Tonight, beginning at 6 p.m., Chris Carrabba, Dashboard Confessional’s front man will be hosting two benefit concerts on campus at the Keith C. and Elaine Johnson Wold Performing Arts Center. The proceeds from these concerts will support the Lynn University Memorial Scholarship Fund.

The first concert at 6 p.m. will consist of a special V.I.P. performance where Carrabba will delight the audience with an hour-long acoustic set for a select number of listeners. Within half an hour of the V.I.P. performance ending, Carrabba will begin a new venture by performing on the Wold Performing Arts stage with our own Lynn University Conservatory of Music’s Philharmonia Orchestra at 8 p.m. The 8 p.m. performance is being held at no cost to Lynn
students who retrieve tickets from the ticket center by showing their Lynn ID, however seating is
limited so it is recommended to arrive early.

Recently, the band Dashboard Confessional along with the opening act, Mike Dunn and the Kings of New England, played a show at the House of Blues in Downtown Disney in Orlando. Carrabba, himself, extended a special invitation to the Journey of Hope students to the concert in Orlando. The students met with the band for almost an hour before the show began and went backstage once the show had finished.

One of the Journey of Hope students P.J. Tyska said, “It was amazing. They brought us here and we got to be backstage. This is a huge deal to our community and us. Chris doesn’t have to do this but he and his band members are genuine people that want to help and that’s why it’s amazing.”

Dean of Students Anthony Altieri and Brian Silquini, a Lynn school officer, drove the six Journey of Hope students in a Lynn van to Orlando. These students included Tom Schloemer, P.J. Tyska, Nikki Fantauzzi, Daniela Montealegre, Missy Elliott and Lindsay Doran. Altieri said about Carrabba, “He’s being generous by sharing his talent and giving back.”

Carrabba, Lynn University and its students have been relentlessly promoting tonight’s benefit performances. Carrabba himself has posted a link on his personal twitter page, sent out e-mails to his fan base from Dashboard Confessional’s online fan club and has been participating in radio, newspaper and television interviews about the concerts.
Even with all the publicity the concerts have received, the most touching exposure occurred halfway through one of the band’s most well known songs, the Best Deceptions, at the House of Blues in Orlando. Midway through Carrabba’s performance of the song he stopped strumming the guitar and took hold of the microphone. Carrabba introduced his crowd to some of his “special guests” who were attending the concert that night who “were in Haiti during the earthquake.” He introduced Lynn’s Journey of Hope students as students who were “doing humanitarian work” and said, “They were doing good work.” Carrabba added that while not all of Lynn’s students and faculty made it out alive from Haiti the ones that did were in the back. He proceeded to invite the Orlando crowd to the shows at Lynn University that will be taking place tonight to raise a scholarship fund for the children in Haiti that survived the earthquake.

Backstage after the House of Blues show, as Lynn students, faculty and staff thanked Carrabba for the upcoming shows Carrabba said, “I’m just trying to show my gratitude. These students and faculty went on a selfless endeavor, pure of heart. We wanted to say thank you.” In regards to the Lynn University Memorial Scholarship Fund Carrabba said, “There is a huge Haitian population in our area and they lost their support networks as well. So if we can all pull together to help them with that goal in mind, then we will all be better for it.”

Tom Schloemer was the last Journey of Hope student to weigh in on the experience of being invited and escorted out to the Orlando show and about the concerts that will be ongoing tonight. Schloemer said, “It was a really special experience to meet Chris and the band. We were really grateful to go up there and talk to them and enjoy the concert. We were grateful that the school drove us up there and we had a blast hanging out with them.”

“I think Chris is an amazing guy. It’s not everyday that you meet someone so down to earth and so in touch with his community,” said Schloemer. “He didn’t even go to Lynn and he was so touched by the story, that’s a lot right there. We sat down with him for 45 minutes before the show and he acted like friends with us. He wanted to get to know us and hang out. He is an all around great guy and we’re all thankful that he’s doing this.”

For more information about tickets to tonight’s events, contact the Lynn University Ticket Office at (561) 237-9000 located in the lobby of the Trinity Residence Hall.
LYNN CONTINUES TO GO GREEN

April 28, 2010 by Kerri Salter
Filed under Green

Leave a Comment

Help Make the Lynn Community a More Eco-Friendly One This Fall

By SELINA KEIPERT
Contributing Writer

Last week, on April 22, the world celebrated the 40th annual anniversary of Earth Day.

Earth Day was originally established in 1970 as the Environmental Teach-In, intended to raise awareness of environmental issues. After 40 years, the planet is in greater peril than ever. While climate change is one of the greatest concerns, it also presents the greatest opportunity in order to build a clean, energy sufficient and prosperous environment today and for the future. Since 1970, many laws have been passed by Congress to protect the environment such as the Clean Air Act and Clean Water Act. Earth Day 2010 could be a turning point to advance further in the climate policies, energy sufficiency, renewable energy and green jobs.

Lynn University has the capability to encourage the green movement to its students by creating an eco-friendly environment. Educating the students and staff on how to save energy and water will benefit not only the university, but the planet. Recycling water bottles and paper, turning off the light and air conditioning in classrooms and dorms, using florescent light bulbs, turning off the TV when not in use and taking ten minute showers are just a few obvious simple changes anyone can make.

Many people neglect doing anything to save water and energy because it is seen as a burden to take on these responsibilities; however it is the simple things done by all that can make a difference. Lynn University can be more environmentally aware and promote the sustainability of the earth to its students around campus by being a role model.

If interested in being part of the modern environmental movement, and would like to help establish a club for the fall semester, please email skeipert@email.lynn.edu.
LYNN COUPLE IN THE SPOTLIGHT

April 28, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

Meet Victoria Frost and Dominic Viola: Two Staff Members in Love

By MELISSA ROSEN

Staff Writer

Top: Couple enjoys the snow together.

Victoria Frost and Dominic Viola are both staff members at Lynn. Frost runs the women’s center and Viola works for residence life. In a recent interview the two discuss their relationship.

iPulse: How long have you been together?

Frost: Dating for 5 ½ months and engaged for three months.

i: How did the proposal happen?

F: On New Years Eve we had this whole date planned out, we were going to get massages, come back to my house; lay on the hammock then go to dinner and get ready for a Hawaiian party that I was having at my house for New Years. After massages we came back to the house and were laying out at my house on the hammock. Dom pulled out a bunch of index cards out of his pocket and on them he wrote down things that he likes about me. Then he asked me “are you
going to make an announcement later” and I said, “what announcement?” And Dom replied that we are engaged. After that he got down on one knee and proposed. My parents knew ahead of time that Dom was going to propose, he asked my father for my hand in marriage.

i: When are you getting married?

F: February or March of next year.

i: How did you meet?

Viola: We met at the Gym Class Heroes concert last year at Lynn. Shortly after that, we began to talk over the next few weeks and went out to dinner and it turned into a relationship.

i: What are the positives and negatives of working together and being in a relationship? V: A positive is that you can be at the same place and say hi to one another, we collaborate together. A negative is that you have to be very professional because of constant watch of students and staff.

i: Why do you like working at Lynn?

V: Is is small; you get to have a lot of contact with the students.

F: Lynn has a lot of great opportunities. Being a young professional, I get to do a lot more things than I would if it was a big school; it is different and challenging.

i: What common qualities do the both of share?

F: We have a lot of the same values like family and interests. We are pretty different.

V: We like to learn so we have really boring conversations (to everyone else) and we are very spontaneous.

i: What types of things do you do as a couple?

F: We go on random adventures, play video games, we read the same books, we like to try different restaurants and travel.

i: Do your differences have an impact on the relationship?

F: It helps us balance each other out; it is challenging and we continue to grow.

V: Differences help the relationship.

i: What drew you toward each other?
V: She did not grow up in the United States; she didn’t understand a lot of expressions. She would get these expressions wrong but I liked it, I thought she was quirky. Her artistic side compliments me.

F: I think he is cute and he is smart. We have great conversations and I like that he disagrees with me.

i: Do you live together at the moment?

F: We have an apartment together on campus. We both do emergency response on campus and our job entails us to live on campus as of now.

i: What do your families think of the relationship?

V: I think my family is very excited, at one point they thought I wasn’t going to get married.

F: My family really likes Dominic, especially my sisters.

**SOMETHING ALL STUDENTS CRAVE**

April 28, 2010 by Kerri Salter
Filed under Best of Boca

[Leave a Comment]

*Coldstone is a World Wide Franchise Chain That Leaves its Customers Happy*

By KALA ABDELL

Staff Writer
Located in the heart of Boca Raton, Cold Stone Creamery has served as a quick, delicious sweet for the college student craving a break.

Cold Stone Creamery is the perfect fix for a sugary desire. With their array of flavors it is no wonder it has become such a popular place to grab a scrumptious snack for many Lynn University students. Flavors go from the classic chocolate and vanilla to the not so common chocolate dipped strawberry and cotton candy.

Their ice cream comes with the option of more than 30 different mix ins that they mesh together on a stone slate that is extremely chilled. One can watch their own ice cream creation be mixed right before their eyes. If indecisive over the multiple selections one can always choose one of Cold Stone Creamery’s signature creations. These are their best combinations of mix ins all put together for an affordable price.

Besides their ice cream, Cold Stone also has a variety of fresh fruit smoothies if one is looking for a healthy alternative. They also have many different iced and blended coffee options if one is looking for a little pick me up.

Cold Stone just recently launched two new creative options to their diverse menu. They now are offering ice cream cupcakes and cookie sandwiches of all kinds. The options range from cake lovers with sprinkles sandwich cookies to oreo lovers. The cupcakes are filled with many different ice cream flavors and cake and covered with frosting. Besides all of these new inventions coming into Cold Stone they of course still have their variety of classic ice cream cakes that have become world renowned over the years.
This chain is definitely a great place to cool down and eat something delicious and satisfying. It is sure to bring a smile to any face.

**KAT PRESENTS DOG TAG WEAR**

April 28, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

*Students Create “Military Chic” Fashion Jewelry Fun For Everyone*

By BRITTANY KLONTZ

Staff Writer

KAT recently sponsored the ‘Val’s Dog Tag’ event in the Student Center where students were able to personalize their own military dog tag with their name, a lucky number or even their favorite phrase. Putting a new twist on an old military tradition, this event allowed students to express themselves through customized jewelry.

First in line was Armando Castillo, graduate student, who personalized his tag with the phrase ‘MS150.’ “This represents a charity race that myself and other students and faculty members will be doing for multiple sclerosis,” said Castillo. “I plan on attaching it to my bike while I do the long 150 mile trek from Homestead to Key Largo in only two days.”

Students were given the option of wearing the dog tag as a necklace, bracelet, anklet or keychain. Many chose to make a necklace with inspirational phrases on them such as Maddie Doyle, junior, who engraved her basketball number and the verse ‘Luke 12:48.’ “This is a passage from the bible that is very meaningful to me because I have been blessed with so many great things,” said Doyle. “It’s a reminder telling me to give back more than what I receive.”

Other students chose to personalize their dog tags to match their goofy personalities. Tully Bertorelli, junior, engraved his nickname “Tullyvision” on his dog tag. “Tullyvision is my wrestling persona,” said Bertorelli. “I always tell people to ‘adjust your television, it’s time for Tullyvision’ before I perform.”

The dog tags were also great for an original, personalized giveaway.
FIRST LAMBDA PI ETA HONORS SOCIETY

April 23, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

Communication Department Recognizes Outstanding Students

By BARBARA SCHWENK

Staff Writer

The Lynn College of International Communication is proud to be initiating the first class into the Lambda Pi Eta honors society this spring.

Many of the other colleges at Lynn University have similar groups to honor students that excel in their classes. The College of Business Management have been involved in the Sigma Beta Delta honors society for a few years. “I have been part of the Business honors society, but with a minor in communication it is great to be part of Lambda Pi Eta,” said Stephanie Smith, senior.

The Lambda Pi Eta Psi Zeta Chapter at Lynn will give recognition to those students in the communication field that go above and beyond in their classes. Eligible students have completed
60 semester credit hours and have been recommended by a faculty member in the College of International Communication. Also students must be in good standings and have earned a GPA of 3.0 for all courses taken and a minimum of 3.25 GPA for communication studies courses. “I am proud to be apart of the Psi Zeta chapter of Lambda Psi Zeta at Lynn University,” said Brittany Klontz, junior. “It makes me feel like all my hard work is worth it.”

The Lambda Pi Eta honors society was founded in 1985 at the University of Arkansas. In 1988 it became part of the National Communications Association (NCA). Years later in 1995 Lambda Pi Eta became the official honor society of the NCA. Today Lambda Pi Eta has more than 400 active chapters.

The name Lambda Pi Eta represents the three ingredients of persuasion: Lambda meaning logic, Pi relating to emotion, and Eta showing character, credibility and ethics.

**MAXIMIZING ONES SUMMER OPTIONS**

April 23, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

*Volunteer by Helping Others Have an Amazing Summer*

**By BRITTNEY MARKOWSKI**

**Staff Writer**

With the amazing sun, sand and nightlife, it is no wonder most students who choose to go to college in Florida stay here for the summer. For many students main prerogative to relax and take a break from studies. However, they can take an initiative and be productive with their time by volunteering; it will keep them motivated and open up a chance to give back.

The Miami Children’s Hospital is a facility where hundreds of children struggle each day to make it to their next. Located only 45 minutes from Boca Raton, the trip will be well worth it once you sees the smiles they can put on these children’s faces.
They are one of the leading pediatric health care facilities and rely a lot on the help from their volunteers. The main requirement to become a volunteer is to speak English, but knowing a second language is a plus. One can go to www.mch.com for more information on how to start helping.

A German native student has dedicated her summers to volunteering at the hospital her father works at in Germany. Mai Schilling, freshman says, “Now that I’m living here for the summer I’ve really considered volunteering at the Miami Children’s hospital, I’m a Biology major so I love the field, and helping people makes me feel like I’m doing something good with my life.”

If children are not one’s cup of tea, another great organization to get involved in is the Susan G. Komen For The Cure Foundation. This organization is very well known for helping people become aware of breast cancer, helping with early detection and also has created a wide support network for it’s survivors, friends and family members who have survivors.

This organization has many opportunities to volunteer, from participating in a breast cancer walk, becoming an activist to achieve important legislative objectives or even contributing monetarily is a huge benefit to the foundation. This organization is very large and if one contacts their local affiliate they will be happy to assist in finding out the best way to volunteer. Go to www5.komen.org for more information on how to volunteer.

There are many more opportunities for students to get out and volunteer this summer, but the main goal for a student is to search for an organization or company that they really care about, because the more one cares the better their volunteer efforts will be. Now get out and serve.

FUTURE GOALS AFTER GRADUATION

April 23, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

Financial Advice After Behavioral Economic Studies

By SEANMOSCYNSKI

Staff Writer

As fellow Lynn students get ready for graduation at the beginning of next month, the anticipation, excitement and sense of achievement is overwhelming to many. However this graduating class faces one of the toughest job markets in modern history. For these graduates on the verge of their first paychecks, here’s a little unconventional, but practical financial advice from recent findings in behavioral economic studies.

Choose specific goals within the first year and share them with friends and family.

It is believed that when people write down goals, the chances of them completing these goals increases. However further studies suggest that when people share or are asked about their plans from others, a phenomenon known as, “mere measurement effect,” occurs. Basically people who are asked about their plans behave different toward their ideas then when left mum on the issue. So whatever graduates plans are, have confidantes to discuss with.

Setting aside money for specific goals when starting out is always a smart strategy. “Mental accounting” might include setting aside retirement money by joining the company’s 401k plan, keeping a checking account for only rent and daily spending, or even setting up an online savings account that one never touches. Always be in the driver’s seat for your future not just living in the present.

Aside from failing to do the math on interest rates, the use of credit cards in general can falter mental accounting. When it comes to cards people seem to forget how much they are actually spending. If you use cash, you’re going to remember how much you spent. If most of your financial dealings are made right in front of your eyes you will remember how much things cost and how much money you have left. Researchers interviewed college students leaving a campus bookstore and found those who paid cash more accurately recalled prices than students who used credit cards. The danger of overspending credit cards when you have no one supporting you but yourself can be absolutely devastating.

With these tips in the back of your head, hopefully your first year on the job will not be as stressful.
SORORITY SETS AN EXAMPLE ON CAMPUS

April 23, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

Affirming Long-Standing Values in Our Community

By MICHAEL PALIOTTA

Staff Writer

Sigma Sigma Sigma is the only sorority on campus. Comprised of 20 girls and founded more than five years ago, Sigma is an extremely active part of the Lynn community.

Nine women originally founded Tri Sigma in 1890. Today the organization is present on more than 100 campuses.

Tri Sigma sisters at Lynn meet once a week headed by their President Tova Brown. With so many activates constantly being planned, there is never a lack of discussion at the meetings.

Sigma Sigma Sigma’s value statement is to reaffirm its long-standing core values of wisdom, power, faith, hope and love. “At Lynn University’s Tri Sigma Eta chapter we try to establish those values in our sisters as well as help the community through community service and school wide events,” said Tova Brown, President.

One of Sigma’s most recognizable events is their annual Jail Bond fundraiser. Students can donate any amount of money to “arrest” another student. An actual Boca Raton Police Officer is then sent to find them on campus and bring them to the mock jail set up in the Perper Plaza. Students are not released until they can raise the amount of money that was donated to put them in jail.

“I have enjoyed being part of such a great sisterhood and hope to have these bonds of friendship forever,” said Lauren Fry.

Sigma also works closely with other organizations on campus. The sisters of Sigma have a strong relationship with the ZBT brothers and each year hold a Tie Date. This is when ZBT Brothers place a tie in a hat and Sigma sisters select a tie at random. When a Sigma sister selects a tie the corresponding ZBT brother takes her on a date.

Tri Sigma holds recruitment at the beginning of each semester. A three-night event is held for interested students to meet the current sisters and gain knowledge about the organization. At the
end of the three nights the sisters invite certain students back for the next part of the recruitment process. The process is private and known only amongst sisters.

**BRINGING MEXICO TO SOUTH FLORIDA**

April 23, 2010 by Kerri Salter  
Filed under Best of Boca

Leave a Comment

*Uncle Julio’s Fine Restaurant Offers a Unique Experience*

By KALA ABDELL

Staff Writer

Above: Uncle Julio’s food, logo and the restaurant decor. Photos/ K. Abdell.

Bringing a little piece of Mexico to South Florida, Uncle Julio’s Fine Mexican Restaurant located in the heart of Boca Raton in Mizner Park is offering an inexpensive, unique experience for college students.

The first Uncle Julio’s opened in Dallas in 1986. Since then they have spread to multiple locations within the U.S., including the sunshine state. Their popularity grew rapidly once the word got out that they had unbelievable Mexican food. They are now located in 14 different states within the U.S.
When visiting Uncle Julio’s one will be certain to see a list of the classic Mexican recipes, but among these fine foods visitors will also see what Uncle Julio’s truly specializes in; their marinated and mesquite grilled beef and chicken fajitas, ribs, quail, jumbo shrimp and even frog legs. One will also notice the classic Mexican desserts, brunch options, soups and the many appetizer options they have, including their infamous chips and homemade guacamole.

The food prices range from $9-$15 for an entrée, making it a perfect, inexpensive night out for the average college student looking for a delicious and diverse meal. Besides their fine cuisine, Uncle Julio’s is also very well known for their atmosphere. They have a very distinctive hacienda decorative style which sets them apart from the traditional Mexican restaurants.

Uncle Julio’s is known for their freshness as they provide only the best ingredients and the freshest foods. One will be sure not only to enjoy a warm meal that is tasty and refreshing but also the unique Mexican feel that comes out through their interesting, one of a kind decorative style.

THE 2010 ADMISSIONS OPEN HOUSE

April 23, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

Future Prospective Students Get a Taste of Lynn’s Campus

By TAMARA REYES

Contributing Writer

Lynn University recently held their annual Open House. The Admissions Office worked very hard to welcome prospective students and their parents to an event to familiarize themselves with what could be their future home.

Above: Future students during a tour. Photo/T. Reyes.
The day began at the Schmidt building where the honored guests were welcomed by the entire Admissions staff. After being registered, both parents and students proceeded to a campus tour where the Deans and faculty members of each college talked about the available programs.

“I enjoyed the tour very much and I am surprised by how international and personal the education at Lynn University is,” said Austin Speed, a high school senior from Kentucky. Following the tours, President Kevin Ross formally welcomed all students and their parents in the Green Center.

The prospective students were able to get a first hand feel of what it is to be a student at Lynn at a student panel held in the de Hoernle Lecture Hall. Current Lynn students, Dan Hennesy, Kelvin Kaura, Jen Rodrigues, Zack Welsh, Daniela Santos, Freddy Giltman and Tamara Reyes each shared their own experience as students.

The open houses held by the Admissions office are very important because a great part of the prospective students’ final decision is influenced by this event. “All of the work we have put into these open house events throughout the year have been worth it. Many families and prospective students have made their decision to attend Lynn after visiting our beautiful campus,” said Admissions Counselor Anna Barr.

Throughout the year, the Admissions office works arduously recruiting high school students all over the world to put together a diverse and unique class. Certainly, the 2010 freshman class will not be an exception.

ADDITIONAL TRAVELER CHARGES

April 23, 2010 by Kerri Salter
Filed under Lifestyle

Leave a Comment

Check With the Airlines Before Heading to the Airport

By RENEE LANTEIGNE

Staff Writer

With recent economic hardships, airlines across the country are charging more than ever for travel; some are even charging for carry-on luggage.

Almost every airliner charges for checked baggage, However, now one company will start charging for every piece of luggage passengers stow in overhead compartments. Spirit Airlines recently announced they will be the first company to charge customers for carry-on luggage.
As of August 1, all passengers choosing to bring a carry-on will have to pay up to $45. A discounted rate of $30 will be available for customers reserving space in advance online. While Spirit is the first company to implement this policy, people expect many other airliners will quickly adopt similar policies.

“In addition to lowering fares even further, this will reduce the number of carry-on bags, which will improve in-flight safety and efficiency by speeding up the boarding and deplaning process,” said Ken McKenzie, Spirit chief operating officer, in a recent statement.

Representatives from Spirit feel this new policy will help reduce ticket prices, similar to the reductions seen when the company began charging for all checked luggage. Passengers will still be able to bring one personal item on the plane free of charge, permitting the item fits under the seat.

According to the United States Bureau of Transportation Statistics, Spirit reported an earning of about $740 million in baggage fees in the third quarter of 2009 alone.

These new fees make travelers question what these airliners will charge for next. But no matter how much they charge, people will not stop flying.

STUDENTS WORK FOR THE NAVY

April 23, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

Select Broadcast Students Pair Up With the U.S. Navy.

By BRITTNEY MARKOWSKI

Staff Writer
For the second year the College of International Communication and the United States Navy teamed up to create a unique opportunity for four hand picked students to tour, report and find out what living on a navy vessel is really like.

The students were chosen by the communication department for their outstanding reporting skills and the leadership they show in class, Zach Caplan, sophomore, and Brittney Markowski, junior, were the two students chosen to board the U.S. Navy submarine. They will leave for a day long journey from Port Everglades.
Their duty aboard the submarine will be to create a video on how the submarine functions, how the crew adapts to such limited space and how the vessel specifically helps the U.S. Navy.

The second team of students is made up of Jen Stone, junior, and Ricky Freebery, sophomore. This team was flown to Norfolk, Virginia, where they boarded the Iwo Jima Carrier this morning and ride it for three days down the coast, ending up in Fort Lauderdale.

On this vessel, they will be expected to put video pieces together, profiling the Captain of the ship and several sailors as well. Their voyage will be a four day venture. Stone had the honor of being personally asked back after delivering such a great performance last year on board the ship. Professor Jim Brosemer said, “She did an excellent job last year, and the U.S. Navy requested her back a second year in a row.”

Along with the honor of being selected to represent Lynn University and the excitement of working with the government, these students are aware that the active duty vessels could receive orders to go on a mission from the U.S. Navy, and in that event the students have to be prepared to hang on tight for the duration.
TREES ARE SLOWLY DYING AWAY

April 21, 2010 by Kerri Salter
Filed under Green

Leave a Comment

Global Warming Has Caused Our Trees to Undergo A Severe Forest Crisis

By KYLE COOPER
Staff Writer

Above: Dying Trees paint the picture. Stock Photo.

Because of the global warming crisis and high Co2 emissions, forests are slowly vanishing, creating a higher risk for Co2 to stay in the atmosphere.

National forest scientists are worried that trees all over the world are becoming extinct at an alarming rate. Not only in the rainforests of Brazil and Southeast Asia in trouble, but also right here in the United States. From the cedar trees in Alaska to the palm trees of Florida, they are all dying at an increasing rate. Some people argue whether this rapid increase in tree deaths is due to
industrialization or CO2 emissions. “My truck probably isn’t helping,” said Dan Akoghlanian, sophomore. The higher temperatures and higher CO2 levels in Alaska are causing the cedar trees to die out. While on the other side of the globe, palm trees are disappearing because of rising sea levels delivering toxic water to the trees.

Once the o-zone gets inside the cells of the tree, they are unable to photosynthesize and begin to get sick and eventually fail. Increasing levels of ultraviolet light from the sun is increasing in the atmosphere due to our thinning o-zone layer are also harming the trees. When the trees vanish, animal’s habitats start to diminish, leaving animals to die also.

THE STORY OF A FIGHTING KNIGHT

April 21, 2010 by Kerri Salter
Filed under Athletics

Leave a Comment

Michael Woo Proves Himself to Be Much More Than Just a Student Athlete

By LACY REDWINE

Michael Woo, a junior on the men’s basketball team, was recently selected to participate in the NCAA Student-Athlete Development Conference. The conference will be held in Orlando, May 24-27.

To be selected as one of the few students to attend this conference speaks numbers. Lynn University had an astounding four candidates, two of which were selected to represent the university. 700 student-athletes were chosen nationwide for this conference while very few universities have two student representatives, making Lynn University and Michael Woo part of an elite group.
Above: Woo knows how to balance his responsibilities. Top: Woo shows that he is a hard worker both on and off the court. Photos/ L. Redwine.

Woo carries a very active lifestyle on campus. He is the current Vice President of the Lynn Student-Athlete Advisory Committee, an intern for Sara Quatrocky, a member of the athletic council, awarded Dean’s list accolades and a member of the men’s basketball team.

When discussing his busy schedule and his recent accomplishments, Woo remains very humble and proud of his work at Lynn. “I am very honored to be chosen to represent our university and I am so excited that I get an opportunity like this,” says Woo. “I hope to learn more about what it takes to be a college coach while I’m at the conference.”

At the NCAA Student-Athlete Development Conference, students will be able to discuss any issues or questions they may have concerning their university. It is a great opportunity for student-athletes to express their leadership and communication qualities. While attending this conference, student-athletes can expand their knowledge by means of participating in various activities and exercises for four days.

Attending this conference will be a remarkable experience for Woo, who plans on becoming a college basketball coach following graduation. “I hope to learn more about the conference itself and what it is all about,” says Woo.

PROFESSOR MAKES AN IMPACT

April 21, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

Professor Boerger Has Made a True and Lasting Impact On Many Students in the Donald E. and Helen L. Ross College of Education.
Priscilla Boerger is a professor at Lynn University in the College of Education. She is not only a professor, but also the advisor of two of Lynn’s student organizations. Boerger sat down with the iPulse to talk about her teaching experiences.

Guzman: What subject or subjects do you teach here at Lynn?

Priscilla: Introduction to Education, Differentiated Instruction, and Social Studies in the Elementary Schools. Starting in the fall, I will be the Practicum Director.

G: How long have you been teaching at Lynn?

P: This is my third year. My first year I was an adjunct and I’ve been a full-time faculty member for the other two.

G: What degree or degrees do you have?

P: I have my Bachelor of Arts degree in Elementary Education from Florida International University. I also have my Masters of Science and Doctorate in Education degree in Organizational Leadership in Education from Nova Southeastern University.

G: What is your teaching philosophy?

P: With me, it’s all about two things, passion and the students learning.

G: What is KDP?

P: Kappa Delta Pi is the education honor society. It’s my first year as the advisor. I really put a lot of effort into it because there wasn’t a lot of involvement from the students. We’ve done a lot of activities this year like Toys for Tots. We also adopted five families who are less fortunate and granted their Christmas wishes.
Now, we’re doing a Children’s Book Drive. Our goal is 100 books and we’re donating them to an elementary school library. We broke the record this year for KDP by initiating 25 new members which is the most in over five years.

G: What is Pennies for Peace?

P: Pennies for Peace is an organization ran by Greg Mortenson. Mortenson is a humanitarian who builds schools in Pakistan and Afghanistan in order to provide a much needed education to all of the children in those areas. His story is told in his well known book, Three Cups of Tea. My Introduction to Education students read the book and did other activities to go with the book last semester. My students and Windom Elementary in Orchard Elementary in Orchard Park, New York have collaborated in. The students at Windom Elementary raised over $1,000 to donate to the Pennies for Peace Organization; each class read a grade level appropriate version of Three Cups of Tea, and various lessons and activities spanned throughout the curriculum based on the book.

My students acted as role models to the Kindergarten through sixth grade elementary students. On Nov. 18, 2009, Windom Elementary held a kick-off activity to start off the Pennies for Peace activities. During this event, I, Dr. Hartwick, and the students from my class watched and participated live in the CII room. Through a live TV video cam we were able to interact with the students at Windom during the kick-off. The importance of three cups of tea is the first cup you have with someone in Afghanistan you are a “guest,” the second cup you are a “friend,” and the third cup you are “family.”

Pennies for Peace is now an official club here at Lynn. The first batch of money we’re going to donate is going to be in Dr. Hartwick’s name.

G: What awards have you received?

P: I was named the Professional Woman of the Year in Education for the National Association of Professional Women. I’m also members of KDP and Phi Gamma Sigma.

G: What do you like to do in your spare time?

P: I like reading and doing crafts with my daughter.

G. If you weren’t a professor, what career would you be in?

P: I wouldn’t be doing anything else. I’ve always wanted to be a third grade teacher.

G: What school or schools have you taught at?

P: I taught at Reeves Elementary in Miami for seven years. I was the lead teacher for six out of the seven years. I taught first, second and third grade.
Television’s newest hit comedy, Glee, returned last week with all new episodes full of musical talent and high school drama. The show, which began as a hopeful project, has quickly become a phenomenon.

The plot follows an Ohio high school glee club that is continuously scrutinized by the popular kids of their school and challenged by the cheer coach, Sue Sylvester. The club is filled with an openly male gay student, a boy in a wheel chair, a snotty yet goal driven “nerd,” a pregnant ex-cheerleader and two football players, just to name a few.

While the show took a break due to American Idol, the spoilers given have hopefully made the wait worthwhile. The show left off with the team winning sectionals and now they are off to regionals facing all the drama along the way. “It’s like a musical, emotional overload for me. I laugh and cry every episode. I’m a serious Gleek and I even own all the CD’s,” said Brittney Markowski, junior.
Upcoming episodes will feature all songs by Madonna, and a whole episode centered on Lady Gaga (fashion included). While some people are in love with the show, Jenna Murray, freshman, feels that the show is “pointless, but addicting.”

If students are interested in seeing what the fuss is about, there are a few episodes on www.Hulu.com that can help late viewers catch up. So, the real question is, will you be tuning every Tuesday night to turn on your inside Gleek?

**FINAL FOUR® IS FULL OF MADNESS**

April 20, 2010 by Kerri Salter
Filed under Athletics

Leave a Comment

*Lynn Athletics Employee and Student Explains What the Big Deal is in March*

By GENE PROUSNITZER

Contributing Writer

Above: It was pandamonium as Butler and Michigan State fought for the title during the Final Four® Tournament. Photos/ G. Prousnitzer.

The Road to the Final Four® is difficult for the teams that make it. It is filled with four hard fought victories, over one of the top 65 teams in all of NCAA® Division I basketball. It’s filled with more media scrutiny than most players will ever get. It is also filled with more traveling than they do all year combined.

So why is the Final Four® a big deal to coaches outside the four teams that make it? Well, there are multiple reasons for all these coaches to descend on the Final Four® every year.

First, there is a product exposition. This is where coaches purchase new products for their program. These products can be anything from jerseys, to video editing products, to new flooring.
Second, there are coaches crawling all over the place. This is good for two reasons. First, you see coaches you know and have become friends with. Second, you converse with coaches and administrators in hopes of getting a promotion or a job in general. This year, I saw coaches from all over the place. From coaches at Clemson University that I worked with the past two summers, University of Arkansas-Little Rock, Ole Miss, Providence and that’s just to name a few. I even met former Lynn player Mark Matthew, who is currently the Graduate Assistant at Georgia State University in Atlanta.

“I enjoy going to the Final Four® because it gives me an opportunity to see colleagues I don’t get to see regularly throughout the convention,” said Lynn Men’s Basketball Associate Head Coach Marcus Hayes. “And it allows me to soak up the atmosphere of one of the best sporting events our country has to offer.”

Third, coaches go for the games and events. At this years Final Four®, I saw All-American guards John Wall of Kentucky and Greivis Vasquez of Maryland, the player who does the Miller High Life commercial. That was just in a span of a couple hours.

An interesting fact about this Final Four®, is that this year’s was the fewest combined distance traveled between the three teams, about 1,200 miles. Butler traveling six miles from their campus to Lucas Oil Stadium, Duke traveling 652 miles, Michigan State traveling 260 miles and West Virginia traveling 381 miles. One can imagine there were plenty of fans from each school. The fans were going nuts from the time our coaching staff landed on Thursday to when we took off on Sunday. There were Michigan State fans who painted their hair green, to West Virginia fans starting random chants along the streets, while Duke fans who showed professionalism, to Butler fans acted like kids in a candy store.

This year’s Final Four® was exciting off the court as much as it was on the court. I couldn’t have learned more from a weekend than by spending a week surrounded by coaches.

ROCCO’S TACOS: THE PLACE TO BE

April 20, 2010 by Kerri Salter
Filed under Best of Boca

Leave a Comment

This Popular Mexican Eatery is a Hit With Lynn University Students

By SAMANTHA NOAH

Staff Writer
Above: Lynn students love to go to Rocco’s Tacos for their delicious Mexican cuisine and relaxing atmosphere. Photo/ S. Noah.

Rocco’s Taco’s is a Mexican style restaurant located in Boca Raton’s Town Center Circle. The restaurant is unique in more than one. When first walking up to Rocco’s Taco’s, the lighting and the light fixtures enchant a customer.

The chandeliers are original and really set the chic atmosphere that the restaurant provides. They decorate the ceilings throughout the entire establishment. The lights are dimmed to an orange tint and really set the mood for the restaurant.

The menu consists of Antojitos (soup and small plates), Ensaladas y Tortas (big salads and sandwiches), Especialidades De Cocina (specialties), Rocco’s Tacos and Enchiladas. “I love the enchiladas at Rocco’s Taco’s,” said Lauren Barbieri, senior. “You can tell that the ingredients are really fresh.”

There are so many different choices located on the menu, and there is definitely something for each customer to enjoy. Since the menu lists so many options, the possibilities are endless. “The food is so great, the only difficulty I have is choosing what to order,” said Kyle Hall, senior.

Rocco’s Taco’s has two chefs whom produce the food. The head chef is Nunzio Billante, and the Sous Chef is Pedro Mendez. They are the personality and soul behind the food.

“I love going to Rocco’s Taco’s with my friend’s,” said Maxwell Richards, junior. “The food is great and the atmosphere provides a great time for everyone.” Rocco’s Taco’s provides customers with a night to remember.

Rocco’s Taco’s also offers a take-out option for their customers as well. This makes their business easily accessible for customers that do not have the time to sit down. “When it comes to take out, I always pick Rocco’s Taco’s,” said Hall. “It is authentic and fresh, and you can never go wrong with a nice taco.”

SEVEN DEADLY SINS OF FASHION
April 20, 2010 by Kerri Salter
Filed under Campus, Fashion

Lynn’s Fashion Management Presents Annual Runway Show

By BARBARASCHWENK

Staff Writer

Tonight the Fashion Management students will celebrate their annual spring fashion show. The show, titled “7,” will be an exciting event.

Each year the Fashion Management students decide on a theme. This year the theme is inspired by the seven deadly sins. “The show is creative and will be surprising at times,” said Missy Eliot, junior.

The students produce the event each year with assistance from Professor Lisa Dandeo, Ph. D. Each year a director and assistant director are nominated to lead the production. This semester Melissa Warren was chosen for director and Anna McNellen as assistant director. Groups of students such as PR, Models, vendors, and Hair/Makeup are all participating.

This year is a bit more exciting for the fashion students since they are designing and creating clothing of their own to be displayed on the runway. “We are creating basic garments and altering them to relate to two of the seven deadly sins, envy and wrath,” said Stephanie Smith, senior.

Not only do the students design spectacular garments in the show, but local boutiques loan merchandise to be modeled on the runway as well. “There are 14 retailers we are working with,” said Mellissa Warren, junior. “A few of our vendors include: En Vogue, Alene Too, Miss Me, Cache’, Dillard’s of Boynton Beach, Katie’s Place, PJ’s & Undies, Tommy Bahama, Swim & Sport, Boca Surf and Sail, as well as many more.”

The show is not only fun and thrilling, but also raises funds for a good cause. A portion of the funds raised during the charity raffle, prior to the start of the fashion show, will be donated to The Lynn University Fashion Management Program and the Lynn University Global Citizenship Memorial Fund, that will honor the work and life of the faculty members and students who lost their lives in the Haiti earthquake.

Tickets are now on sale outside of the cafeteria during lunch hours or may be purchased by calling Dandeo at (561) 237-7011. V.I.P tickets are on sale for $30 and include parking in the Schmidt lot, an hour of appetizers on the Schmidt back patio as well as reserved seating in the first three rows. General admission tickets are on sale for $10, and t-shirts are also available for $15. A $20 package is available, which includes a general admission ticket and a t-shirt. The show will start tonight at 7 p.m. in the Green Center.
International student athlete Manavi Halwasiya, known to her friends as “Mini,” hails from Calcutta, India, and has attended Lynn for all four years of her college experience. Now a senior, she thoroughly enjoys her experience as a marketing and fashion major as well as a member of the Lynn girls’ golf team.

On top of juggling her academic and athletic involvement, Halwasiya is also a member of the Academic Honors Program and the Lynn Fashion Club. She has made many friends at Lynn and enjoys working on fashion projects and shows, working for classes, hanging out with her roommates and friends and shopping. “At Lynn, one can gain real life experiences through assignments and projects,” said Halwasiya.

As someone focused on her academic success and prospective career, Halwasiya also enjoys benefits of many academic aspects of Lynn. “I feel that Lynn University is a great school because of the small class sizes and teacher involvement,” she said.

Halwasiya genuinely enjoys attending Lynn as an international student. “I think it’s really good-the amount of international students we have here,” she said. “Because Lynn doesn’t feel like an
all-American school. Here you experience all different cultures.” One aspect of living in the United States that she truly admires is the independence and self-motivation generally required of people in contrast to India. “I like how I can be close to a lot of people but at the same time have my own independence and be my own individual,” she said. “Here in the states, you can do everything for yourself, which allows people to grow.” Halwasiya also enjoys the tremendous range of possibilities and entertainment venues here in the states. “There’s such a variety of things available to do here, back home you can go to a coffee shop or restaurant to hang out, but here there’s so much more to do,” she said.

Once she graduates, she says she wants to “start working, get into the fashion world, get sponsored so I can stay in the United States, and eventually move to New York.” She has a very positive outlook on life and people in general. “Everyone should realize what they’re really passionate about and go out to achieve that with all their will.” She feels that people should “do what they love doing, be happy with themselves and their lives, and hold on to every opportunity they get.”

NEVER IGNORE YOUR Gut Feelings

April 19, 2010 by Jay Eisen
Filed under Featured

Leave a Comment

The Intuitive Power That Humans Possess

By PATRICIA LAMMLE
Editor-in-Chief
You would be lying to yourself if you said you have never made the wrong choice. Everyone, at one point in their lives has made a choice they regret and would like to go back and change. Sometimes we make decisions based on the possible outcomes or on the ideals behind it, but knowing deep down that the choice we made felt wrong. The sensation that you feel in those cases is called intuition and is possessed by every human being. “It’s my best instinct,” said Vanessa Orgler, sophomore. “The best decisions I’ve made were thanks to my intuition.” It just takes a good usage of it, to make the correct choices in your life. It is as easy as following your intuition.

Intuition is more legitimate than just a mysterious funny indescribable feeling; it is a real scientific phenomenon. According to Dan Ariely, PhD, author of Predictably Irrational, intuition causes your unconscious mind to pick up on crucial information that is lying beneath the surface of what your rational brain can perceive. Therefore listening to your instincts can help you make better, wiser judgements. From ditching a guy that asked you out on a date, to deciding what apartment you should move in to or what cereal to have for breakfast, the use of your intuition is your best tool.

It might seem easy to make decisions now that you know this, but using your intuition is not as easy as it seems. To fully use the advantages of your intuition, you first need to learn how to read its signs and understand how this underused guide works. There are four keys to doing so; knowing that your brain has the power, being aware that your eyes can see beyond the normal, picking up on the clues your body continuously sends to you and paying attention to your gut instinct on the first few seconds.

Your brain stores information every day. Part of that information are details from past experiences and situations you have been through. Once the information has been stored your brain starts using it when new similar situations arise, giving you advice on the situation and telling you what is going on without you being aware of it. For example, if you caught your boyfriend telling you a lie, your brain will read in that moment the change in his body language and speech pattern so the next time you encounter a similar situation your unconscious mind will alarm you and tell you something is wrong. It will alarm you. It is basically based on your experiences and therefore to sharpen it the only thing you need to do is get new experiences by putting yourself in unfamiliar situations.

There are millions of so-called “microexpressions” that tell a lot about a persons true feelings that the rational mind can’t register. Luckily, the unconscious mind, the one in charge of intuition, can easily pick up on them. These microexpressions only last about a fraction of a second but can tell you a lot about peoples emotions and hidden thoughts. For example, when you are hanging out with your best guy friend and suddenly start feeling he has a thing for you, it was the microexpressions in his face what brought you to that idea. Your unconscious absorbs
lightning-fast expressions such as desire and jealousy, and make legitimate assessments based on them, such as feeling that someone likes you.

Your body is a reliable source of telling you the difference between a gut instinct and simply second-guessing yourself. When an instinct is tripped it alerts you by triggering physical response. It works as an alarm system. When your instincts are telling you that you’ve made the right decision, it will show up physically by causing a burst of energy throughout your body or will even give you goose bumps. On the other hand, when you feel dread and unmotivated your body is telling you that you’ve made the wrong decision. Sometimes things like having a stomachache, a headache or tension in your back can be signs of having made the wrong decision.

Listening to your gut during the first few seconds has a reason behind it, on those first seconds your reasoning didn’t have the chance to take over your intuition and therefore it can give you a broader perspective of the situation. “I always go for the choice that first entered my mind, because I know that’s the right one,” said Christian Safie, junior. Most of the time when people ignore the first instinct that stroke them, they start using logic as a default and focus on convincing themselves the contrary of what their gut instinct first told them.

Overall, using your instincts to make decisions is a way of being smart and using the benefits that your unconscious mind gives you. And like everything in life, the more you practice it, the better you become at it. So the next time you make a decision don’t ignore your gut feelings; they will guide you to the correct path.
AMERICA’S PREMIER FIGURE SKATING TOUR

April 16, 2010 by Kerri Salter
Filed under Athletics

Leave a Comment

SMUCKER’S STARS ON ICE

By CARLOS SANZ & BRITTNEY MARKOWSKI

Chief Editor & Staff Writer

The Sunrise Bank Atlantic Center was transformed into a dazzling sensory overload when Smucker’s Stars on Ice glided their way into South Florida’s hearts on Friday April 2., where the world re-known skaters performed programs that mesmerized the crowd for three hours with dazzling jumps and brilliant colors that saturated the ice.

The three-time U.S. Champion skater Michael Weiss opened the program with an enthralling performance to the very popular Pirates of the Caribbean theme song by Klaus Badelt and Dj Tiesto. Weiss was the first U.S. man to land a quadruple toe loop in competition. His outstanding routine set the mood for the rest of the nights flawless performances.

Denise Belafonte, assistant professor for radio, television and Internet media at Lynn University was amazed by the performances, “As a sports enthusiast it was very enlighting to see the Olympic medalists we’ve been watching live from Vancouver,” she said. “As a production expert the quality of light and sound was phenomenal!”

When grandfather to the ice Todd Eldridge came onto the scene Brittney Markowski, junior said “It felt like a dream to see him perform. As a little girl I watched him for years and I was amazed at his finesse.” Eldridge played with the hearts of the women in the audience while he skated and ice danced to “I Want You to Want Me”. “He was playful and really engaged the crowd when he got them to clap along the music,” said Markowski.

The very petite and graceful 2006 silver medalist Sasha Cohen silenced the crowd with her performance. Possibly it was because it is every girl’s dream to be her, or to wear her one of a kind outfits she design for all of her performances. She is not only very successful on the ice, but off is frequently sought after to duplicate her dresses for young Cohen fans and is often featured in many magazines such as Vogue for her knowledge of the health and fitness world.

As 2010 Olympic bronze medalist Joannie Rochette stepped onto the ice, silence swept over the crowd, anticipating her very emotional performance. It was effortless to perceive the admiration and empathy the crowd had for the Canadian skater. It takes a lot of courage to skate your way to the Olympic final and win a medal only two days after your mother’s death. This courage and
determination has carried her on to Smucker’s Stars on Ice, bringing a whole new level of

![Image of a figure skater](image.jpg)

emotion to the show.

The skating duo that takes the cake for the most creative ice dance goes to Charlie White and Meryl Davis with their Hindu styled performance. Their vibrantly colored tunics brought an extra flare to the ice. Their precise moves were so clear that it looked as if they were mirror images of each other.

The hearts of all the young amateur skaters and fans came to a sudden stop when Evan Lysacek, Olympic champion at Vancouver, was proudly announced to the ice. As soon as he touched the ice, the crowd was ecstatic for the remaining five minutes of his performance. Young skaters screamed their heads off as Lysacek’s blades sliced through the ice, almost reaching perfection. The energy emanating from his body as he launched his 6 ft 2 muscular frame into the air in spinning perfection created an uproar in the stands, “I was in awe throughout his entire performance,” said Carlos Sanz, junior. “There are no adjectives to describe the emotion that could be felt in the air!”

Triple jumps and bedazzling pirouettes set the tone for a memorable evening in South Florida. While the Olympic stars shined in their individual performances, the other skaters did not deny the crowd any lesser of a performance by including dangerous back flips and intricate group choreographies. Smucker’s Stars on Ice, America’s premier figure skating tour, will surely conquer American hearts throughout the country by continuing to put on fascinating shows of talent and skills.
TIGER WOODS RETURNED TO THE SPORT

April 16, 2010 by Kerri Salter
Filed under Entertainment

Leave a Comment

He is Back After Almost a Year Away From the Golf Courses

By ANDREW RYCHALSKI

Staff Writer

Above: Tiger Woods thrilled after making a good shot. Photo/ Stock Photos.

After almost a year away from the game of golf, Tiger Woods returned to the Augusta National on April 5, where the PGA will host the Masters. The Masters was a perfect invitation for Wood’s return.

Woods took time away from golf due to altercations with seeing multiple women, and being unfaithful to his wife, Elin. Through the ordeal, Woods has been criticized for being a false figure and labeled a sex addict.

“I think Tiger Woods return to golf will be great,” said Greg Zambito, senior. “It’s good because he decided to come back for the Masters, the tournament has far more control then any other tournament, and I also believe the crowd will except him.”

The Augusta National is the best it gets in the world of golf, a golf heaven that is more than a tournament, but a Cinderella story year after year.
When Woods first made his amateur debut at the 1998 Masters, he said “What’s the big deal, nothing to be scared about, just another tournament.” After the tournament, Woods became the youngest and first African American player to ever win. “This is the place where I leave my childhood behind, and become a man, it was an honor to play at such a place as Augusta,” he said.

With his reputation on the line, Woods is determined to put his issues in the past. He did just that, taking fourth place.

2010 FINAL FOUR IN INDIANAPOLIS

April 16, 2010 by Kerri Salter
Filed under Athletics

Leave a Comment

Students to Indy, Facebooking and Tweeting the Final Four

By MICHAEL PORTER

Staff Writer

March, this may be just a regular word or month to some. However, for college basketball crazies and all division college basketball schools and students, this word means so much more. Every year, as March looms, sports fans thrive on the word “Bracketology.”

Above: NCAA basketball balls. Photo/M. Porter.

Simply, Bracketology means the college basketball “experts” give their opinions and predictions on the upcoming field of 65 in the tournament. This keeps all fans and schools in the “March Madness” mode all the way up until the first game’s tipoff. Then, the madness truly begins.
This year, as in several years past, the Lynn Sports Management Program took two professors and 12 students to the Final Four in Indianapolis. Not only was this an experience of a lifetime for many of them, but also a great chance to network.

While preparing for the trip, Professor Chad Barr and Professor Ted Curtis both helped the students setup pages, both on Facebook and Twitter where they have been in contact with all of the teams in the field of 65, including prestigious names such as Duke, Kansas and Kentucky.

These pages could be visited at either the Facebook page under the Lynn University Sports Management Final Four or at www.Twitter.com/SportsMgmt. Many had signed up to become fans of the trip and the students have been in recent contact with many of these school newspapers to gather information about the tournament.

**PERSISTENCE HAS ITS REWARDS**

April 16, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

*Couples on Campus: These Opposites Truly Attracted One Another*

By MELISSA ROSEN

Staff Writer

Above and Right: Lacy Redwine and Sean Harvey in different occasions. Photos/ L. Redwine.
Lacy Redwine and Sean Harvey are students here at Lynn. Redwine is a junior from Texas and won the American Volleyball Coaches Association award recently. Harvey is a senior from Boston and plays for Lynn’s Baseball team. In a recent interview, the two discuss their relationship.

iPulse: How long have you been dating?

Redwine: Almost two years.

i: How did you meet?

R: We met on campus, through mutual friends at Lynn.

i: How is it being in a relationship while attending school?

Harvey: It is harder than usual because we have to go to school and have sports, but it is pretty easy. We usually don’t see each other throughout the whole day. We have completely opposite schedules. We usually do not see each other until around dinner time; it’s hard because we travel for sports different seasons.

i: Since Sean will be graduating this year, how will you manage the relationship?

R: It will be fine; he will be doing graduate school at Lynn, so no worries there.

i: What are your similarities?

H: We both play a sport; other than that, nothing really.

R: We are both family oriented and we like the same music.

i: What are your differences?

R: He is from Boston and I am from Texas. We had different upbringings, and we like different types of food, everything is different.

i: What drew you toward each other?

R: He was very persistent.

H: She did not like anything about me. It was just persistency. She just wanted to be friends.

i: What do your families think of the relationship?

R: They love it, his family is really great, and I go stay at their house every November for the boat parade. My family really loves him. He comes for a week around New Years and in the summer.
i: How is the relationship as a whole? Do you have relationship problems, if so how do you manage them?

R: Every relationship has problems. We hardly have issues and if we do, we talk it out. We do not fight all time, and it is pretty low key.

H: It is pretty easy going and relaxing, hardly any issues.

**SIMPLE SMALL STORAGE SPACES**

April 16, 2010 by Kerri Salter
Filed under Campus

[Leave a Comment]

*Resident Halls are Small but Storage is a Necessity*

By BARBARA SCHWNEK

*Staff Writer*

Above: Student has storage problems. Photo/ B. Schwenk.

Students come with numerous belongings and in a small dorm room, it can be very difficult to organize things. There are many places the average student would not think of storing belongings.

The bed is what takes up most of the room, so utilize the space beneath it. Simply raise the bed, with bed lifts sold at Bed Bath and beyond for $7.99. This will allow larger item to be stored under the bed such as plastic bins, shoe racks and books. “I used to have stacks of boxes in the corner of my room,” said Elisabeth Ross, freshman. “Now I have it all under my bed.”

With the extra space under the bed students can purchase plastic dressers for around $20. This is a great way to store clothing and school supplies. In addition to the dressers there are also shoe racks that could be put under the bed.

Closets have a lot more room than students realize. Most of the time clothing is just hung on the rod and that is it. There are a number of attachments that hang from the rod to store other items
such as shoes, belts and bags. “I use the space on the floor,” said Brianna Cavataio, senior. “Plastic bins are clean and useful, just stack a few and put odds and ends in them; like I do.”

Do not be afraid to use the space on the walls. There are fun shelves that look good and are extremely practical. These shelves can hold books, school supplies, makeup, decorative items and more.

Standing shelves are useful but can take up a lot of space on the floor. If the dresser is large enough, stack the shelf on top of it. Make sure that it is sturdy and will not topple over. This utilizes the space up to the ceiling.

STARTING COLLEGE OFF RIGHT

April 16, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

Freshmen Talk About How They Adjusted to College

By RONNIE MINKOFF

Staff Writer


Starting college is often a difficult transition especially for students who attend school far from home. In Lynn University’s case there is a high population of international and out-of-state students. Another issue is time management and the ability to balance academics with a social life.

“Upon arriving to Lynn I had some prior experience living away from home from attending boarding school for the past four years,” said Sam Tiger, freshman. “I would have to say it was easy to adjust to the beauty of South Florida, but like any other college freshman the freedom and time management come hand in hand with one another and that is something I had to polish.”
Some freshmen plan out their day ahead of time or try to get as much work done as possible during the day to avoid the issue of not having enough time for academics.

“I try to get as much done during the day in between my classes and set aside an hour or two after dinner to get homework done,” said Lexi Price, freshman.

Some ways Lynn tries to help ease the adjustment is providing activities around campus that will help students make connections with other students.

“Our RAs also attempt to build community on their floors through programs, floor meals and wall decorations, which can also help with homesickness,” said Dominic Viola, area coordinator. “Some of the SHIELD mentors and RAs also had programs in which students could write a letter to a family member or friend at home and encouraged them to stay in touch in other ways besides facebook.”

“The biggest issue in housing that occurs with freshman is that they want the private bathrooms in Lynn Residence Hall and EM Lynn Residence Hall,” said Viola. “I always try and talk the community bathrooms up. Community bathrooms mean more people coming out of their rooms more often, which usually leads to meeting more students and making more friends.”

Now in their second semester most freshmen know what works for them when it comes to time management and balancing their academic duties.

**CHOOSING TO SPEND A DAY SANS SHOES**

April 16, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

*A Group of FriendsForgot Their Footwear for a day to Raise Awareness*

By JEN RODRIGUES

Graphic Editor

Imagine spending the entire day barefoot. For millions of children across the world, this is their reality. That is what sparked the mission of TOMS Shoes, and the purpose of One Day Without Shoes, which Lynn students Zachary Welsh, sophomore, Kori Beaman, sophomore, Casey McClure, freshmen and I took part in recently.

TOMS Shoes is an organization that was formed in 2006, after founder and chief shoe giver Blake Mycoskie saw children throughout Argentina, living everyday without shoes. He then
came up with the concept behind his company. Their mission is that for every pair of TOMS shoes purchased, a new pair of shoes will be given to a child in need. Shortly after this program began, Blake returned to Argentina with almost 10,000 shoes for children. According to toms.com, since 2006, TOMS Shoes has provided 600,000 pairs of shoes to children in need.

The company has a lofty goal in front of them. Children all over the world must walk barefoot for miles to schools and medical treatment facilities, they often develop infections and some cannot even attend school if they are barefoot in the building. Also, in the country of Ethiopia, millions are suffering from a disfiguring disease known as Podoconiosis, caused by walking barefoot through volcanic soil. All of these problems are preventable if the people are given the shoes they need. This is a large problem, with a simple solution. People just need to be made aware, which is where One Day Without Shoes comes in. People across the country were encouraged to spend the entire day, a portion of the day or just a few minutes of the day barefoot,
experiencing a little taste of what life is like without shoes. This also helps to raise awareness about this world issue and the mission of TOMS Shoes.

This cause struck Welsh, Beaman, McClure and I very much. “I’ve been a fan of TOMS Shoes since his wrap boots that came out two years ago,” said Beaman. “Ever since then I have joined his cause, so today I wanted to live the life of the children he supports.” Beaman and Welsh discovered the event through emails sent out to those who have joined Mycoskie’s cause. The group was more than willing to experience this event and began planning. The night before, the group designed t-shirts to wear throughout the day, explaining what they would be doing.

Last week, the group spent the entire day without shoes; walking across campus, to classes, through the cafeteria, to their meetings and even off campus. It was a unique experience. “It felt different. It was cool to feel all the different textures of the surfaces, but by the afternoon, the ground got hot and you burned your feet,” stated McClure. The event completed its mission however, as throughout the day the bare-footed friends were constantly asked where their shoes were. They were more than happy to explain their cause and how their experience was going.

After their experience spending the day without shoes, the students are now more determined to spread the message of TOMS Shoes, especially Welsh, who has always felt himself to be an activist. “It was really important for me to literally go the whole day without shoes, including times when it was inconvenient like being in public places such as the mall,” said Welsh. “I was extremely inspired and at the end of the day I realized that I wanted to do more for this cause. Next year I want to do a campus wide shoe drive leading up to the day.”

In addition, the group is very excited for a special treat coming to campus. Blake Mycoskie will be speaking on campus as a part of Lynn University’s Dialogues of Innovation Speakers Series. “I am extremely excited to hear what he has to say and how we can get ideas to spread awareness for his cause next year,” said McClure. Mycoskie will be on campus to speak to the community this Monday, April 19 at 10 a.m. in the Amarnick-Goldstein Concert Hall.
CYBER BULLYING: DIGITAL DRAMA

April 15, 2010 by Kerri Salter
Filed under Technology

Leave a Comment

Being in a Technological Society is More Then What Students Bargain For

By BRITTNEY MARKOWSKI

Staff Writer

Facebook, chat rooms and numerous Web sites are breeding grounds for rumors to begin and spread like wild fire. This is where the cyber bullying is seen in its full potential.

Although one may not have personally been affected by this form of online bullying there is a very good chance someone you know has been. Cyber bullying is when a person is either being “tormented, threatened, made fun of, harassed, embarrassed or personally targeted by another individual.”

These altercations can severely damage an individual’s confidence and also their reputation when online accusations are taken to extreme levels. The saying “only believe half of what you hear and all of what you see” has been basically thrown out the window with technology these days because everything can be interpreted the wrong way.

“A friend of mine was hated by a girl once, and in Hungary we have a very similar version of facebook, and on this site everyone was talking bad about her, and if no one knew who she really was they would have had a very wrong idea of who she was,” said Diana Duha, sophomore. This form of degrading is an everyday occurrence in the cyber world, and being the generation of technology readers need to understand that everyone can view what students are saying and doing.

Cyberspace has some great advantages of allowing users to network with people around the world and chat with long lost friends, but the brutal reality is that things one says or post can be
completely taken out of context. Many student’s future jobs and even personal relationships are being damaged by what is posted on the internet.

Students should start taking extra precautions on these sites, and protecting themselves from the digital drama that is flooding the cyber world.

**TIME TRAVEL IS HEATING WAY UP**

April 15, 2010 by Kerri Salter
Filed under Entertainment

Leave a Comment

*Move Over Marty McFly Because There are New Time Travelers in Town*

By MATTHEW FISCHER

Staff Writer

![Image](http://example.com/image.jpg)


The plot of this film is simple: the audience encounters four sad sap losers during the worst night of their life. Adam (John Cusack) keeps getting dumped while his geek of a nephew Jacob (Clark Duke) sits in his basement all day and plays video games. Lou (Rob Coddry) can never find the party (mostly because people purposely give him the wrong address,) and finally there is Nick (Craig Robinson) who is stuck in a horrible job and his wife is employed as a nutcracker. After Lou tries to kill himself, they all go to a ski resort and end up getting drunk. They sit in the hot tub which takes them back to 1986, and their only hope of getting home is the old repairman played by Chevy Chase.

The actors all do an adequate job portraying their characters. John Cusack is the biggest name actor in the film and while he is enjoyable, his acting does not really stand out. He always plays the sad sack loser quite well and this is no exception. Clark Duke really is a more interesting (but not funnier) version of Jonah Hill. He has a knack of appearing in movies like this. He’s a good actor, but give me Jonah Hill any day. Rob Coddry is well, boring. He can act, but why does
anybody care. Finally, there is Craig Robinson; he was by far the film’s saving grace. He has energy, funny lines and has good comic timing. He has done films like Pineapple Express and Knocked Up and was my favorite actor from both those films.

A special note must be made about Chevy Chase. He sleepwalks through his role. Understanding that he plays an old unenthusiastic on the hit television show Community, he apparently thought it was necessary to bring the same type of energy (none) into this flick. His role and acting are completely un-inspired. I miss the actor who played great roles such as Fletch and Clark Griswald.

In terms of production, the movie does a great job of portraying the 1980’s. Big hair, big clothes and garish colors make it a flashback for the older people seeing the film.

I’m going to be straight with all of you, I normally hate ridiculous movies like this (thinking of American Pie and so many others), but this one I actually really enjoyed. It was smart and just plain old funny. Overall, Hot Tub Time Machine is a great and silly film that will entertain for numerous trips to the theater and your DVD player.

**A TAGGING TALE TO TELL**

April 15, 2010 by Kerri Salter
Filed under Technology

[Leave a Comment](#)

*Can Pictures From Facebook Impact Future Goals For Students*

By RENEE LANTEIGNE

Staff Writer
With more than 400 million active users, Facebook is as popular as ever, calling for more companies to participate in online profiling.

It is overwhelmingly surprising what can be found on Facebook. From last weekend’s parties to a recent night out in a not so conservative outfit or even lewd and illegal behavior; there is little left to the imagination on this social networking site.

Facebook and other social media outlets are being viewed more frequently by companies during the hiring process. Businesses view applicants’ profiles to see a person’s true colors.

College students and recent college graduates are targeted most because of their party like ways. Facebook reports that more than 7.5 million college students use Facebook. What employers see
on these Facebook profiles can conjure questions about a candidate’s judgment.

Not all potential employers buy the physique candidates possess during an interview. Just because an individual walks into an interview dressed accordingly, with a well developed resume and an intelligent demeanor does not mean that is how they act after hours. Granted work and personal life are two very separate areas; companies want an employee that will adequately represent their company around the clock, not just during office hours.

“I changed it because in a way that was a part of me and I understood that people would judge me based on what they saw on my Facebook,” said Armando Castillo, graduate student, when asked if he has ever changed the content of his profile. “Since then, I have been very careful with what I put on my Facebook.”
Facebook is not the only way companies can dig up dirt. Simply using search engines like Google or Yahoo can result in a plethora of information about someone. The New York Times reported that about 20 percent of companies secretly search online profiles before even interviewing an applicant.

Facebook urges users to utilize the privacy settings and be smart about what is posted. Keep in mind that just because a profile may be listed as private, there is still ways to view the information within the profile.
TRAVELERS IN ITALY

April 12, 2010 by Jay Eisen
Filed under Featured

Leave a Comment

Lynn Student Looks Back on A Life-Changing Trip

By JEN RODRIGUES
Staff Writer

Casey McClure, a freshman here at Lynn University, had the unique experience of travelling throughout Italy for six weeks just last year. It was a program offered through her high school, which she and ten other students got to experience. McClure, a lover of all things history, jumped at the chance to travel around one of the world’s most beautiful countries. It was an experience she will never forget and she plans to return to the world of gladiators and amazing food the first chance she gets.

Q: Where are you originally from?

A: “I am originally from West Chester, Pennsylvania.”

Q: I heard you traveled to Italy, why did you do that?
A: “I wanted to get an out of country experience to soak in all of the culture and see how other people live.”

Q: How long did you stay in Italy?

A: “I stayed in Italy for six weeks in the summer of 2008.”

Q: What was the landscape of the area you were in like?

A: “I traveled all over, going down one coast and up the other. So I saw all the different sides of Italy including the agricultural side and Mediterranean side. I started in Rome and from there went to Sorrento and Capri. Then I traveled up the east side to Assisi, Florence, Venice and Milan. I also went to Pompeii.”

Q: What did you do while in Italy?

A: “Well, I soaked up the culture. I saw all the major landmarks and took days just touring the different cities. I got to see how Italians spend their days. I also observed many different lifestyles and customs of the different cities.”

Q: What traditional customs did you take part in?

A: “Eating! We went to authentic restaurants every night. I also tossed a coin in the Trevi Fountain. I also got to witness the Pope speak.”

Q: Did you take part in any special activities or events while you were there? Which ones?
A: “Seeing the Pope speak was the special event that we got to witness. There were no festivals when we were there.”

Q: What was your favorite part of your trip?

A: “There were so many; exploring Pompeii, Capri and wine tasting in Assisi stick out in my mind. I also loved going to all the museums and getting to see the David and the statue of Romulus and Remus.”

Q: What is the most important thing you took away from your time in Italy?

A: “The most important thing I took away from this trip was probably the cultural experience and becoming more well rounded seeing how others live.”

Q: Have you considered returning to Italy?

A: “Of course! I am going back as soon as possible. I want to travel just through the southern part of Italy, then back to Rome and Tuscany. I would want to spend three months there because I feel that is how long it would take to truly experience it.”

Q: What other countries in the world have you traveled to in this capacity?

A: “I spent ten days in England.”

Q: Are there any others you still wish to travel to?
MLB BASEBALL SEASON PREDICTIONS

April 9, 2010 by Kerri Salter
Filed under Athletics

Leave a Comment

What’s in the Future for America’s Favorite Past Time

By KEVIN RABINOWITZ

Staff Writer

Above: Various baseball players out in the field and a team celebrating their victory. Photos/Stock Photos.

The major league baseball season is about to be underway, but who knows who is going to take home the World Series trophy. Last year, the New York Yankees took home the championship trophy for the 27 time, after making their 40 appearance in the World Series.
Predictions say that the Yankees will make their 41 appearance in the World Series this year. One might wonder, why? Because they have added a couple of key players, but have lost none. Returning are the dominant pitching staff of CC Sabathia, Andy Pettite, A.J. Burnett, Javier Vasquez and Phil Hughes.

“They have the deepest and best pitching staff in the MLB. Four of the five starters had won at least 14 games last year, which shows no reason why they won’t be the best team in the MLB again this year,” said Lynn baseball player, Carl Gorman, junior. Their only new starter is Vasquez who was traded over from the Atlanta Braves.

The National League is a little biased when trying to guess who will make it to the World Series. People say it is going to be between the Philadelphia Phillies, St. Louis Cardinals and the Colorado Rockies. The Philadelphia Phillies are coming off a National Championship winning season, very eager to make another run for the championship.

They added key starter Roy Halladay to their starting rotation who was traded over from the Toronto Blue Jays. Last year, Halladay went 17-10 with a 2.79 E.R.A and struck out a staggering 208 batters. The St. Louis Cardinals are a team you never want to take your eye off of.

There is always someone who stands out, and it appears that this year is no exception. Albert Pujols, one of the best hitters to walk on a baseball field in a very long time, is sure to have an excellent season. Last year, Pujols batted .327 with 47 homeruns and 135 RBI’s.

“Albert Pujols is undoubtedly one of the hardest workers and most intelligent hitters on the planet, with new teammate Matt Holliday the duo looks to tear up National League pitching,” says Lynn baseball player, Richie McVey, junior. The Rockies won the National League Wild Card spot last year, and are coming back this year stronger than ever. They return with Ubaldo Jimenez, who went 15-12 last year with a respective 3.47 E.R.A. For the National League, it’s definitely a tossup. The Atlanta Braves could be the dark horse this year and make a run for it as well.
THE DATE RAPE DRUG AWARENESS

April 9, 2010 by Jay Eisen
Filed under Health & Beauty, Lifestyle

Leave a Comment

Students Must Learn How to Stay Away From Ruffies

By BARBARA SCHWENK
Staff Writer

Date rape drugs are more common than students realize in the Boca Raton area and any one is at risk. Commonly known as ruffies, these drugs will skew the judgment of the target and make them extremely vulnerable.

There are three main types of date rape drugs. Rohypnol is what students know as Ruffies, Roopies, Mind Eraser exedra. Gamma hydroxybutyric (GHB) is also a called Liquid E, G, and Salt Water. The last common type is Ketamine, also known as Black hole, Green, Super Acid. “I have only heard of ruffies, I did not even know there were so many different kinds,” said Brianna Cavataio, senior.

These drugs come in a few different forms. Rohypnol looks like a little round white pill normally, but some may be oval and greenish gray. GHB comes in a liquid, white powder, or
pill, this drug has a slightly salty taste. Ketamine is the hardest drug to detect for. It comes in two different substances: powders and clear liquid.

What makes these drugs so dangerous is the fact that they are virtually undetectable. When put into food or liquid, the pill dissolves leaving no color, smell or taste.

The purpose of these drugs is to assist in sexual assault. Once the drug is consumed it makes the body weak and confused, some people even pass out. Also, the drug affects the memory often making it very hard or impossible to remember what happened.

Many students think that women are the only one targeted, but this is not true. Men are becoming vulnerable to date rape drugs as well. “I never thought that guy’s could be drugged,” said Katie Comerford, junior. “But I guess they are just as defenseless as us when it comes to something like this.”

The most common areas date rape drugs are used are in bars and nightclubs. The predator will slip the pill into a drink when the consumer is distracted. Some predators will offer to buy a drink and easily drug it before they give it to the consumer.

Students might think they are safe in a group of people but this almost makes it easier for the predator to slip a pill in to a drink. “Girls are always talking so much that it does not surprise me that they are not paying attention,” said Pete O’Neill, junior. “I always try to have my friend’s backs and watch out for them.”

Here are some tips that could help a student get home safely and drug free. Never accept a drink from some one else, even a friend. Someone you think is a friend could have the wrong idea
some times. Hold on to a drink, never put it down, it only takes a second to drop something in it. Stay with friends, but when getting a drink pay attention. If the feeling of dizziness or confusion comes on, tell a friend right away and go home. If drugged, it is important to get away from a predator.

Date rape drugs are serious and it is important that students are aware of the consequences. To stay safe, use the tips above and always be conscious of the surroundings.

**BYE-BYE TWITTER, HELLO BUBBLY**

April 9, 2010 by Kerri Salter
Filed under Technology

Leave a Comment

_Bubbly is the Latest Technological Advance to Take Charge_

By MERI GERASIMOVSKA

Staff Writer

Bubbly is the hot new social networking trend in communication. This new service has more fun, speed, and intimacy, allowing simple communication through voice-based messages. Don’t waste any more time typing 140 word messages to friends, simply speak the words and post them on Bubbly. The way this service works is simple – record a message and post it for free on a personal Bubbly profile, those who want to hear the message can pay a small fee to listen to it.

This unique device has gained 500,000 users in India alone, in its first month. This is quite a success, considering absolutely no advertising or promotion has been done for the service, rather, it has become popular mainly by word of mouth. “The number blasted expectations out of the water,” said Tom Clayton, chief executive of Bubble Motion, the Sequoia Capital-backed startup that created the Bubbly service. “We were expecting 10,000 to 20,000 users in the first couple months,” Clayton said. “We haven’t even really told anyone about it; it’s just sort of grown virally.”

Bubbly builds on the foundation set by Bubble Talk, which has 100 million users who use the service to send voice messages on to other individuals. With Bubbly, messages go to a bigger audience — followers. When it comes to celebrities, Bubbly creates a more personal relationship with the fans, as they know for sure that it is the celebrity recording the messages, not just a PR agent or manager.

Eventually, Bubble Motion hopes to offer video Bubbly messages, where followers could easily dial in to watch homemade videos, or even give users the option of including text – making it a true mobile Twitter.
The company has launched the service in three of India’s 23 cell phone service areas, planing to expand to the rest of India, Japan, Europe the Middle East and later, Brazil. With an almost overnight success, Bubbly is certainly something to be on the lookout for.

For more information, visit www.bubblemotion.com

THE SOCIAL DEMISE OF HUMANS

April 9, 2010 by Kerri Salter
Filed under Technology

Leave a Comment

Is Too Much Technology a Bad Thing for Human Beings?

By MATTHEW FISCHER

Staff Writer

Student typing in the computer. Stock Photos.

Let’s go about a normal day for a human being in the 21st century. A person wakes up, showers and goes about his day. In his pocket he carries an iPhone, iPod and is also carrying a laptop. He arrives to work and halfway through the day, he decides to check his Facebook, Myspace and Twitter accounts, updating all three. He then plays World of Warcraft on his laptop while working on the inventory on his office PC. Then he sends a text message to his girlfriend saying that he’d be late for dinner that night from his phone, never actually speaking to her. After dinner and arriving home, he turns on his high definition plasma flat screen television and watches a TIVO episode. Then he goes to bed.
What has just been described is not just a singular persons day, it is just about every persons day in America. Society has got to a point where we feel lost if we are not plugged in. Nobody talks to each other anymore; we either e-mail each other, or converse on some type of message board.

Facebook and MySpace came upon us like a whirlwind. All of a sudden, people were simply logging on to find out if it was somebody’s birthday or just to say “hi.” Mind you, they could have walked up to their friends or called them, but apparently this was easier.

There is a kind of “emotional release” that is lost within these message boards and more importantly, text messages. If a person were to say “I love you” to a person, the meaning would be gained and used in return, but when it is written on a text message or a message board, the meaning may be lost.

The use of Twitter has gotten out of hand. It is one thing for people to post mournful messages for fallen ones, but then people just start posting random things like “I’m in my house” or ‘just ate a turkey sandwich”…who cares!

I am guilty of two cardinal sins of technology overload (I do have a Facebook account, but rarely access it.) I am plugged into my iPod for most of the day and I always have my cell phone on me. When I am plugged into my music, it does make me wonder what it would be like if we still had CD players and a walkman; perhaps we would all be more involved?

The cell phone issue is a very two sided one. On one hand, cell phones can be construed as annoying to the people around them, but this writer sees the other side as well. Due to the nature of my job (marketing), I need to carry my phone with me and have it on at all times. It is a blessing and a curse, because my urge to use it grows whenever it is on rather than just waiting for a phone call.

This is my challenge to all of you: Ditch MySpace, Twitter, Facebook, iPods and cell phones for one hour every few days. You can read a book, play a sport, talk with people in person; it really doesn’t matter. You’ll find a certain peace that you get when it’s just you and the people around you. You might even say it would make you feel human again.

UNHEALTHY RELATIONSHIP TIPS

April 9, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

What One Needs to Know About Being in Unhealthy Relationships

By CAITLYN FIEBER

Staff Writer
Are you worried your relationship is unhealthy and you do not know whether or not to say goodbye? Many couples are uneducated about what an unhealthy relationship consists of. Two Lynn students talk about what they feel an unhealthy relationship is.

“I think a good relationship is built on an emotional connection and strong chemistry. Mutual respect, trust, loyalty, and similar moral values are fundamental factors for a healthy relationship,” said Amanda Cartine, senior. If your significant other is not respecting you and is making you feel inadequate, it is time to call it quits. Disrespecting you includes verbal, emotional and physical abuse. If you are being abused in any way, you should get out of your relationship immediately. If you cannot trust the person you are with because you feel they always lie to you or cheat on you, it is unhealthy to put yourself through the fear of always wondering if they are trustworthy or not.

“I think the most important thing in a relationship is to never change who you are for the other person. If you give up everything (girlfriends, going out, etc…) then you’re in an unhealthy relationship,” says Sophia Zagoreos, senior. If you get to a point in your relationship where you stop doing things you normally do like hanging out with friends because your boyfriend or girlfriend is preventing you from doing so, this is an indication that it is not an excellent relationship to be in. Preventing you from doing things you want to do and things you like to do is a sign that the person you are with is controlling. When someone controls what you do it is a serious issue and should never be taken lightly.

Most importantly, make sure you are happy in your relationship. If you are always upset and the person you are dating is not treating you well as a whole, you should not be in a relationship with that person. Usually, a good source to use is your friends and family. They are on the outside looking in on your relationship and can tell you their honest opinion on whether or not they feel you are in a normal relationship.

**STRESSED IS DESSERTS BACKWARDS**

April 9, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

*Stressful Situations Can Lead College Students to Over Eat*

**By BRITTNEY MARKOWSKI**

*Staff Writer*

College is a time of freedom, exploration and this can lead to more stress than students bargain for. While coping with the many tasks of life, money, exams and peer pressure, college often leads to stress eating.
According to Health.com, stress and eating go hand in hand. “People who give up healthy habits say stress is the main reason. They give up exercise and instead reach for sugars and comfort foods.” Comfort foods are something people can eat and feel instant gratification. It gives them the false security they need.

Above: Stress leads to eating issues. Photo/ B. Markowski.

In the United States, fast food is a way of life, especially for college students since they are on a tight budget. Americans have a very demanding lifestyle and run their lives by the clock, which does not allow most people to sit down and have healthy meals. As a result of this 61 percent of the United States is overweight.

A huge issue for most college students is the cafeteria and not being able to prepare their own food. “The cafeteria salad bar is boring and doesn’t offer many options, so in between studying we go to Steak and Shake and reach for something fried and easy,” said Juliet Hillman, freshman.

“When I’m stressed I don’t eat because I’m too busy to think about it, which is also unhealthy,” said Melissa Schaffer, junior. Skipping meals is unhealthy as well. According to www.ecureme.com this can create an “unhealthy nutritional imbalance, which can have a fatal effect on your health.” These include weight gain, more stress and sickness.

Instead of skipping meals or turning to desserts and unhealthy options, it is recommended to steer to more healthy ways to deal with stress, such as exercising, reading or going to the beach.

EXTRA EFFORT REQUIRED FROM MALES

April 9, 2010 by Kerri Salter
Filed under Campus
Lynn Takes Steps to Get Male Students More Involved

By RYAN BROOKS

Staff Writer

The Chronicle of Higher Education recently reported, “College men participate in campus activities at disproportionately low rates, but deliberate efforts to recruit them can help.”

This report has proven true on Lynn’s campus as well. One example on Lynn’s campus is the Resident Assistant staff. Out of the 23 member Resident Assistant staff, 15 are women and eight are males.

“Being an RA gave me a new leadership opportunity and I was able to meet a lot of new people,” said Christian Manzano, resident assistant.

Recently the university has targeted male student involvement through fraternity recruitment and different student life programs.

Above: Students from different fraternities and student involvement organizations displaying their friendship. LU Photos.

Annie Weaver, coordinator for student involvement, said, “Currently there are approximately 45 male students involved in fraternities on campus and only 22 women active in our sorority.”

One new student life program includes the Bystander Program, which is designed to train male students in sexual assault awareness. By targeting men for programs like the Bystander Program the university hopes to encourage male leadership in incoming classes.
“The male student leaders in the Bystander Program will present programs during new student orientation this fall to encourage leadership amongst the incoming males and encourage active participation in the prevention of sexual assault,” said Dominic Viola, area coordinator.

Not only has student life targeted males, but have also created a new office, The Women’s Center, located in Trinity Residence Hall.

“The Women’s Center seeks to educate men and women of the university community about gender related issues,” said Victoria Frost, coordinator of the Women’s Center. The Women’s Center has sponsored several programs this year including The Vagina Monologues, self defense courses, sex education classes and a panel discussion on date rape drugs, to name a few.

If interested in getting involved in Greek life, the Bystander Program or Women’s Center Programs, visit Student Life, located in E. M. Lynn Residence Hall.

**MAKE A DIFFERENCE: HELP AFRICA**

April 9, 2010 by Jay Eisen
Filed under Best of Boca

[Leave a Comment](#)

*Student Entrepreneurs Lend a Helping Hand in Style*

By ARIANNA SHAFFER
Broadcast

Africa is a place that is in dire need of a helping hand. It is considered to be one of the poorest places on earth. The general population of the United States does not seem to be fully aware of the troubles going on in Africa. One of the many examples of these troubles is that every three
seconds, one person in Africa dies due to starvation. Families in Africa are trying to survive on only $1 a day.

Here at Lynn University students are trying to make a difference by creating ways to help this continent by spreading awareness for others and creating business ventures and ways to contribute. Kuda Biza, a graduate, is one of the partners who found fashion as a way to contribute to this continent.

“Fashion became a good way of being able to contribute to Africa,” said Biza. “Not only do we want people to participate in a good cause, but we want people to look good while doing it.”

Freelance designers and students created shirts inspired by Africa with a selection of many different styles, colors and Afro-Centric designs. These shirts are called AFR shirts, which stands for Authentic Fashion Renaissance. When officially launched, these quality product shirts will be an affordable price, and a percentage of the proceeds will go to a charity in Africa.

“AFR shirts are different from most shirts because of what they represent. AFR shirts want to spread the love across AFRica by donating a portion of proceeds to African charities,” said Biza. “Our goal is to donate to at least one charity in each African country by the year 2020. This means donating to 53 charities in 53 countries. Last year we started in South Africa and we are going to move up the continent – from Cape to Cairo. There is no brand, that I know, that has such a vision – That is what makes us different.”

All partners of AFR were born and raised in Africa, and have had a first-hand look at the suffering going on. Biza, along with the other partners, hope to inspire people to give back, just as much as they want to wear clothes. These shirts will be targeted and
offered to all people so that they can wear these amazing fashion statements and help spread the word to lend a helping hand. Student around campus are excited for the shirts to launch, and find this idea very inspirational.

“I would definitely wear these shirts,” said James Hirshfield, senior. “Anything with proceeds that go to a good cause is worth buying and more likely to make a designer or product more successful to prospective consumers.”

AFR shirts are more than a fashion statement, they are a symbol of the commitment people have in changing Africa and changing the world. With a vision to change as many lives as possible through Afro-centric fashion, the first line plans to be launched in the summer of 2010, with a pre-launch edition of exclusive shirts to promote before summer. The shirts will be available to purchase online, with hopes to get them established in high-end boutiques later down the line. The AFR movement is slowly gaining momentum, but will soon become a global brand recognized by all.

“If you have a creative idea to help someone, don’t just sit on it, do something about it. I believe the shirts and the people who buy them are agents of change,” said Biza.

Biza wears these shirts not because he is associated with the brand, but because he is dedicated to the cause and what they represent. Students on the campus are already wearing the shirts. Additionally, the shirts are worn all over the world with people in Guatamala, Slovakia, Australia, England, Zimbabwe, South Africa, Chicago and Canada.

“If I had it my way I would wear the AFR shirts all the time, but unfortunately, there are times where I have to wear suits and dress up, so I think AFR needs to come up with some suits soon,” said Biza.

With the collection coming soon, all can be sure to find the Authentic Fashion Renaissance group on Facebook. Photos of the collection are available to view on the facebook group, along with continuous updates, and information on the launching and where to purchase.

GEARING UP FOR THE FIGHT OF OUR LIVES

April 9, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

Continuous Cancer Research is Paying Off With New Breakthroughs

By JENNIFER RODRIGUES
With Lynn’s annual Relay For Life happening on Friday, tomorrow, April 9, it is a good time to take a look at the developments being made in cancer research. Many organizations promote that all funds go to cancer research, but what exactly is being discovered by these constant tests?

Many developments are made each year in the fight against cancer. This includes research on what actually causes cancer to form, new treatments and potential breakthroughs towards finding a cure. There are scientists and medical researchers who dedicate their lives to this kind of research, and there work is certainly not going without reward. The American Cancer Society, which sponsors Relay for Life, is only one of the many organizations which not only helps fund the research, but puts the results out for the awaiting public to learn.

Their latest report published in 2009, reveals what exactly all the hard work of scientists has led to. One of the biggest breakthroughs involves the organization’s research on acute myeloid leukemia. Seven new proteins in blood samples have been discovered by scientists at MD Anderson Cancer Center. It is believed that these proteins can be used to predict responses to medications and survival outcomes in patients suffering from this disease. A current grant recipient, Scott Armstrong of Children’s Hospital of Boston, has also discovered a potential drug that will help children suffering from acute lymphoblastic leukemia.

Research has brought up information on possible treatments for more than just leukemia, of course. Scientists have been studying prostate tumors in the hopes that they will be able to come up with an early detection plan for the disease. One such option being studied in Michigan would be through a urine sample containing four different markers. There was also a recent discovery of a group of genes that can directly relate to the patient survival of various forms of lung cancer. Finally, Society Clinic research professor Dennis Slamon has identified three sets of genes in a form of breast cancer that were responsive to a drug known as dasatinib, leading to a potential treatment.

One of the biggest developments in cancer research is the work done with signature markers. These marks are groups of genes or proteins within a person’s DNA that are associated with tumor traits. It is these signatures that cause people with similar cases to react differently to the same treatments. By studying the way a person’s proteins and genes relate to tumors, scientists are learning more ways to combat this disease which was once believed to be a death sentence. There has also been an increase in the amount of technology used to combat the various and continuous forms of cancer. With both of these important advances, doctors can now develop specific types of therapy for various patients.

Putting an end to the fight against cancer is obviously the main goal of the American Cancer Society. One way students can help is to take part in the annual Relay for Life event. Last year, the university raised almost $35,000 to put toward the important research being done throughout the world. This year the committee hopes to surpass that with a goal of $37,000. That can only be done with the communities help. Stop by the Relay for Life event tomorrow to Saturday April 10, from 4 p.m. to 6 a.m. Every cent made that night will go to the ACS and help fight back against cancer.
SGA Positions are Announced at KAT’S Annual Rip Rawing Hoe-Down

By JORDAN ANGEL
Staff Writer

The annual Knights Activity Team Hoe-Down was held recently in the cafeteria courtyard, the same day as Student Government Association elections.

The week of March 22 was the start of SGA elections, which always ends with the KAT Hoe-Down. At the event, it is revealed who won the SGA elections. This year Mohammed Abdalla, junior, ran for president, Tyler Levine, sophomore, ran for vice president and Ronnie Minkoff, freshman, ran for KAT chair.

“SGA elections are a good way for students to get involved,” said Brittany Gross, junior. “I love going to the KAT Hoe-Down; it’s a great way for everyone to just come together and have a good time near the end of the week. I always like taking the old time pictures.”

At the KAT Hoedown they had the David Ray Band performing. Carl Gorman, senior, said, “I like going to the functions that KAT and SGA have to offer.” The band played both old and new songs. They have had many amazing experiences opening up for renowned bands, including Kenny Chesney. “I like listening to country, and they were very good,” said Gorman.
As for the SGA elections being over, now the work works for the three newly elected members. They will begin holding SGA meetings under the new government and will be making changes to the Lynn community.
A Prominent Polish Dynasty Arises from ‘the People of the Fields’

The lands of modern-day Poland have been inhabited since the Stone Age, with numerous tribes from the east and west calling its fertile plains home. Archaeological finds from both the Stone and Bronze Ages can be seen in many Polish museums. The greatest example of pre-Slavic peoples resides in Biskupin. This fortified town from the Iron Age was built by the Lusatian tribe around 2700 years ago. The Celts, followed by the Germanic tribes and then the Baltic folk, all established themselves on Polish soil. However, it wasn’t until the coming of the Slavs that Poland began to shape itself into a nation.

Although the exact date of the arrival of the first Slavic tribes is unknown, historians agree that the Slavs began settling the area between the fifth and eighth centuries. From the eighth century onwards, smaller tribes banded together to form greater conglomerations, thus establishing themselves more fully on the lands of the future Polish state. The country’s name derives from one of these tribes, the Polanie which literally means, ‘the people of the fields, open-country dwellers’. This tribe settled on the banks of the Warta River near present-day Poznań. Their tribal chief, the legendary Piast, managed to unite the scattered groups of the surrounding areas into a single political unit in the tenth century. He gave it the name Polska and later Wielkopolska, meaning Great Poland. It wasn’t until the coming of Piast’s great-great grandson, Duke Mieszko I, that much of Poland was united under one dynasty. Source: Lonely Planet

Above: Wooden monuments at Biskupin. Panoramio Photo/jkulak.

Talk About It
A Particularly Oppressive Past Prepares Poland for a Prosperous Future

Overrun countless times by marauding aggressors, subjugated to overbearing foreign rule for centuries and now told their beloved vodka can be made from anything, the Polish nation has endured more than most. Yet Poland, a country crushed flat so many times it has become indestructible, is shaking off the last vestiges of forced slumber and rushing with great abandon into a modern 21st century.

Above: The Gothic castle at Malbork. Webshots Photo/andymalgo.

Despite the country’s rush to embrace the future, its past cannot be ignored, particularly when it confronts one at every turn. Warsaw may be embracing New World cuisine, café culture and clubs that never close, but visitors will still encounter peasant women selling bunches of flowers in its beautifully reconstructed Old Town. Drive across the country’s northern expanse and stumble upon a string of 14th century Gothic castles, like the magnificent example at Malbork, the last remnants of the once powerful Teutonic Knights. Catch a no-frills flight to Kraków or Wrocław and arrive in magnificent medieval centers. Or choose almost any major city, from
Lublin, Poznań and too many small towns, and bear witness to extermination camps established by Nazi Germany, derelict Jewish cemeteries and dark political prisons, terrible reminders from the last 70 years.

This massive land in the heart of Europe has become the epitome of a changing continent. Now a member of the EU, it is enjoying the rewards and experiencing the challenges of this exclusive club. Money has begun to flow into the country, repairing roads, building shopping malls and beautifying streets. However, the progress is laboriously slow for some. Poland still has an unemployment rate twice as high as some of its EU compatriots, and its young, educated citizens are leaving in droves for wealthier pastures.

While the country’s cities rapidly modernize, its countryside continues to retain its rustic allure. In Poland’s southern reaches, dominated by tree-clad mountains, the cliché of horse-drawn carts transporting hay from the fields still holds true. Bucolic splendor spreads from the outskirts of urban centers as far as the eye can see, and pockets of primeval forest in the northeast shelter herds of wild bison. The clear waters of the Great Masurian Lakes prove irresistible to sailors and kayakers, and the long, sandy beaches of the Baltic coast provide ample opportunity for summer seaside sojourns.

It is, however, in this rural expanse that Poland’s populist politicians gained a groundswell of support, which swept a conservative coalition government to power in 2005. Internally some saw it as a step backwards, and the then government’s anti-gay stance, ultra-Catholic bent and draconian intentions drew a rash of opprobrious criticism. Externally, Poland’s political moves in the last two years have also caused headaches. Relations with Germany sank to an all-time low since the fall of communism, and friction with Russia rose to unsettling levels. However, elections in Oct. 2007 changed Poland’s political landscape once again, with the liberal Civic Platform party winning the majority of votes. Many breathed a sigh of relief, not least other EU leaders, who will now deal with the more pragmatic and pro-EU Prime Minister Donald Tusk. Yet Poland and its people should not be judged by the actions of its politicians. Poles remain doggedly warm and generous despite the massive upheavals, something many visitors can attest to. Even if protesting profusely, visitors will be forced to polish off a bottle of vodka or two, eat plate after plate of bigos (cabbage and meat stew) and join intense discussions on philosophy and politics. It’s comforting to know that it’s all done with a love of life and an appreciation for the present, because no-one can be sure what tomorrow will bring.

Spend some time here and all will discover a unique land where East meets West and helpings of joy and sorrow have been served up in equal proportions. All who visit Poland come away with new-found admiration for this unbreakable country.

Source: Lonely Planet

**PRZEZPOLWSKI BOWLS A STRIKE IN THE STATES**
Father’s Dream Becomes Student’s Inspiration

By KELLEY LYNSEY

Contributing Writer

Life for Marek Przezpolewski, freshmen international business major, is about to get even more exciting.

“I’m enjoying my time and new life in America,” said Przezpolewski. Born in Elblag Poland, a small city located in Northern Poland, with a population of just around 130,000, Przezpolewski describes the city he grew up in as a “quiet” and “cold.”

Fluent in both Polish and English, growing up Przezpolewski took an interest in business along with bowling. Since 2000, his dedication to the sport has qualified him to become a member of the Polish National Bowling Team. When he is not studying or bowling, he spends his free time just like any other student going to the beach and the movies.

Above: Showing off his skills, Przezpolewski bowls for the Poland National team. Photo/Przezpolewski.

Przezpolewski studies began in London where he attended school for two years before coming to Lynn. It was during his time there that a friend of his told him about Lynn. He did his research, and realized that coming to study in the United States “was a wonderful opportunity that not many people from my country get to experience,” he said.
When asked what his family thought of him studying abroad, Przezpolewski replied, “that his father was supportive of his decision.” It was in 1986, when war broke out in his country that many of the citizens had their passports taken away, including his father’s. This left him unable to leave the country, therefore, destroying his dreams of moving to the United States. Przezpolewski’s father was a hardworking man who never gave up, he became a successful businessman who owned a woman’s clothing factory and was a developer as well. He opened many shops and businesses throughout his town. After seeing what his dad accomplished in his life, Przezpolewski became inspired to get a degree in business.

“I was so excited when I stepped on campus, only at Lynn can you walk outside your dorm and you see all beautiful things it has to offer,” he said. “I prefer Florida, due to friendly people and the nice weather.”

It is now that Przezpolewski and his father’s dreams have been achieved.
Twin brothers Mike Carl Bryan and Robert Charles Bryan not only recorded their 600 professional tennis match win, but also delighted the crowd with their musical talent at the Delray Beach International Tennis Championships.

Best known as “The Bryans,” the duo have already won 58 doubles titles and have a career in Grand Slams that include multiple victories at Roland Garros (French Open), Australian Open, US Open and Wimbledon. Adding to their career, they were bronze medalists at the 2008 Beijing Olympics and also won the Masters Cup doubles tournament for the third time in 2009. This week they also took the title at the Delray Beach International Tennis Championships after defeating Philipp Marx and Igor Zelenay 6/3 7/6(3) in the final. Mike Bryan was awed at their 600 win mark, “I didn’t think we were around that number because I think we hit No. 400 only a couple of years ago,” said Mike. “600 came up pretty quick!”

When they were younger, they were forbidden to play against each other in a tournament, and they would default each other alternatively in order to lower competitiveness between them and
have an equal level of success. The twins graduated from Rio Mesa high school in Oxnard and attended Stanford University. They had their share of success at college too, when Bob became the first player to win the NCAA ‘Triple Crown’ in singles, doubles (with Mike) and team titles. Bob and Mike are very talented and it is effortless to perceive their duality when sharing the court. Other professional players usually comment on the fact that it is very hard to find an open space on the court because they both cover each other up so naturally and effectively.

Apart from being professional tennis players, Bob and Mike have an insatiable passion for music and have formed the “Bryan Bros Band.” Mike plays on the drums and the guitar, and Bob on the keyboard. They have become very popular on the professional circuit and have been joined by other players such as Andy Roddick or Mardy Fish. The crowd was very impressed with their kindness and the quality of their music, “They are very down to earth people,” said Miguel Antunes, freshman. “Even though they are very famous, they are still humble, easily approachable people and multi-talented.” The band has played at several events, including the ATP Tour Smash Tennis event at New York’s Central Park before the US Open and more recently at Delray Beach’s tennis facility.

**UPCOMING APRIL CAREER FAIR**

April 2, 2010 by Kerri Salter
Filed under Campus

Leave a Comment

*Students and Alumni are Welcome to Find out About Internships*

By PATRICIA LAMMLE & CARLOS SANZ

Editors-in-Chief

Come find out information on internships, jobs and volunteer positions this upcoming April at the career fair. This is a great place to network and find out information about specific companies or industries.

All students are encouraged to come out, whether to find full-time jobs, part-time jobs, internships, volunteer opportunities or just to network.

Companies such as Morgan Stanley Smith Barney, Disney World College Program, Federal Air Marshals, The Ritz Carlton Palm Beach, Delray Beach International Tennis Championships, Northwestern Mutual Financial Network, Boca Raton Resort and Club, Federal Bureau of Investigation, U.S. Marshals Service and many more.

If students need any help with preparing a resume, cover letter or interviewing skills they can stop by the Career Center to make an appointment.
COLLEGE STUDENTS LOVE CHIPOTLE

April 2, 2010 by Jay Eisen
Filed under Food, Lifestyle

Leave a Comment

Chipotle Mexican Grill is a Cheap Favorite Here at Lynn

By KALA ABDELL
Staff Writer

Chipotle is located on Glades Rd. Above right: Chipotle is always crowded as people get a taste of Mexican cuisine. Photos/ K. Abdell

Due to its delicious food, affordable rates and speedy service, Chipotle Mexican Grill of Boca Raton has become a main choice for the busy college students of Lynn University.

Although many students in the area choose to indulge in this Mexican cuisine, what one may not realize is the nutritional facts and history of this extremely trendy and popular fast food chain. Not only do they put much precision and thought into the preparation of their food, but they also put a lot of emphasis on where the food is coming from.

Serving more than 40 people every 15 minutes, it is no wonder Chipotle is growing rapidly through the country. Starting off with one restaurant in Denver, Colo. it has now expanded to more than 900 locations in over 35 states. Chipotle has grown immensely since its launch in 1993.

One of the main misconceptions of Chipotle is their relationship with McDonalds. In 1998 McDonalds invested in Chipotle. Although McDonalds and Chipotle had extremely different ideas on quality of food, Chipotle took part in this action for them to have the opportunity to expand more rapidly as a chain. In 2001 however, McDonalds fully divested in Chipotle as Chipotle set to not become franchised and take the route of “Food with integrity.”
“Food with integrity” is a philosophy Chipotle goes by to better the food they buy. It is all about unprocessed, seasonal, family-farmed, sustainable, nutritious, naturally raised, hormone free, organic and artisanal meats and vegetables. They really focus on making the food quality ten times better and also on enhancing the quality of life for the animals.

What a college student is getting out of a snippy visit to Chipotle is not only an overstuffed burrito or a piled high burrito bowl, they are getting the best quality meat and organic vegetables for an extremely affordable price. It is also hard to believe a fast-food joint to be considered healthy, but really the only calorie filled items one will see are the carbohydrate packed tortillas, crispy sliced tortilla chips, and the cilantro and lime rice.

Chipotle is a fast, organic, antibiotic free and healthy alternative for any college student. Although the Chipotle of Boca Raton happens to be the busiest and fastest growing chain in all of South Florida, students will still find smiling staff and friendly faces on every quick visit they choose to take.

**Talk About It**

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“FRESHMEN 15”: FACT OR FICTION?

April 2, 2010 by Jay Eisen
Filed under Health & Beauty, Lifestyle
Leave a Comment
Is It Really That Hard to Stay Fit While Away At College?
By MELISSA ROSEN
Staff Writer

New students here at Lynn will find great ways to stay in shape, eat healthy and avoid the dreaded

Is the “freshman 15” a myth or reality? The freshman 15 is a slang term referencing the 15 pounds gained during the freshman year of college. Many students put on the pounds their freshman year, but is 15 pounds an exaggeration?

The average weight gain during the freshman year of college is seven to eight pounds. In the sophomore year an additional three to four pounds are put on. Contrary to the common belief that females put on more weight during the freshman year, the research data shows that males put on more weight than females. A study conducted at Cornell University in New York and Tufts University in Boston, over many of years and involving many students, found that 20 percent of all students put on the freshman 15.

The stress students experience due to homework, studying and projects tend to lead to poor eating habits. It is very common, to grab that chocolate bar for comfort. A lot of cafeteria food is high in fat and instead of going for a salad or a piece of fruit, many students go for hamburgers and fries. Research found that because the students have a prepaid meal plan they consider the food “free” and indulge in extra servings.

Another issue that leads to the poor eating habits is that social life has increased. Going to parties there is mainly snacks such as chips and dips and pretzels. Beer and alcohol are very high in calories and students tend to drink a lot especially due to peer influences. There are vending machines spread out throughout entire campuses, which consist of high in bad fats and carbohydrates; even most of the granola bars are high in sugars.

Lack of sleep due to partying and studying corrupts normal sleep patterns. Disrupted sleep patterns leads to skipping meals and can create more time to eat and changes in metabolism patterns to burn food intake. Boredom leads to eating as well. Skipping
meals leads to gorging in food when a person who is starved does eat. Hectic school
schedules create perfect opportunities for fast food.

- The iPulse conducted a study of 25 females and 25 males on Lynn’s campus for research
  on the freshman 15. The iPulse asked mainly upper classman and several current
  freshmen about their experiences with gaining weight in college. Ironically, the results
  came to be that more females gained weight than males. Most of the upperclassmen
  females stated that they did gain weight freshman and sophomore year mainly because of
  the reasons previously mentioned. The females who gained weight admitted to gaining
  close to 15 pounds and few stated they exceeded the 15 pound mark.
- Many female freshmen said they have noticed some weight gain and their goals are to
  shed the weight before it becomes out of control. The majority of the male respondents
  were in better shape than the females. The upperclassman males said they noticed
  roughly close to 10 pounds added freshman year and by sophomore year their lifestyles
  changed for the better; they began to eat healthier and started to workout. A few freshman
  males appeared out of shape and admitted to gaining 20 pounds.

- **McENROE: THE LIVING LEGEND**
  - April 2, 2010 by Kerri Salter
  - Filed under Profiles
  - Leave a Comment
  - Retired Professional Tennis Player Still Has the Moves
  - By PATRICIA LAMMLE
  - Editor-in-Chief
Above: McEnroe in the interview room. Photo/ P. Lammle.

John McEnroe is not only the former World No. 1 professional tennis player, but also a living legend. At 51 he has more fans that any other player, everyone supports him and enjoys watching his matches. Throughout his career he won seven Grand Slam singles titles; three at Wimbledon and four at the US Open, nine Grand Slam men’s doubles titles and one Grand Slam mixed doubles title. But McEnroe is best remembered for two things; his confrontational on-court behavior and for the catchphrase “You can not be serious!” Thus his attitude on court has caused some controversy; this makes him more popular among the audience. His matches are known for being incredibly good and extremely funny.

McEnroe played a continental forehand and his backhand was similarly continental and one-handed. But it was his serve what was unique; he used to stand at least a meter from the center of the court with his back almost entirely to his opponent making it harder for him to see where the shot was going to go. “It is amazing how he can have the exact same skills for such a long time, he is an admirable player, a legend in the world of tennis,” said Carlos Sanz, junior.

The United States native has had an unbelievable career, besides being the former No. 1 player in the world, he has appeared in various television programs and films and has signed more than a dozen commercial contracts for companies such as Nike and Kellogs. He won $12,547,797 over the path of his career and now continues to participate in events such as the ATP Champions Tour.

P. RAFTER EDGES J. McENROE

April 2, 2010 by Kerri Salter
Filed under Athletics

Leave a Comment

Legendary Former No.1 Players Share the Court for the Trophy
By PATRICIA LAMMLE

Editor-in-Chief

The ATP Champions Tour event came to an end with the final showdown of two former world No. 1 players. Patrick Rafter overcame John McEnroe in an hour and 56 minutes of grueling battle. The final box score was 7-6(4), 7-6(1) in favor of Rafter.

The showcase final was played on Delray Beach’s Stadium Court and featured a spectacular old style serve-and-volley battle. McEnroe, 51, showed that his game is still effective by holding strong on his serve throughout the match.

This title adds up to Rafter’s two previous ones on the ATP Champions Tour. Two time winner of the men’s singles title at the US Open and two time runner-up at Wimbledon, Rafter is best known for his natural serve-and-volley style. He was also elected to the International Tennis Hall of Fame in 2006. After his victory, he said, “It’s really nice to win. I’ve had such a great week in Delray Beach, it’s been a great event and winning the title makes it that bit sweeter. There was nothing in the match. And tie-breakers are a lottery so it could have gone either way so I’m pleased and relieved.”

Although he admitted that he had been feeling the pressure ahead of the final, Rafter still stepped up to the game on the court. “I was a bit nervous before the match,” he said. “I’m the young guy on the tour and I’m supposed to beat John because he’s 51. But this guy serves so brilliantly I can’t read his serve at all and he covers the net so well, he is unreal. The best 51-year-old tennis player in the world by far.”

Despite losing, McEnroe thoroughly enjoyed the match. “It was great,” he said. “It was a fun match to play and it felt like an old school match, it was just awesome. I think we showed the young bucks how it’s done a little bit and how to have a little bit of variety in your game. It was a lot of fun. If the score was just reversed it would have been a little bit better!”
Both Rafter and McEnroe proved to be in shape after having retired from professional tennis in 2002 and 1992 respectively and played a memorable match that will surely make history.

**INSIDERS LOOK AT DELRAY TENNIS**

April 2, 2010 by [Kerri Salter](#)  
Filed under [Athletics](#)

[Leave a Comment](#)

*Student Interns at the Championships’ Player Services*

By ZACHARY WELSH

**Contributing Writer**

The small town of Delray Beach recently hosted the Delray Beach International Tennis Championship from Feb. 22-28. The Championship Tour was newly added to the 18th annual tournament. In addition to featuring tennis stars, the courts showcased past greats like John McEnroe. The intimate venue allowed fans to really get in on the action. With only 8,200 seats, the grand stadium allowed fans to get a close view of champions like James Blake, and Mardy Fish. Every serve, every slice and every exclamation could be experienced by fans. In addition, the Delray Beach Tennis Center houses clay and hard courts, where fans could really enjoy the game. With only small sets of bleachers spectators got a close up view of match-ups that tennis fans would quickly pull their check books out for.

Not only could fans watch the pros play, they were also exposed to the intense competition of the qualifiers. Thirty two qualifiers vied for four coveted spots in the regular tournament. Robert Kendrick, Kevin Anderson, Ryan Harrison, and Nick Lindahl battled through their competitors to grab those spots, earning themselves a shot at the $75,700 grand prize. As the week continued these competitors fell to the competition and only Ernests Gulbis and Ivo Karlovic stood standing. In the end, Gulbis triumphantly raised the trophy above his head after a 6-2, 6-3 match.

The tournament employed over 200 volunteers to work the various areas of the event. Casey McClure, freshmen, was extremely excited to be a part of the tennis tournament. An avid tennis fan, McClure stated, “Delray was an amazing experience that reinforced my dream of working in sports.”

The sun, the sand, the serve- all can be enjoyed by local residents during this fun packed week in February, a favorite for Florida residents.

**SHARING THE COURT WITH VINCE SPADEA**
Alessandro Sarra was the Star’s Hitting Partner at the Scene

By PATRICIA AMMILE

Editor-in-Chief

Above: Sarra signing balls for his young fans. Photo/ P. Lammle.

Lynn’s Alessandro Sarra attended the Delray Beach International Tennis Championships with no clue that he was going to face one of the biggest opportunities of his career; being Vince Spadea’s hitting partner. He checked-in as Julien Carzuzaa’s coach, but he had the chance to meet and get in touch with Spadea even after Carzuzaa lost in the qualifying rounds against Tsung-Hua Yang. Obviously playing the No. 1 spot in Lynn’s tennis team has given him some advantages, but sharing the court with Spadea was more than just a privilege, it was truly an honor.

Spadea is an American professional tennis player. He reached a career high No. 10 in the ATP Champions Race in April 2003. His career prize money surpassed the $5,000,000 mark, and in addition he signed endorsement deals with Adidas, Prince and Levi’s Strauss. Still today, Spadea is a highly recognized figure in American tennis.

Hopefully Sarra will have many chances to share the court with him in the future.

SHINING AFTER GRADUATION

April 2, 2010 by Kerri Salter
Filed under Athletics, Campus

Leave a Comment
Former Lynn Athlete Succeeds in the Professional Stages

By CARLOS SANZ

Editor-in-Chief

After completing his stellar undergraduate athletic career as a member of the men’s tennis team at Lynn, Julien Carsuzaa, is currently pursuing his master’s degree and working as an assistant coach. The Lynn alum delighted the crowd with his gifted tennis abilities at the Delray Beach International Tennis Championships.

A six time All-American, Sunshine State Conference Freshman of the Year in 2006, South Region Senior of the Year and National Senior Player of the Year, Carsuzaa set the program career records for both singles and doubles wins in 2009. He went even further by teaming with teammate Alessandro Sarra to win the ITA Fall Division II Doubles Championship in 2008 and ended the 2009 season ranked No.1 in doubles nationwide. The combination of honorable awards he earned throughout his career, together with his thrive to compete on the court, were key to him being a 10-time male athlete of the week. Carsuzaa shared his thoughts about college tennis with the iPulse, “In four years, thanks to great coaching and lots of match experiences I’ve technically and mentally improved and feels like I have way more options on the court.”

Soon after graduating, Carsuzaa discovered that he still belonged at Lynn and he was granted a graduate assistant position working as the men’s tennis team assistant coach in the spring semester.

Last fall, the men’s tennis team was informed about the opportunity of playing a pre-qualifying tournament in order to win a Wild Card (invitation) into the qualifying rounds of the Delray Beach International Tennis Championships. Carsuzaa saw this as an opportunity to enjoy tennis and have fun with his former team members, even though the players in the pre-qualifying tournament were highly trained and dedicated to the world of professional tennis.
The big surprise came when after not having trained for more than six months, Carsuzaa cruised through the pre-qualifying tournament and earned an invitation into his first professional tennis championship. Many players spend their entire life fighting to obtain an opportunity like his, but Carsuzaa’s talent surpassed those barriers and gave him a head start. The qualifying tournament was led by players ranked as high as No. 115 in the professional tennis rankings. Carsuzaa faced off with Chinese Taipei’s Tsung-Hua Yang, former No.1 in the junior world rankings and current No. 325 in the professional rankings. The experience of the young Chinese player, winner of the 2008 Roland Garros Junior Championships overwhelmed the talented player, but not without a fight. Carsuzaa was very excited about the experience “Delray was a great experience, I’ve never been treated that well in a tournament before,” he said. “I enjoyed every second of my match especially since all my friends and old teammates came to support me.”

The final box score of the match was a hard fought 7-5, 6-2 in favor of Yang. The crowd was astonished with the intensity of the points and the talent of Carsuzaa. Throughout the match, comments like ‘Who is this guy?’ or
‘Where has he been hiding?’ could be heard in the crowd because no one could believe the fight that he was putting up, and the pressure under which the favorite was playing. Carsuzaa showed proof that college tennis can be an excellent stepping stone toward becoming a professional athlete and made history by being the first tennis player from Lynn who made it to a $500,000 ATP tournament draw.

EDITORS SHARE MEDIA ROOM

April 2, 2010 by Kerri Salter
Filed under Athletics

Leave a Comment

The Delray Beach International Tennis Championships

By CARLOS SANZ

Editor-in-Chief

Above: Editors-in-Chief Patricia Lammle and Carlos Sanz pose with their media credentials in the players interview room and at their media seating area in the stadium. Media outlets also had a special entrance to the venue which they shared with players. Photos/C. Sanz.

Recently, the Delray Beach International Tennis Championships came into play with some of the top-ranked tennis players in the world filling the line up of a week packed with both excitement and athleticism.

The popular $500,000 ATP World Tour tournament was held at the Delray Beach Stadium & Tennis Center in Delray Beach and received thousands of visitors from all around the country. 2010 was the 18 year anniversary of the tournament and to celebrate this, the ATP Champions Tour event was inaugurated, making this the sole tournament in the world to combine veteran and professional events. The combination proved successful by the applauded stellar appearances
of legends such as John McEnroe and Patrick Rafter, and former top ten American player James Blake.

Even though the rain washed away some of the matches and kept the thrilled supporters waiting, action never stopped at the venue. Outside of the main stadium, hundreds of people crowded around the commercial stands that offered all sorts of paraphernalia, from sporting clothes to signed autographs from the best players in the world. Just as Delray Beach’s businesses were kept busy throughout the week, it was truly a great opportunity for media outlets such as the iPulse to cover an international event and gain recognition in the Palm Beach county.

The championships offered $1.3 million player compensation and thus gathered a lot of attention from the media. Matches were broadcasted by Tennis Channel and sponsored by top league companies such as Porsche or Corporate Interiors. As Editor-in-Chief of the iPulse, I did not want our publication to miss out on this event, so three weeks before the tournament started, I started my personal hunt for media credentials in order to have the opportunity to cover the event.
My heart was filled with joy the day I received an e-mail indicating media credential access for the week. It was an amazing opportunity to interview players, have special accommodations at the site and privileged seating at the stadium court. I, in addition to Editor-in-Chief Patricia Lammle, had the chance to ask sports celebrities such as James Blake and John McEnroe questions about their matches, as well as take close-up shots of the courts and the players. We quickly learned about the importance of deadlines when turning in press releases at the media center, concerning the results and most important updates of the tournament. We also learned that in order to get that one question answered by one of the players, it might take hours of waiting beside the interview room, even though the players might or might not choose to grant a media interview. It was worth the effort because at the end of the day we were doing the thing we are most passionate about.

Overall it was a good stepping-stone toward improving the coverage of the iPulse, getting our names out there and hearing great advice from professionals in the field. Furthermore, it was another step closer to our goal as Editors-in-Chief, which was creating a more innovative newspaper as well as bringing interesting news to the students and faculty at Lynn University.
FIGHTING FOR A NOBLE CAUSE

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Relay for Life is Back at Lynn for the Fourth Consecutive Year

By RYAN BROOKS
Staff Writer

Every year this life-changing event gives communities the opportunity to celebrate the lives of those who have battled cancer, remembering the lives lost, and fighting back against the disease.

Because Cancer never sleeps Relay For Life is an 18-hour event where teams set up camp with a representative walking the track all night long.
“Walking the track is great because you know your helping make a difference by doing something as simple as walking. There really is no better feeling,” said Jesse Kopp, event co-chair.

This year Lynn University’s fundraising goal is to raise $37,000 for the American Cancer Society, which would bring Lynn’s total amount raised in three years to nearly $100,000.

Relay For Life helps fund programs like Road to Recovery which helps people get to and from treatments and medical appointments; the American Cancer Society Call Center, which is available to people 24-hours a day, seven days per week; and even a Cancer Survivors Network, to serve as a support group to others battling the disease around the world.

“Every Relay event is different and here at Lynn [Relay] is truly a party with a purpose,” said Event Chair Tova Brown. “We listen to music, we dance, we laugh, we all have a lot of fun!”

Because every Relay is different there are many traditions that remain the same amongst them all. Every event begins with the Survivor Lap where all cancer survivors are invited to walk the track with their loved ones and caregivers to celebrate their victories over cancer.

Later in the evening the luminaria ceremony begins. The luminaries allow for the community to honor those who have been touched by cancer and remember loved ones who lost the battle.

Lastly the fight back ceremony is held where everyone makes a personal commitment to save lives by taking up the fight against cancer.
Although there are many different kinds of cancer one thing is certain; Lynn University is committed to making a difference together as a community.

“Everyone from athletics to academics to clubs and organizations have come together and created teams. It’s remarkable to see such a strong community come together for such a great cause,” said Lauren Elliot, team development chair.

For more information on Relay For Life at Lynn University, visit www.relayforlife.org/lynnuniversityfl.

Anyone interested in participating in Lynn’s Relay For Life should contact Rebecca Raulin at the American Cancer Society by phone at 561-394-7751 ext 5309 or by email at rebecca.raulin@cancer.org

The Relay For Life Committee is also looking for cancer survivors to participate in this year’s event and extends an invitation to all within the Boca Raton community and beyond.