca De Benedetti, sophomore
"I do drive a lot, and gas is expensive, but I try not to think about it."
PROFESSOR RECEIVES
FULBRIGHT AWARD

Grodzki to be a Fulbright Scholar in Poland in 2009

By NICHOLAS HINDHAUGH
Staff Writer

Erika Grodzki, Ph.D., an associate professor in the College of International Communication, was recently honored with a Fulbright award.

The U.S. Fulbright Scholar Program sends 800 scholars and professionals each year to more than 140 countries, where they lecture or conduct research in a wide variety of academic and professional fields.

Grodzki will have the opportunity to travel to Karkow, Poland next January and spend a semester at Tischner European University. There she will join the faculty of the applied social sciences field and teach intermediate and advanced courses.

Grodzki will also serve on thesis committees and will assist staff in curriculum development.

The Fulbright award was established in 1946 as a part of the Fulbright Program, which aims to increase understanding between the United States and other countries through exchange of knowledge and skills.

"For me, this is just like winning the lottery," said Grodzki. "It is a very prestigious award not only for me but for the university as a whole. The Fulbright award represents excellence."

The Fulbright Program has 37 Nobel Prize Winners among its alumni, more than any other scholarship program of its kind. The program is sponsored by the United States Department of State, Bureau of Educational and Cultural Affairs.

Grodzki looks forward to traveling to Poland, the homeland of her husband and a destination that she has visited on several occasions.

"I actually wrote my essay for the award in Poland," said Grodzki.

Grodzki's students need not worry about her leaving the university as she plans to return after the semester's end.

"I will definitely be coming back to Lynn University," said Grodzki.
LYNN UNIVERSITY POINTS OF PRIDE
Softball Team's Lady Knights Show Success and Dedication

By JEN O'TOOLE
Staff Writer

Lynn University's youngest program, the women's softball team, is a valued asset to the Fighting Knights. "The team is very dedicated. I've seen them practice together, and they work really hard," said Tim Denby, junior.

Since Sunshine State Conference play began for the university in 1999, the team has produced numerous first-team All-Sunshine State Conference players. "I think they're a very hardworking group of people that use teamwork to their advantage," said Ian Nahama, graduate student.

Though the Lady Knights have had some disappointing losses this season, fans still have a positive outlook. "I think that they're keeping a positive attitude, and by doing so they're going to gain some wins this season," said Nahama.
Photos taken of the 2007-2008 softball team as a special assignment for Photojournalism by Alicia Tardugno, senior.
MEET THE PRESS:
2008 SPRING iPULSE STAFF
Editors
Sarah Nicole Grimmer
Jennifer O'Toole
Assistant Art Directors
Joseph Fierman
Matthew Siern
Copy Editors
Carolina Gonzalez
Nicholas Hindhaugh
Advertising Manager
Timothy Cappelli
Staff
Alison Abruzzese
Andrew Armienti
Gregory Boxell
Amanda Carline
Ramona Cavanagh
Christopher Edwards
Ashley Feldman
Guy Jester
Isabel Lacy
Alexandra Mintz
Dylan Regan
Tamae Seki
Amanda Tomec
Kelcey Wheeler
Robert Zap
Faculty Advisor
Stefanie Powers
Multimedia Support
Jena Zakomy

HAPPENING THIS WEEKEND
Campus Events for Friday, Saturday and Sunday

MISSION IMPROVABLE

The members of Mission Improvable.

Mission Improvable, the nation's fastest and funniest improvisational show, is coming to Lynn's campus Saturday, March 29 at 7 p.m.

LYNN'S GOT TALENT

The Office of Student Involvement is hosting a talent show form 7 to 9 p.m. Sunday, March 30, on the cafeteria stage.

With 15 student acts already signed up, "Lynn's Got Talent" will feature singing, dancing, ballroom dancing, instrument playing, among other musical performances in a variety of hip hop, soul, R&B and other compilations.

The first place act will win $300, followed by a $200 award for second place and $100 for third. For more information, contact Mark Adamson, coordinator of student activities, at 561-237-7153.

2008 PRESIDENT’S COLLOQUIUM

On Saturday, March 29, Lynn University will host its 2008 President's Colloquium, an invitation for prospective students and their families to experience life at Lynn.

HOME RUN DERBY

Curcio in front of the event poster. LU Photo/K. Trombly

By KATHRYN TROMBLY
Special to the iPulse

Senior Dani Curcio, along with her seminar psychology class, has organized a "Home Run Derby" to take place on the softball field Sunday, March 30 at 3 p.m. to raise money for starving children in Cambodia.

The rules of the contest are simple: anyone can participate with a $3 dollar entry fee. Participants are given five attempts and have the choice of live pitching or hitting off of a tee.

To win, participants must hit as many home runs as possible. For those who do not want to participate but still want to donate, a contribution of 50 cents for each home run hit can be made.

There will be two $50 cash prizes awarded, along with other giveaways for the day. All students are encouraged to come to the home run derby.

"You can save lives, win money and have fun," Curcio said.
2008 President's Colloquium
Lynn University Welcomes Students and Parents

On March 29, Lynn University hosted its 2008 President's Colloquium, an invitation for prospective students and their families to experience life at Lynn.

Attendees had the opportunity to hear a lecture by Robert Watson, associate professor. They then took campus tours and participate in information sessions in their college of interest.

The College of International Communication provided prospective students and parents with special classes to introduce them to various aspects of the program.

Thank you for visiting us and we hope to see you soon. Staff Photo/Carolina Gonzalez.

View the i Pulse online at:
www.lynnuniversity.net/ipulse

The i Pulse is the daily heartbeat of Lynn University and is the premier connection to the more than 3,000 members of the Lynn community. All Lynn University students, faculty, and staff have access to the daily i Pulse publication. The i Pulse provides timely reporting on matters relating to the university community and serves as a forum for student discussion and interest. To contact the i Pulse, e-mail pulse@lynn.edu.
SWEDISH SOPHOMORE SPEAKS

Student Discusses Differences Between Sweden and America

By KAYLA DI PAOLO
Special to the iPulse

Evelina Hulten, sophomore, was born and raised in Vaxjo, Sweden. "I love Sweden, but after 19 years there I decided I wanted to see something different," said Hulten. "The reason I chose America was because I wanted to get away from Europe and learn English."

Hulten shared her views on Sweden and America with the iPulse:

Differences between Sweden and America:

Hulten has noticed many social and cultural differences between Sweden and America since moving here last year. For example, the laws on age restriction are different.

"You are considered a child for a longer time in America," said Hulten. "In Sweden, you are an adult at 18 and you are in complete control of your life; no one else can tell you what to do or what not to do."

There are also cultural differences in the way that people behave. "Americans are very open," said Hulten. "Many Swedes have rather reserved personalities compared to Americans, and that has led to the stereotype of being quiet, cold and unfriendly."

Hulten disagrees with that notion, saying, "In spite of the common shyness, we are generally nice, friendly people. We are just typically less outgoing."

"I love Sweden, but after 19 years there I decided I wanted to see something different. I wanted to get away from Europe."

-Evelina Hulten, sophomore.
There are also many differences between the structure of society in the social democracy of Sweden and the representative democracy of the United States.

"In America you can really see the difference between social classes," said Hulten. "Swedes often take pride in having an average social standing. If you are rich, you often don't show it off in a manner that looks out of the ordinary and you often downplay it. If you are poor, it's easy to get support and loans from the government, so you really can't see poverty at all in Sweden."

Unlike in America, Hulten says that in Sweden it is hard to tell the poor from the rich. "From the outside it all looks the same," said Hulten, "and that's how we want it to be."

Socially, Hulten says that Swedes prefer a polite and casual form of interaction without social groups and hierarchies. For example, Hulten says that "it is perfectly normal to greet your boss, priest, doctor or teacher using first names or nicknames."

**Food in Sweden:**

There is a wide variety of specialty foods in Sweden, and international cuisine is always available. It is common to have a home cooked meal in a traditional home.

Hulten says that 'husmanskost' is the name of most regular dishes, which are good old everyday food based on classic country cooking.

Because Sweden has an extensive coastline and many lakes, fish plays a large part in traditional meals and the everyday diet.

Swedish meatballs are also a famous dish that is known throughout the world. "We often eat the meatballs with potatoes and brown sauce or with pasta," said Hulten.

**Fun in Sweden:**

Swedes and Americans share many of the same hobbies, and often do the same types of things for fun. "Swedish people love to sit at cafés all day and just drink coffee and talk with friends," said Hulten. "They like to go to the park, bicycle or just relax outdoors."

Like Americans, Swedes are also very involved in sports. "Almost everybody in Sweden plays soccer or hockey, and if they don't play they enjoy watching the games," said Hulten. "In the winter many people ski or ice skate and in the summer people go to the beach and spend time outdoors."

**Education in Sweden:**

In Sweden education is greatly valued and all children and young adults have equal access to education, regardless of gender, location, social or economic factors. "It is free to go to any school in Sweden," said Hulten. "Even college is free."

Education in Sweden is state-funded and compulsory for everyone between the ages of seven and sixteen.

The majority of Swedish students continue their studies into upper secondary education, and anyone up to the age of 20 can enroll for free upper secondary education. "At this time, students choose from over fifteen speciality programs and study there for three years," said Hulten. "After that, it is time to go to university."

**Home Sweet Home:**

Sweden is a country that is beautiful and clean with fresh air and pure water, and so it is no wonder that a native might miss all of the scenery when they leave. "I miss the nature and environment, and I miss the language," said Hulten.
SWEDEN: HERITAGE AND HISTORY
From Vikings to Monarchs, Sweden Has a Rich and Diverse History

By GEOGRAPHIA
Special to the iPulse

Sweden’s early history, like its day-to-day life, is intimately wrapped up with the natural rhythms of season and climate.

It was the end of the Ice Age that brought the first inhabitants to Scandinavia more than twelve thousand years ago, as the receding glaciers and the warming climate turned barren permafrost into lush plains and vast forests.

What most people know of Scandinavian history is limited to the Vikings, and what most people know of the Vikings is limited to a vague idea that they were plunderers.

In fact, the Vikings of what is now Sweden had a much more lasting impact on history as traders and as founders of some of the great cities of medieval Russia.

Embarking from settlements like Birka, tucked deeply and safely within the bays of the Swedish coast, these early seamen headed east and south, establishing trade routes that extended as far as Byzantium and the Golden Caliphate of Baghdad.

At the turn of the millennium, after about two centuries of prosperity and power, the trade empire of the Vikings began to decline.

Two of Sweden’s many monarchs hold particularly prominent positions in its history.

Gustav Vasa’s leadership established the foundations of the Swedish nation state in the early sixteenth century.

Gustav II Adolf, a figure perhaps better known as Gustavus Adolphus, the “Lion of the North,” led Sweden to win a stunning series of campaigns that catapulted the kingdom to great power status within just a few decades.

In 1632, the by-then legendary commander was killed at the battle of Lützen, leaving Sweden a troubled legacy of vast possessions, great influence, and a century of almost constant war.

One result of that experience has been a deep commitment to neutrality in subsequent European conflicts, including both World Wars.

Modern Sweden maintains a worldwide reputation for its progressive social welfare policies, which were the outcome of a steady evolution toward democratic government that began in the early nineteenth century.

Sweden has carefully maintained the pristine beauty of its stunning natural environment; it holds the only extensive wilderness area left in Europe, and the waters of Stockholm remain clean and clear enough for fishing and even a downtown swim. Currently, Sweden seems to offer, as it has offered for decades, an irresistible picture of where the rest of the world would like to be.

More than 1.5 million Swedes have immigrated to the United States.

A painting of the Vikings

Colorful buildings along the Strandvagen in Stockholm, Sweden

Nordic Museum

Swedish Museum of Natural History
THE SIGHTS OF SWEDEN
From Sophisticated Cities to Charming Villages

By LONELY PLANET
Special to the i Pulse

From berserker Vikings to the Nobel Peace Prize in just a few centuries, Sweden really has earned its reputation as a model for progressive society. Throw in its gorgeous people, high standard of living, clean-lined design and magically archipelagic capital, Stockholm, and it can be seen that Sweden is a very happening place.

Gothenburg and Malmö beckon with urban delights, and away from the cities, Sweden takes in vast areas of scenic coastline and idyllic islands. The wilderness areas of Norrland have the legendary midnight sun in summer, Arctic Scandinavia’s highest mountain and marvellous hiking trails.

There are several sights to see in Sweden, ranging from museums to parks and everything in between.

The welcoming and illuminating Ájtte Museum is the highlight of a visit to Jokkmokk; it gives the most thorough introduction to Sami culture anywhere in Sweden, including Sami dress, silverware, replicas of sacrificial sites and an interesting display of 400-year-old shamans’ drums.

The “new” Royal Palace is one of Stockholm’s highlights; it was constructed on the site of the “old” royal castle, Tre Kronor, which burned down in 1697. The north wing of the castle survived and was incorporated into the new palace, but its medieval designs are now concealed by a baroque exterior. With 608 rooms, it’s the world’s largest royal castle still used for its original purpose.

The magical landscape of Sarek National Park covers an area of 2000 sq km (780 sq mi). It comprises 100 glaciers and countless peaks, a handful of which are over 2000m (6560ft) high. This is beautiful yet demanding country, only for the tough and experienced.

Perhaps the best views are over the lake and delta of Laiture on the Rapa älv, not far from the eastern boundary of the park. There are no huts and few bridges, but the route is popular with experienced hikers, who take a week or more to get in and out. The most common entry point is from the south from Kvikkjokk Fjällstation, which is serviced by bus from Jokkmokk.

The 4900-hectare (12100-acre) Tyresta National Park is noted for its virgin forest, which includes 300-year-old pine trees. Stockholm is the only European capital with a virgin forest so close to it. Tyresta is a beautiful area, with rocky outcrops, small lakes, marshes and a wide variety of bird life.

The Vitlycke Museum is home to several unique pieces of art, including that of long-armed men, blue whales, sexual imagery and goat-drawn chariots.

A view of the wilderness areas of Norrland