A LOOK INTO MARCH MADNESS

March 29, 2011 by Nisa Martinez
Filed under People

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iPulse Asks Students Prior to Tournament Who They Wanted To Win

By SARAH BENJAMIN

Staff Writer

Students who gave their opinion about who they feel should win the Final Four. Staff Photos./ S. Benjamin.
March Madness has arrived once again and everyone wants their favorite college basketball team to make it to the final four. iPulse set out to see which teams appear to be the favorites amongst students here at Lynn.

“As a Mountaineer fan my hope is to see them in the final game to make up for the last year, GO WVU,” said Samantha Tiger, sophomore.

“I want Ohio State to win,” said Max Drattell, sophomore.

“Under the coaching of Jim Boehim the Syracuse Orange men have a good chance of advancing toward the final four,” said Jason Beaumont, junior.

“I want Virginia Tech to make it to the final four,” said Carlos Mateos, freshman.

“University of Florida has a good chance of making it to the final four,” said Adam Stahoviak, freshman.

“I think that March Madness is what every basketball team fan waits for. I want Duke to win,” said Stefano Liberatore, freshman.

“I want West Virginia to win because my best friend goes there,” said Caitlyn Cafasso, sophomore.

“Ohio State should take it with their record. It’s about time they make it back into the final four,” said Kelsey Cesar, sophomore.

**MARCH MADNESS TAKES OVER**

March 29, 2011 by Nisa Martinez
Filed under Athletics

Leave a Comment

*An Insider’s look at the NCAA College Basketball Finals Competition*

By SHAWN KALE

Staff Writer
March Madness is here and will continue through April 5 with more action and upsets with the College sports best post-season in the NCAA Division One basketball tournament.

The top 68 college basketball teams compete in this three week tournament to decide the national title winner of men’s college basketball. There are the favorites and under the radar-teams ready to take their chance at glory in this all-out fight to become number one.

There are four regions with 16 teams in each region and each has a number one seed which gets the easiest route to the finals. The seeding is based on what the teams did in the regular season and in conference tournaments. Beginning the tournament, the final four number one seeds were Ohio State (number one overall seed), Kansas, Duke and Pittsburgh. Ohio State was the favorite, but just because these teams were number one in their regions and had the easiest road to the finals, this never guarantees those teams anything. Upsets are what makes this tournament so great with smaller schools getting their shot at the big boys of college basketball. “It has been an exciting tournament and completely unpredicatable,” said Stephanie Jackson, professor. “This Saturday will be eventful, determining who will take home glory.”

It has been an exciting tournament thus far and Saturday, April 2, will be even more action-packed. VCU will play Butler at 6 p.m. and UCONN is scheduled to play Kentucky at 8:45 p.m.

WHAT IS THE WOMEN’S CENTER?

March 29, 2011 by Nisa Martinez
Filed under Campus

Leave a Comment
Lynn’s On-Campus Women’s Center Offers More Than Just Free Advice

By RACHEL LEVENSON

Staff Writer

Lynn’s on-campus Women’s Center is a place where students can get answers and receive information about safe sex, general health, academic questions and more.

The Women’s Center offers resources and referrals to students, as well as programs to educate women on sexual health, sexual assault, self-defense, body image, careers and finances, life skills and relationships, along with other women’s issues.

The Women’s Center also provides a confidential environment for students seeking information and guidance. They offer answers to all questions students may have about sex, academics, health or they are there if a student just needs someone to talk to.

Victoria Frost is the Director of the Women’s Center in the Department of Student Life. “I’m not a counselor with a license, but if a student has any questions, I can talk to them and help connect them to a resource that they need,” said Frost.

All services are free and confidential. Counseling and medical testing is covered for Lynn students and Palm Beach County residents and no health insurance is involved in the event of a sexual assault.

Dani Goldberg, senior, works as an intern in the Women’s Center. She says her favorite part about the job is the opportunity to give advice to students. “I like working with college-aged students and it’s what I want to do in the future,” said Goldberg. “I really enjoy helping people.”

“The Women’s Center is a confidential, safe space,” said Frost, when asked to describe the Women’s Center in three words.

Frost is on call and responds to emergencies to either meet or talk over the phone with a student having a problem.

Also, for the second consecutive year, The Women’s Center will be coordinating “The Vagina Monologues,” a theatre production organized to raise awareness about violence against women. Tickets are $5 and can be purchased at lynn.edu/tickets. All proceeds go to organizations to help women. The show will be held April 7, 8 and 9.

Aside from free advice, helpful resources and referrals, the Women’s Center also offers free condoms, lubricant, tampons, pencils, brochures and other goodies that can be found in the office.

The Women’s Center is located in Trinity Hall. If students have any questions or would like more information, brochures are available around school in the Counseling Center, Security
Students paint and personalize their new pair of TOMS to help children in need of shoes. Staff Photos./ K. Welch and Z. Welsh.

Owning a pair of shoes may not seem like much, but many children in under-developed countries grow up barefoot. Soil-transmitted diseases are a leading cause of sickness, and without shoes, risks for these diseases are high.

TOMS is a shoe company that donates a pair of shoes to a child in need for every pair purchased, and on March 16, Lynn hosted a Style Your Sole Party in the Perper Plaza that allowed students to purchase a pair of TOMS for $20 to support the movement.

The program is being organized by Lynn University’s community service organization, Knights in the Community. KIC has partnered with TOMS to create a TOMS Campus Club. The students
in the club are often in communication with TOMS’ headquarters to plan events on campus. “I love being an important part of the TOMS movement and am proud of everything our group has done so far this year,” said Zachary Welsh, junior.

Prior to the event, they hosted sign ups in the Student Center for students, faculty and staff to purchase their shoes.

Finally, on March 16, members of KIC set up an arts and crafts area for participants to design their new TOMS. Supplies included standard paint, spray paint, Sharpies and glitter spray. Some students chose to paint their shoes one solid color, such as purple or red. Others got creative by adding patterns. One popular, yet messy design was a paint splatter look with bright, neon colors. Others created more elaborate designs including words, pictures and stenciled shapes.

“I like that Lynn offered to pay for 50 percent of the cost of the shoes. One pair only cost me $20. I like the idea that they donate a pair to charity for every pair that I buy. Also, I think they are stylish,” said Amanda Schultz, junior. Almost 80 members of the Lynn community participated in the event.

For those who missed the event, the shoes are available to buy online starting at $40 at TOMS.com. This is an important cause for many reasons. Shoes are a requirement to attend school in many countries and without shoes students are unable to receive an education. If a child is deprived of an education, he or she is deprived of an opportunity to reach their full potential.

TOMS slogan is “One for One.” The charity effort began in 2006 and as of September 2010, TOMS has given more than one million pairs of new shoes to children in need around the world. If one had not purchased a pair of TOMS yet, it is encouraged. If one had a pair already, purchase another to help millions in need.
Left: The library is always bustling with activity. Right: Students spend time getting to know each other. Staff Photos/ Z. Welsh.

Left: Students hard at work on the library's computers. Right: The walkway is always busy around lunchtime. Staff Photos/ Z. Welsh.

Left: Students get work done in the library. Right: Students hang out in ASSAF before class. Staff Photos/ Z. Welsh.

Above: Alyssa Judd, senior. Staff Photo/ Z. Welsh.
A Look at What Life is Like For Film Students Here at Lynn University

By STEPHANIE WILLIAMS

Staff Writer

Students at Lynn get hands-on experience in all aspects of film, from the creative to the technical to the theoretical. LU Photo.

Lynn University’s film program is more than just a major; it’s a way of life. Structured around a strong liberal arts base that provides a solid learning foundation, the Bachelor of Arts in Film teaches students about every aspect of the medium, from the creative and the technical to the theoretical. However, more than simply teaching students about film, the program strives to ignite the spark of desire that resides within each prospective filmmaker and helps to foster a life-long appreciation of the film medium. Students are constantly encouraged to experiment with new ideas and are given a balanced mixture of expert advice and creative freedom, which stimulates a desire for further learning.

Grant Cumbest, a film major and senior at Lynn, had this to say regarding the film program: “I loved all my film classes, particularly those in film history, production and screenwriting. I especially enjoyed learning how to convert ideas and dialogue into a fully realized screenplay in my Narrative Writing class.”

The approach to film at Lynn involves the synthesis of great filmmaking, state of the art technology, and a creative vision of the filmmaker as both artist and storyteller. Throughout the program, students learn how to work in collaboration with other filmmakers in a variety of roles that prepares them for a wide range of future positions in film, television, video and web-based industries. For example, in the spring of 2010, the Advanced Film Production class teamed up
with the Acting II class to produce “theFLU,” a serio-comic webisode series hosted at lynnuniversity.net/flu.

At Lynn, students study all aspects of filmmaking through classes that specialize in screenwriting, cinematography, casting and collaboration with actors, sound recording and mixing and digital video editing. Furthermore, the students’ comprehension of the medium is likewise enhanced through classes in film theory and film history.

One of the key advantages to studying film at Lynn comes in the form of small class sizes. At Lynn, students receive individualized attention from professors and every student gets a chance to write, direct, edit, shoot and create a soundtrack.

The professors in the film program at Lynn are all industry professionals and provide a high standard of excellence, as well as an extremely supportive and engaging learning environment for their students. Here’s a look at Lynn’s Film professors and their teaching philosophies.

Professor Carol Watson, M.F.A. New York University; has over 20 years experience in the film industry as a screenwriter and teaches students that “every student comes from a place, a time, populated by family, friends and strangers. Drawing from their individualized worlds, students discover their own ‘voice’ and bring that to life through characters, conflict, story from the germ of an idea, to a screenplay, to the screen.” Professor Nava Dushi, PhD Candidate at Tel Aviv University, inspires students by teaching them that “moving images have captured the minds of audiences worldwide since the early days of cinema. It was their likeness to reality and the magic of their creation that generate moments of magic and fascination. The camera in the hands of a skilled cinematographer transforms stories and ideas visually whether they’re narrative or documentary.” Professor John Bennardo, M.F.A. American Film Institute and founder of Immaginé Productions, a wholesale video production company, believes that “every student is important and deserves the best I can offer. In addition to the classroom setting, I provide one-on-one, hands-on teaching of film and television equipment and procedure.”

As a soon-to-be graduate of the film program here at Lynn, I can only re-affirm all of the statements made above. I have been given the opportunity to participate in a wide range of projects in my time here, including everything from narrative continuity projects with actors, documentaries and even experimental projects in imagery with multi-layered soundtracks. Simultaneously, I was introduced to the fascinating history of film, and the incredibly rewarding study of film theory. This has truly been an extraordinary experience.

WELCOME TO LYNN

March 25, 2011 by Nisa Martinez
Filed under Campus
Leave a Comment

iPulse Showcases the Excellence of Being a Lynn University Student
Students walk across the sunny Lynn campus on their way to lunch in the Student Center. Staff Photo/ Zachary Welsh.

Lynn University is one of the most unique and interesting universities in the country. With small class sizes, a population consisting of students from over 40 states and 81 countries, six colleges and the School of Aeronautics with many majors to choose from and a diverse faculty with a range of experience, Lynn is truly a place with everything to offer incoming students.

For those who are curious, Lynn University is a small school based around one very important word: community. Students who come here will never feel like a number. “I like going to Lynn because it’s very intimate. Everyone knows everyone and it’s very tight-knit,” says Cristina Fernandez, junior.

With a faculty to student ratio of one to 17, professors are able to not only know students’ names, but each has an open door policy with office hours. Professors’ offices are located throughout the campus so students will always be able to find their professors for help with work, projects or general questions. Each student is also given an academic advisor who can help with course planning and internships.

As for majors, Lynn offers a wide variety through the College of Business and Management, the Donald E. and Helen L. Ross College of Education, the College of Hospitality Management, the Eugene M. and Christine E. Lynn College of International Communication, the College of Liberal Education, the Conservatory of Music and the School of Aeronautics. “I love it because it is a very individualized education. There is also a strong business program,” says Andrea Hernandez, senior.
Lynn University also offers a wide-range of extracurricular activities. With 37 clubs and organizations, there is something for everyone. Lynn’s Office of Student Involvement (OSI) coordinates all of the campus clubs including Student Government, a programming board called the Knights Activities Team, community service organizations, cultural groups, religious organizations and clubs that correspond to various majors. If one cannot find a club that interests them, students can go speak to OSI about forming a new one.

Another interesting fact about Lynn University is that the student population is made up of students from more than 81 nations. “There are also a lot of international students, so I can get to know them and expand my cultural perspective,” says Hernandez.

Sports are another big part of the college experience and Lynn is in no shortage of Fighting Knight Pride. Lynn features six teams falling under NCAA Division 2 regulation. The teams include men and women’s soccer, men and women’s tennis, men and women’s golf, men and women’s basketball, men’s baseball, women’s softball and women’s volleyball. Lynn has captured 19 national championships and 28 Sunshine State Conference Championships. In addition, Campus Recreation organizes many intramural leagues including flag football, soccer, basketball and more. There is also a fitness center on campus and fitness classes offered throughout the week at no additional cost.

This is only a small snapshot of the experience one can have at Lynn University. With countless opportunities, everyone at Lynn is proud to be a Fighting Knight.

**STUDENT TAKES OFF TO THE SKIES**

March 25, 2011 by Nisa Martinez
Filed under People

Leave a Comment

Graduate Student Michael Nagy Learned to Fly at Lynn’s School of Aeronautics

By KATIE WELCH

Staff Writer
Nagy gets ready to take off in one of Lynn’s planes. Lu Photo.

Ever want to be a pilot for commercial or regular airline? Well that is what Michael Nagy did. Nagy is from Colombia and loves being at Lynn.

“I chose this school because of the size of the school and the program they offer for Aviation Management,” said Nagy. He said he would like to be a pilot. “I liked the school and it’s the right fit for me,”

All his life he has aspired to fly and now he finally gets to live his dream as he recently received his commercial pilot license. He also hopes in September, he will return home and become a pilot there.

For now, Nagy is studying for his bachelor’s degree and works as a graduate assistant in the Office of Admission.

Nagy’s experience at Lynn has literally become a dream come true as it has for many students.

**KNIGHT FROM ACROSS THE POND**

March 25, 2011 by Nisa Martinez
Filed under Best of Boca

Leave a Comment

*Soccer Star Lewis Clack Talks About Life as an International Fighting Knight*

By JOEY ARGENZIANO

Staff Writer
Clack came from England to play for Lynn. Photo/ JC Ridley.

Lewis Clack could not pick anywhere else he would rather be except Lynn University; Clack loves being at Lynn and is proud to be an athlete for the Fighting Knights.

Clack grew up in Farnborough, England – just outside of London. At age 18, Clack was going into the army until he was awarded a soccer scholarship at North Iowa Community College. Two years later, he was given the opportunity to play for Lynn. Clack not only fell in love with the soccer program, but with the whole Lynn experience.

iPulse: What made you come to Lynn?

Clack: I knew how good the soccer program was and how beautiful and safe it was down here. It was a new environment for me and I could never see myself being bored because there is always something to do.

i: Talk about your relationship with your team and your friends here.

C: The soccer team is one huge family. Everyone looks out for each other. We win together and we lose together. When I first came here, I didn’t know anyone; although it was easy to talk to everyone because a lot of people here are approachable and nice. One of the first people I met was the late Kyle Conrad. He was a great teammate and friend. It’s amazing people like him that made my decision easier when I chose Lynn.

i: Talk about being a student/athlete.

C: It can be hard at times when you’re away playing soccer and it can give you less time to catch up with your schoolwork; however, it’s a great feeling walking around school and having people know that you’re representing the school.

i: Talk about being an international student.
C: It’s a great school for international students. Lynn is welcoming as there is a good amount of students all around the world so it’s easy to relate and fit in. I love it here and Boca has become my new home.

i: What’s your favorite part of being a Lynn student?

C: I love the small class sizes and the professors have been very helpful.

i: How prestigious is Lynn’s soccer program?

C: We have one of the best soccer programs here. Everyone takes it seriously. We all try our best and want to win. It’s an honor to put on a Lynn jersey and be part of this chapter. We have won a few titles and there are a lot of teams that fear us. We always have great players, including international flavor. People call our field “the graveyard” because we bury our opponents. Also, we have great support from the Lynn community, which we appreciate.

i: If you had to persuade someone to come to Lynn – what would you say?

C: Lynn is a great school and in a great location. The school gives you opportunities in life. I feel Lynn helps you progress your education and career. In other words, it gives you everything you need and more.

A ONE-HOUR HEAD START TO AN OSCAR

March 25, 2011 by Nisa Martinez
Filed under Campus, Featured

Leave a Comment

Film Showcase and Insider’s Tour Held at Lynn Today Only

By JENNIFER RODRIGUES

Editor-in-Chief

The 16th Annual Student Showcase of Films will occur today in the Wold Performing Arts Center from 9:30 a.m. to 12:30 p.m.
Promotional material for Lynn’s film program. LU Photo.

This annual festival is sponsored by the Palm Beach County Film and Television Commission and will feature the work of film students from other area universities. It will also feature the works of students from various high schools with film programs. It is expected that 750 high school students from the state will attend. The recognition garnered from the hosting of this festival will add to Lynn University’s reputation. “I am glad that it’s bringing so much recognition to our school,” said Hunter Blankenship, senior.

In addition to the showcase, a competition will occur. Both high school and college students will have the chance to be awarded various scholarships and awards; $10,000 in scholarships will be presented. There are six categories in which students can compete: Feature/Shorts, Documentary, Animation, Commercial/PSA, Music Video and Audience Awards. There will also be categories for screenwriting and movie posters. Finally, a scholarship has been created to honor the legendary Burt Reynolds.

Prior to the showcase, Professor Carol Watson, Professor Nava Dushi and Professor John Bennardo from the Eugene M. and Christine E. Lynn College of International Communication’s film program and other universities will distribute promotional material for their respective film programs to the attending students.

Following the showing of the films, attendees of the showcase will have the advantage of experiencing many of the opportunities available at Lynn. Students will be able to participate in a demonstration of motion capture recording in the Schmidt Studio, be given the chance to use the cameras in the TV studio and tour the CIC facility. “This will be a great opportunity for our students and faculty,” said Blankenship.

This festival is one of the many exciting opportunities presented to the Lynn community as a whole. In addition, March 30 will be the CIC’s Spring Film Student Showcase from 12:30 p.m to 1:30 p.m. in the deHoernle Lecture Hall. All are welcome to attend.

**LYNN’S GOT TALENT**
Latin American Pop Star and Lynn student, Maria Agudelo. Photo/ M. Agudelo.

The Lynn community watched the Premio Lo Nuestro Awards recently with hopes that one of our own would receive accolades as Female Artist of the Year. The artist, Marala, is a Latin musical sensation and also a student at Lynn. Many might know her as Maria Agudelo, junior.

Agudelo is 21-years-old and has been involved in music since she was a little girl. Growing up in Colombia she was always noticed for her musical abilities. She composes all of her own music and has her music available in several languages, which draws a variety of fans. While she has all of the fame and accomplishments it would be hard to guess with her down to earth and friendly personality.

“It’s a crazy life. There is a time when I arrive at a destination to do a show and get in late that night and then start bright and early,” she said. “I have several appointments with different medias and have to change my look every time.”

As she describes her journey, it seems as though it is a busy and demanding schedule.
She has been a part of the music scene for a while, but is just now getting recognition for it. “I can’t believe it’s happening, I mean this music came out a while ago and all of the attention is just now coming from it.” She came out with the song she was recognized for when she was 19 and, now two years later, it seems as though its been a long time coming for her music.

Unfortunately, Agudelo did not take home the award. However, Lynn will always consider her a shining star. To be in a category among someone such as Shakira she says, “It’s a great honor and I’m excited to just be nominated.”

THE PSYCHOLOGY OF A STUDENT

March 25, 2011 by Nisa Martinez
Filed under People, Profiles

Leave a Comment

Lynn Freshman Finds a Major to Help Others and Maintain Individuality

By SAMANTHA WOHLMUTH

Staff Writer

Swanson is not a typical psychologist. Staff Photos/ S. Wohlmuth.

With shoulder length hair and a multitude of tattoos and piercings, Dan Swanson does not appear to be the typical Boca Raton resident. However, he is currently a freshman studying psychology here at Lynn University.
“I chose Lynn because it was a small college,” said Swanson. “It was a good option because [I came from] a small school. I chose psychology because I want to help people and I love working with people.”

Swanson is pursuing his degree in psychology with hopes that in the future, he may work with teens between the ages of 13 and 18 with substance abuse issues. He believes that his image, although gruff and uncharacteristic for this line of work, will help him to connect with his patients.

“I feel the population I’ll be working with, which are mostly kids, will react better to someone who looks more like them,” said Swanson. “Sure, I’ll put on a suit and a tie, but when it comes down to it; I can be more like them. I can say ‘I know where you’re coming from. I can relate to you this way.’ In the world of psychology, it’s not how you look; it’s how you’re able to relate to people.”

Much like how Swanson wants to connect with his future patients, he feels he is able to relate to Lynn’s psychology professors in a similar way. He is pleased, not only with how his classes are taught here, but also with who teaches them.

“All the teachers here at Lynn have either a PhD or doctorate and they’ve all done work in the clinical field before becoming a professor,” said Swanson. “A few are still practicing. They have actual stories to tell you and can give you genuine reports. For example, I had a teacher today who was talking about a sociopath she was working with in prison. They give you real stories and real issues, as opposed to a textbook.”

Despite his short time here, Swanson has already grown to admire one professor in particular, Dr. Robert Seifer, associate professor of psychology.

“He’s someone I’ll probably be following for as long as I’m at Lynn because I like his teaching style and the fact that he’s still a practicing psychologist here in Boca.”

Lynn University has offered Swanson the opportunity to pursue his dream in an environment that has allowed him to maintain his individuality. Despite the image he carries, he’s still encouraged to follow his path in psychology. Only time will tell if the real world will be as excepting of him.

“People have asked me ‘what do you plan to do with your tattoos,’” said Swanson. “I’ll probably have a full sleeve by the time I’ve graduated college. Society has to open up because there are many other kids that look exactly like me.”

**BACKSTAGE AT AMERICAN IDOL**

March 25, 2011 by Nisa Martinez
Filed under Entertainment, People
Duvall prepares for her casting audition.

With the national fervor surrounding “American Idol”, one of our own, Makayla Duvall decided to try out for the show for a fourth time in Jacksonville. Every season, millions of Americans tune in to watch the hit television show, whether it be for the talent or for the people who are just terrible. In Duvall’s case, the producers claimed she had talent, but she was not different enough for the show.

The show starts with 25,000 people trying out and Duvall made it into the top 500. If spectators watched “American Idol”, they would see a short clip of her holding back her tears while cameras were shoved in her face asking her what the judges said. “They made it seem like I walked out of the room that the judges were in, but it was just me in there with four executive producers who told me that I had the look, talent and personality, but I wasn’t different enough for them,” said Duvall, in regards to her final audition.

“American Idol” is a show for entertainment purposes. It is written in the contracts that the winner does not even receive their money until about two years later in full and they need to dress a certain way and sing certain songs. The people who cannot sing are put on just for the show’s ratings. “Those people who can’t sing take away a chance for the people who want a real chance at a career or even some publicity,” said Duvall. “I don’t think I’ll ever do it again. It’s a waste of my time to be told I can sing great, but they’d rather put a horrible singer in front of me for ratings.”
She tried out in the hopes of getting a shot like Kelly Clarkson, but the music industry is one in a million and so is “American Idol”. Currently, Duvall has her own agent who releases her songs to labels and is working on making it the old-fashion way.
CUPCAKES GET A MAKEOVER

March 24, 2011 by Nisa Martinez
Filed under Featured, Food

Leave a Comment

Cupcake Couture Combines Cupcakes With Delicious Class

By BRITTNEY MARKOWSKI

Staff Writer

John Schatz, sophomore and his friend Payson Benner enjoy delicious cupcakes at Cupcake Couture. Staff Photo/ B. Markowski.

While strolling down the buzzing streets of Atlantic Avenue in Delray Beach, one cannot help but feel invigorated by all the great restaurants and specialty shops— but, it is a little gem called Cupcake Couture from which one can smell treats almost all the way down the strip and cannot help but be lured in for a delectable dessert.

The buzz about this quaint little cupcake palace has been floating around campus this semester and students have been raving about their cupcakes.
“I absolutely love that place. The carrot cake cupcakes are to die for,” said Britney Fioto, senior.

Themed decadent cupcakes—such as Limey Pulitzer and Coco Chanel—are not the only tasty treats that this boutique of sweets offers.

The walls are filled with a variety of new and old fashioned candies—which are sold by weight—large lollipops line the tables and the old fashioned sodas and coffee are popular drinks to quench one’s thirst after eating a cupcake.

The walls of the shop are embellished with a lime and pink theme and the checkered tiles take visitors back to that old-fashioned, comfortable feel.

“It’s a tasty environment that keeps me coming back for more, but I feel like a dentist should meet me at the door when I leave after I eat all those sweets,” said John Shatz, sophomore.

From mouth-watering moist cupcakes to extravagant décor, Cupcake Couture offers anyone with a sweet tooth the perfect place to go and indulge, leaving one with a taste of class and sass that will keep many coming back for seconds.

**SMALL TASTY TREATS TO TACKLE**

March 24, 2011 by Nisa Martinez
Filed under Food

Leave a Comment

*Instructions on How to Make a Delightful Yummy Pizza Bagel*

By ANA LOPEZ

Staff Writer
The finished product, Bon Appetite! Stock Photo.

For students who get tired of eating cafeteria food and prefer a nice, home cooked meal, here is an easy recipe for a midnight snack for microwavable mini pizzas in the Residence Hall:

English muffins/bagels

1 8 oz. can Tomato Sauce

1/2 tsp Oregano

Garlic powder to taste

Mozzarella Cheese

Optional Toppings:

Pepperoni

Mushrooms

Peppers

Chopped onions

Cut English muffin or bagel in half. Mix together tomato sauce, oregano and garlic and spread on. Top with Mozzarella cheese and other toppings of choice. Put in microwave for one min, 30 seconds.

BEST BRAINFREEZE BY THE BEACH

March 24, 2011 by Nisa Martinez
Filed under Food

Leave a Comment

Jaxson’s, South Florida’s Classic Ice Cream Parlor, Serves up Creamy Treats

By JASON FARBMAN

Staff Writer
Jaxon’s Ice Cream Parlor has delicious sundaes and an old-fashioned atmosphere for all to enjoy. Staff Photos/ Jason Farbman.

Jaxson’s Ice Cream Parlor is a historical landmark here in South Florida.

Owner Monroe Udell founded Jaxson’s in 1956. In the ‘50s, Jaxson’s gained a lot of business from tourists who could not handle Florida’s heat and needed to get a cold, refreshing ice cream. Udell generated excitement by routinely ignoring laws enforcing racial segregation in both hiring and service.

In the ‘60s, he wanted a more rustic feel to the store, so he decorated the shop with license plates and antiques. Jaxson’s is still decorated exactly the way it was back then. Udell made sure to have the highest quality of ingredients combined with low overrun machinery to make Jaxson’s Ice Cream the finest.

A lot of ice cream in Jaxson’s is a trademark in South Florida, such as the Hot Fudge Mondae, which is comprised of two scoops of vanilla ice cream covered with rich hot fudge toasted almonds, topped with whipped cream and a cherry. There is also the Jumbo Sundae, which is two scoops of vanilla ice cream and can be topped with an option of either chocolate, marshmallow, strawberry, chunky pineapple, blue raspberry, blueberries or chocolate mint. They also have Super Jumbo Banana Splits, which is three scoops of any favorite flavor of ice cream flooded with real chocolate syrup, strawberry and pineapple topping.

Jaxson’s famous Continental Waffle is also a popular choice and is made to order with fresh eggs, whole butter and rich Vermont maple syrup, topped with ice cream and a choice of strawberry, blueberry or pecans. Jaxson’s also offers The Original Kitchen Sink, which is the ultimate South Florida dessert for anyone with an unusual appetite and is reserved for parties of four or more.

Aside from ice cream, Jaxson’s also has hot dogs, burgers and deli sandwiches.

Over the past 50 years, Jaxson’s Ice Cream Parlor has won numerous Zagat and Best of City Search awards. It was also featured on the Food Network and “Good Morning America”.

Jaxson’s Ice Cream Parlor is highly recommended for all ice cream enthusiasts.
Baking Cookies is a Fun and Delicious Way to Spend an Evening With Friends

By REBECCA STOPPELMANN

Staff Writer

Jamie Zaino, senior, and James Lawrence, Graduate student, show off their delicious creation. Staff Photo/Rebecca Stoppelmann.

If one desires to have an inexpensive eventful night with some friends, baking cookies is the way to go.

These cookies are fun to bake and have an amazing taste. This easy recipe only takes 30 minutes to complete.

There are a few ingredients that you will need:

-1 ½ sticks of butter (12 tablespoons)
-1 cup of light brown sugar, firmly packed
- ½ cup of white granulated sugar
-2 eggs, lightly beaten
- ½ teaspoon of salt

-1 ½ teaspoons of pure vanilla extract

-1 cup milk chocolate chips.

Preheat an oven to 375°F

In a mixing bowl, mix together butter and sugars. After they are mixed together, add the eggs.

In another bowl, sift the flour and measure out 2 ¼ cups. After mixing the flour, mix in the remaining dry ingredients. Add the flour mixture to the creamed butter and sugar mixture. Last, stir in the vanilla extract and chocolate chips.

Drop the cookie batter by tablespoonfuls onto a parchment or silicone lined baking sheet.

Bake for 10-12 minutes or until cookies are set, firm and only lightly colored. Do not allow cookies to brown.

Transfer the wire racks to cool. Store cookies in an air tight container or wrap and freeze.

Enjoy!
Hassan batting in spring training. Hassan impressed the Red Sox during spring training. Staff Photo/ L. Redwine.

Alex Hassan, a minor league prospect, is prepared for the 2011 season and ready to become a star on the Boston Red Sox. Hassan is one of the Red Sox top prospects. Born in Quincy, Mass., he was drafted by his home team in 2009 in the 20th round. Hassan has had many successes thus far in his first two professional seasons – he made it to Triple-A Pawtucket Red Sox. This off-season, Hassan moved to Boca to workout with former Lynn baseball players.

Argenziano: Do you have any pre-game rituals or in-game rituals?
Hassan: I do not have many pre-game rituals or superstitions. I usually just show up to the field, get my stretching in and then take batting practice.

A: Who is your role model and why?

H: My mom and dad have been my role models since day one. They have always been there for me and without their support I would not be where I am today.

A: Describe your personality and your hobbies and please include a few things that people do not know about you.

H: I am very laid back. I enjoy joking around and keeping everything light hearted, especially off the field. Something people may not know about me is that I was actually drafted by the Red Sox as a pitcher, but then was moved to outfield. I played both in college.

A: What motivates you the most to make it into the big leagues where only a select few make it?

H: I have wanted to be a professional baseball player my entire life. This has been a dream of mine since I was a child. Some kids growing up dream of becoming firefighters or doctors; I dreamed of becoming a professional baseball player. Now I am getting a chance to follow my dreams.

A: When you moved to Florida, your primary focus was to get better at baseball. What did you work on?

H: I moved to Florida to live with one of my best friends (former Lynn baseball player, Sean Harvey) and focused on training for the upcoming season. Unfortunately, where I live in Massachusetts makes it hard to train in the off-season because of the cold weather and snow. While down here in the Boca area I have focused a lot on my hitting and my strength and conditioning. I spent time hitting every day with Kyle Holloway (former Lynn catcher), then I would make sure to get in my running, stretching and core work during the afternoon and then do my strength training in the evening.

A: You are climbing the minor league pole fast where the Sox minor league system is stacked. What are your thoughts and do you think you can make it to the pros?

H: I just try to go out every day, be myself and play the game that I love. Not many people get the opportunity to play the sport that they love for a living. I take every day I have out on the baseball field as a blessing. I just want to give it my best shot, and good Lord willing, things will work out.

A: What is your best advice for young baseball players?

H: Work hard and never give up. I feel that everything you achieve in life is earned through hard work and effort and the rewarding feeling you get when you achieve your goals through hard work is nothing short of amazing.
Lynn Students Look Forward to This Year's Spring Training in Florida

By JASON FARBMAN

Staff Writer

Marlins player begins spring training with a good pitch. Stock Photo.

For me, the best part of March is spring training and we are fortunate that most major league teams play in ballparks around South Florida. This spring we have many teams down in sunny South Florida to play America’s favorite past time.

“I like spring training because you scout rookies, veterans and prospects. It is also a lot of fun and they sign autographs. It is important because we get to find out what type of season it is going to be,” said Joey Argenziano, junior.

This time of year I usually drive up north to Jupiter to see the Florida Marlins play with their elite players, Hanley Ramirez and Josh Johnson. They share a spring training facility with the Cardinals, which is a good opportunity to see Albert Pujols, a.k.a The Machine. Jupiter is a nice area and tickets are usually pretty cheap.

If you go a couple miles north of Jupiter you will hit Port St. Lucie where you can see the New York Mets play and watch David Wright and Jose Reyes. If you go west you will arrive at Port Charlotte where the Tampa Devil Rays play and you can see their newly added veteran Johnny
Damon and Manny Ramirez. A couple of miles south in Palm Parks the Boston Red Sox will play so members of Red Sox nation could see their newly acquired superstars Adrian Gonzalez and Carl Crawford.

Spring training is a great part of the year. We get to see how players improved with their time in the off-season, a firsthand look at the new players, watch players battle for a starting spot and watch the young prospects play. Watching prospects is always exciting because they could be the superstars of tomorrow. When standing in the right area, fans can get players to sign merchandise before and after the game.

So this spring, get friends together and hit the road to watch your favorite team play before opening day.

**BORN TO BE A BOCA BIKER**

March 22, 2011 by Nisa Martinez
Filed under Featured, Technology

Leave a Comment

*Lynn Student Hits the Boca Streets With a Fleet of Motorcycles*

**By MICHAEL PALIOTTA**

**Staff Writer**

Justin Trematore poses with one of his motorcycles.
Justin Trematore, senior, is studying business administration, and spent his early years alternating between his New Jersey home and vacation home in Boca. After spending a lot of time in the area as a child, Lynn became his obvious choice for further education.

Motorcycles are something Trematore and his two older brothers grew up around. His father has had a long time interest in the bikes, which he passed on to his sons. While in Florida, Trematore lives in his parents’ vacation home where his father keeps his four Harley-Davidsons in addition to Trematore’s own Honda CVR 600 motorcycle.

Trematore owns a 2005 Honda CVR 600 RR. The bike has an in-line four-stroke engine with 599 CCM displacement and 104 horsepower which makes 43 ft-lbs of torque. The bike weighs 360 pounds without fuel in the tank, making it incredibly lightweight for the amount of power it can produce.

Trematore purchased the bike in 2008 while he was a freshman in college. He chose the Honda for its reliability, reputation and style. “Customizing it is my favorite part,” explained Trematore. “You can always keep adding new parts.” Currently, modifications made to the bike include a new exhaust system, carbon fiber mirrors and frame sliders, a black windshield, red brake calibers and red under glow lights.

Trematore prefers his Honda over the Harleys because of the different ride experience it offers. “I can get as low as I want to on it, and you kind of become one with the bike, which you need to do when you’re hitting excessive speeds on I95,” he said.

Inside the garage of the Trematore’s house, their 2003 Harley-Davidson 100th Anniversary Screaming Eagle Road King demands attention. This unique bike was created to reflect the milestone for the Harley-Davidson brand. Some distinctive traits of this bike are its gold paint with black accents streaming through the fenders. With a 103 cubic inch Twin Cam engine, this bike is best known for its high level of performance.

The 2000 Harley-Davidson Fatboy Screaming Eagle with teal and black accents is a rare type of Harley. This bike has straight pipe exhausts, which produce a loud rumbling sound. It is also more maneuverable and powerful than typical Harley bikes.

The 2010 Electra Glide Ultra Limited is considered one of the top motorcycles produced by Harley-Davidson. This bike features an array of accessories designed to accommodate the rider during long road trips. With a High-Performance Twin Cam 103, engine the bike is exceedingly powerful. Amenities include anti-lock brakes, heated hand grips, a Smart Start key, stereo system and a Bluetooth headset integrated into the helmet. This bike is designed for touring motorcyclist and is most in its element during long road trips.

Growing up around motorcycles has provided Trematore with a respect and passion for them. As a result his parents insisted that he take a safety course when he received his motorcycle license. During this three-day class offered by Harley-Davidson, Trematore learned the dangers of biking and how to avoid them as well as how to handle difficult situations.
Trematore was born into a family who loves motorcycles. While never forgetting to respect the bike and what it is capable of, Trematore enjoys using the many different motorcycles at his disposal as often as possible.
LYNN FAVORITE PROFESSORS

March 18, 2011 by Nisa Martinez
Filed under People

Leave a Comment

Students Share Why They Continue Taking Classes With the Same Teachers

By SARAH BENJAMIN
Staff Writer

When it comes to college, students want to make sure they are taking the right courses and have the best professors.

Students tend to do better in school if they enjoy the professor who is teaching the course. It is important to enjoy the class as well as the professor because that can make a huge difference. The iPulse decided to talk to a few students to see who their favorite professors are and why?
“My favorite professor is Kip Miller because he is more than just a professor to me and my fellow students,” said Matt Pappas, sophomore.

“Dr. Watson is my favorite professor because he is the most caring teacher I have ever had. He makes all his students feel like they are the smartest kids in the world. He is the most brilliant and prepared man I have met in my life,” said Daniela Santos, senior.

“I enjoyed taking Web design with Professor Cone because he helps me understand the concepts,” said John Anderson, freshman.

“My favorite teacher is Professor Quintero because she cares about her students and wants them to succeed,” said John Schatz, sophomore.

THE KNIGHT LIGHT SERIES IS A HIT

March 18, 2011 by Nisa Martinez
Filed under Campus, Entertainment

Leave a Comment

Lynn Drama Students Create a Series of Shows to Show Their Talent

By SOPHIA BARRET

Staff Writer

The Knight series crew. Staff Photos/ S. Barret.

Just this year, Lynn drama students created a series of shows to put on every two weeks in the Wold Performing Arts Center.

Once the new theatre was built, drama students could not wait to work in it. The students collaborated and decided to perform four shows a semester, each with a different theme. When
asked why this series was created, sophomore Jen Morano said, “They’re a great way to showcase Lynn’s diverse talent in a cabaret type series.”

Not only do these young actors have a blast performing these shows, but also the diversity of every show allows this series to cater to everyone’s tastes. So far, they have done things like Improv Knight, SNL Knight and much more. Also, the Musical Knight and Dance Knight are coming up on March 23 and April 20.

The drama students have been so enthusiastic about this series as they are put completely in charge and get to decide whatever show they want to do. Sophomore Marc Castellano was one of the drama students who had many good things to say about the Knight Light series, “It’s a great chance to show off our versatility and new people can use these shows for experience to get a small dose of what the acting life is like,” said Castellano.

The Knight Light series definitely has the audience coming back for more; the studio theatre has been packed for every show. When asked what their favorite part of the Knight Light series was, Stephanie Hammerman, junior said, “It’s knowing that I can expect something new every time I go to a show. This drama department is completely unpredictable and I’m entertained at every single performance”.

**ACTION FANS LOVE “THE EAGLE”**

March 18, 2011 by Nisa Martinez
Filed under Entertainment

Leaving a Comment

*Channing Tatum Stars in The Newest Ancient Roman Action Film*

By: HARRISON BAKER

Staff Writer
The Coen brother’s latest hit. Stock Photo.

“The Eagle” is a compelling story involving drama and a lot of action-packed sword fighting.

The main character, Marcus Flavius Acquila, who is played by Channing Tatum (“G.I. Joe”, “Step Up”), is an unluckily hero Briton, who strives to save his family’s past. The other main character in the film is Esca, who is played by Jamie Bell (“Jumper”). Bell delivers a strong presence throughout the entire film as the slave who ends up helping Marcus discover who he is through the film.

“I was amazed by the acting. I thought the movies had a lot of action-packed features,” said Kristen Metlzer, senior.

The entire film contains action-packed scenes and overall drama from start to finish. “The Eagle” is a perfect movie for someone who enjoys a good Roman era film with a great story line.

“Wow this movie was great, I thoroughly enjoyed it. Truly remarkable,” said Michael Paliotta, senior.

If more movies had a strong story line with interesting characters like “The Eagle”, action movies would be more popular and favorable in the eyes of movie critiques. “From start to finish I was astonished by the level of action in the movie,” said Manuel Reyes, sophomore.

Even though it is an action-packed movie, people from all ages can relate and will greatly enjoy watching this piece of cinema.
EVERYONE ENJOYS A “HALL PASS”

March 18, 2011 by Nisa Martinez
Filed under Entertainment

Leave a Comment

A New Comedy Release Has Everyone Rethinking Relationship Boundaries

By: HARRISON BAKER

Staff Writer

Wilson and Sudeikis get a pass. Stock Photo.

Hall Pass is one of those all-around great movies. The basis of the movie is two men who have the opportunity to cheat on their wives and use their “hall pass” to take advantage of the situation.

The two main characters are Rick, who is played by the audacious Owen Wilson, and Fred, played by Jason Sudeikis. Both are grown men who act completely irresponsible and immature throughout the film and end up in a few interesting predicaments.

“Wow, this movie is so funny, this is definitely going to be the next Hangover,” said Serena Peddy, junior. There is an abundance of one-liners, which will grab your attention from the start.

The main objective for Fred and Rick is to have sex. They are trying to get away from their normal lives and embrace a new, “funnier” lifestyle filled with indecency and complete chaos.
“I cried from laughing so hard; what a funny movie,” said Daniel Ordway, junior.

“A crazy flick with even more entertainment”, said Josh Morell, graduate.

This movie delivers everything a comedy needs to in order to make it a classic. One of the funnier parts of the film was when they have permission from their spouses to go out and have a good time and they end up drinking at family style restaurants.

People from any background will enjoy this comedy.

GIRL COLUMN

March 18, 2011 by Brandon Melendez
Filed under Lifestyle

Leave a Comment

The Power of a Woman

By KASEY MANN

Staff Writer

Every female is an actress; we convince others we are happy when we want to cry, make a boy believe we are in love with them when we are not and nine times out of ten, when lie to us, we already know the truth.

Men always accuse women of “playing head games” and we deny it. In all honesty, we should just own up to it because not only do we play games, we master them. Remember the commercials with the catchy song? “Anything you can do, I can do better! I can do anything better than you!” Let me give you an example just to prove my point:

My best friend was dating a guy at home in New Jersey and after a break up, he recently moved to Boca. Naturally, as any loyal girlfriend would, I agreed to keep tabs on this fellow. Putting the master plan into action began with my roommate adding him on Facebook and starting some small talk. He asked her for her number (wrong move) and she gave him mine. So this guy has been thinking he is texting my roommate for the past few weeks, when all along he has been texting me, his ex’s best friend. This is what I call a “controlled situation.”

This entire time, the boy has been thinking he is high and mighty “playing” his game; texting my roommate trying to set up dates then turning around and calling his ex in New Jersey, saying how he misses her. How stupid does he look when she knows everything?

You see boys, you think you know what we are up to, but we are always two steps ahead. My words of advice for the opposite sex: never underestimate the power of a woman!
THE KNIGHT LIGHT SERIES IS A HIT

March 18, 2011 by Brandon Melendez
Filed under Campus, Entertainment

Leave a Comment

Lynn Drama Students Create a Series of Shows to Show Their Talent

By SOPHIA BARRET

Staff Writer

Just this year, Lynn drama students created a series of shows to put on every two weeks in the Wold Performing Arts Center.

Once the new theatre was built, drama students could not wait to work in it. The students collaborated and decided to perform four shows a semester, each with a different theme. When asked why this series was created, sophomore Jen Morano said, “They’re a great way to showcase Lynn’s diverse talent in a cabaret type series.”

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DORM SERVICES

March 18, 2011 by Brandon Melendez
Filed under Campus

Leave a Comment
Personal Servants on Campus

By CASEY DOLL
Staff Writer

Top: Student is getting some well-deserved sleep in his room. Staff Photos/ C. Doll.

“Why do menial tasks yourself when you can have others do them for you?” One of the advantages to living on campus is that less time is required to get ready for class in the morning. Despite this convenience, students continue to oversleep and miss class. Lynn faculty members are aware of this problem and have been formulating ways to remedy the situation. After years of sweat and tears, one proposal has outshined the rest: the establishment of personal servants.

“Innovation has always been at the forefront of Lynn’s agenda,” claimed one faculty member. “Personal servants are both logical and efficient in diluting the daily burdens of our precious students.”

Personal servants help students in many ways. They help students get dressed in the morning, give them inspiring words to make it through the day and assist in bathroom functions. Having servants complete homework for their masters is considered deeply immoral and strictly prohibited.

“Mr. Bobo has been a great help to me,” exclaimed one student who has recently acquired a personal servant. “I make him wear funny hats and if he is extra good, I let him have some animal crackers.”

There have been some concerns as to how well these servants will be treated by the student body. Rest assured, each servant is supplied with a pillow and blanket, two weeks worth of food and water, and $200 in burial funds.

Several theories have been proposed as to why these servants have become a necessity. “Students here are so used to being nursed by their parents that they cannot function without
having someone constantly watch over them,” suggested one faculty member. “In the desperately pleading eyes of their servants, our students are able to recall fond memories of home.”

Note: This piece was written in a satirical, joking manner and should in no way be taken seriously.

**ENJOY THE MAGIC OF DISNEY**

March 18, 2011 by Brandon Melendez
Filed under Featured

Leave a Comment

*Lynn Students Enjoy a Magical Weekend at Walt Disney World*

**By RACHEL LEVENSON**

Copy Editor

Above: A group of almost 50 Lynn students enjoyed spending time at the Walt Disney World Resort. Staff Photos/ Z. Welsh.

Before the sun came up Lynn students recently departed at 6 a.m. to visit The Walt Disney World Resort.

This two-night-three-day trip was sponsored by Lynn’s Office of Student Involvement. For $199, students received a three-day park-hopper pass that granted them access to Magic Kingdom, Epcot, Hollywood Studios and Animal Kingdom, as well as two nights in a Disney Resort Hotel and transportation.

The bus arrived at Disney’s All-Star Sports Resort at 9:30 a.m. Students dropped off their bags, split into their own groups and were free to explore all Disney had to offer. Students could attend the four parks in any order of their choosing over the three days.
At Disney’s Animal Kingdom students had many activities to choose from. They could take a tour through an African Safari complete with wild animals, ride a roller coaster on Mt. Everest, travel back in time to the Jurassic period in DinoLand or watch a short musical based on Disney’s “The Lion King.”

Students who chose to enjoy Epcot could travel through several countries including Italy and Morocco, and explore the world of space and the future on Epcot’s Spaceship Earth attraction.

“My favorite part of Epcot was the Test Track. It was invigorating,” said Sara Stubins, junior. “I went on it twice.”

No trip to Disney would be complete without visiting the Magic Kingdom. On this endeavor, students could travel around the park enjoy classic rides. There was a trip inside The Haunted Mansion, a boat ride around the world on the “It’s a Small World” attraction, a show in The Hall of Presidents and a ride on the three mountains—Space Mountain, Thunder Mountain and Splash Mountain. Students also had the opportunity to meet classic characters like Ariel and Mickey Mouse.

When 7 p.m. rolled around, students viewed a light parade and watched fireworks outside Cinderella’s Magic Castle. The group took advantage of the park’s magic hours and stayed at the park until 3 a.m.

Attendees also looked at plans for the all new FantasyLand in Magic Kingdom, which is said to open in 2012.

“I liked Magic Kingdom; the overall experience. I loved Space Mountain, I rode it three times,” said Brian Datz. “It was unpleasant waking up at 6 a.m., but it was worth it.”

The final park to experience was Disney’s Hollywood Studios. At this park, the group went behind the scenes of Hollywood film stunts, viewed Beauty and the Beast in a magical show and rode the Tower of Terror and Rockin’ Rollercoaster. The group also sat in on The American Idol Experience and watched park guests perform live on stage then voted for their favorite singer. There were many restaurants to enjoy in this park, including Pizza Planet from Disney’s “Toy Story.”

Finally at 8:30 p.m., the troops rounded back up and boarded the bus back to Lynn.

“I liked Epcot because I liked the world [and] seeing all the countries,” said Melissa Nabreski, junior. “[Also liked the] Soaring and [the] Test Track.”

“I definitely liked Epcot the most,” said Brian Callahan, sophomore. “Going around to the different countries was a lot of fun.”

Students had a great time experiencing the magical world of Disney. This trip is an annual experience and are encouraged to attend.
THE TRUTH ABOUT EATING DISORDERS

March 18, 2011 by Brandon Melendez
Filed under Campus, Health & Beauty

Leave a Comment

The Facts Behind Eating Disorders, They are Deadly and Dangerous

By DESTINY GOLDEN

Staff Writer

Top: Student looking online. Staff Photos/ D. Golden.

Students at Lynn should be aware of the dangers of eating disorders. Most people think of food as nourishment for the body; it is needed to sustain life. However, for some, an obsession with food can become dangerous and deadly.

The Department of Health estimates roughly 8 million Americans suffer from an eating disorder. An eating disorder is characterized as a preoccupation with food, weight and body size. This preoccupation can lead to a very rigid eating and exercise plan that is unhealthy.

Eating disorders include anorexia nervosa, bulimia nervosa, binge eating disorder and orthorexia nervosa. While emotional eating and diarexia are not included in eating disorders, they are just as harmful.

Anorexia, which is self starvation, and bulimia, which is self-induced vomiting or abusing laxatives, are the most well-known eating disorders. While binge eating includes over eating without compensatory measures, emotional eating is eating for reasons other than hunger.
Side effects of eating disorders are life-threatening. “They put a strain on your heart and joints,” said Barbara Bach, registered nurse at the Lynn Health Center. “They can cause problems with every organ in your body and eventually lead to death.”

Another side effect of eating disorders is obesity. Obesity can lead to diseases such as diabetes and heart disease. A new trend for someone who has diabetes and suffers from an eating disorder is starving the body of insulin in an attempt to cause weight loss. This practice is known as diarexia.

There are several causes of eating disorders, but they all seem to stem from trying to deal with emotions and having a sense of control. These causes include psychological, social, biological and interpersonal factors.

Psychological factors include a low self esteem, lack of control, depression and anxiety. People with eating disorders will often turn to food as a way to cope with these issues.

While scientists are still investigating biological factors of eating disorders, some believe there is a chemical imbalance that causes it. There is also research indicating that eating disorders are genetic.

The interpersonal factors include sexual abuse, dealing with emotions, criticism of one’s size or weight and problems within family or personal relationships.

Social factors play a huge role in eating disorders. Society has become obsessed with food and television is inundated with cooking shows or weight loss programs.

Magazines and advertisements portray being thin as the ultimate goal.

“Culture and society play a role in the decisions we make,” said Neskti Petit, junior. “That’s why we are obsessed with weight.”

Though there are many factors that contribute to eating disorders, treatment is available, including psychotherapy, psychological counseling and attention to nutritional needs.

“Individuals should eat food from all food groups,” said Bach. “And their calorie intake depends on the amount of exercise they do.” On the Web site fda.gov, the government gives suggestions on following a balanced meal plan.

If there is any concern for someone who may be suffering from an eating disorder, it is important to get them help now. The Counseling Center is available for students to speak with someone about these issues.

More information on this topic can be found at nationaleatingdisorders.org or by calling their information or referral helpline at 1-(800)-931-2237
Meet Michael Potter, Newman Club President and a Marlin’s Worker

By: KATIE WELCH

Staff Writer

Above: Potter and his friends volunteering. Staff Photos/ K. Welch.

One may have the desire to be in a club that helps the community; Michael Potter is a student at Lynn who surely has this passion.

Potter is a senior majoring in sports management and is the president of the Newman Club.

“The Newman Club is a Catholic Club on campus, but we encourage all students to come out with us,” said Potter.

The Newman Club assembles community service projects, movie nights on campus, praise and worship and has weekly meetings directly right after Mass.

Not only is he president of the Newman Club, but has also volunteered for the Florida Marlins Community Foundation. “We raised money for the less fortunate around the community down there near Miami,” said Potter. He said working with the Florida Marlins Community Foundation was a great opportunity since he is studying sports management and got to experience what it would be like working with the Marlins.
Potter also has great advice to anyone who is interested in working for the Marlins or being part of the Newman Club. “Come directly to me if you have any questions regarding the Florida Marlins Community Foundation or the Newman Club,” said Potter.

Potter enjoys Lynn and cannot wait to see what the future has in store.
ELEMENTARY STUDENTS AT LYNN

March 17, 2011 by Nisa Martinez
Filed under Campus

Leave a Comment

Lynn Teaches A.D. Henderson University Students About Different Countries
IRELAND’S ST. PATRICK’S DAY

March 17, 2011 by Nisa Martinez
Filed under Featured, Lifestyle

Leave a Comment

Straight From Ireland: The Memories and Experiences of a Native

By SYDNEY PUTNAM

Staff Writer

Students enjoy their time exploring all there is to see in the beautiful city of Dublin, Ireland. Photo/ R. Rooth.

St. Patrick’s Day is typically looked upon as a holiday that validates a few simple excuses: wearing green, sitting down for a traditional Irish meal, and attending festivals. Aside from the fact that it is an Irish holiday, St. Patrick’s Day attracts crowds of all different nationalities. Coincidently, many of those who are most passionate about the holiday do not come from an Irish background. However, how often is the celebration that actually takes place in Ireland on Mar. 17 thought about by those who take part in its widespread festivities elsewhere?
Shane Smyth, senior and Ireland native, has been celebrating St. Patrick’s Day since he was very young. “When I was a lot younger, my memories [are more vivid,]” said Smyth. “I remember the parades and music in the streets along with hearing ‘My Green Shamrock.’” His memories from childhood are enough to make anyone want to celebrate St. Patrick’s Day more religiously.

When asked about specifics of the holiday, Smyth uncovered similar memories that most people who practice the holiday tend to assume. “There is a huge parade for the younger people and families; everyone wears green of course. The older more social crowd pretty much drinks all day. The streets of the towns and cities are covered with green symbols and banners.” With that said, the common practices by those from countries other than Ireland on St. Patrick’s Day are pretty accurate to that of where they have originated.

The perceptions put forth by Americans more specifically fit the description of partying all night while wearing green attire. “To a certain extent, [this is true,]” said Smyth. “[However,] it is not as direct as [that,] but it is more like a celebration that turns into a party that [also] involves drinking and wearing green.” Conclusively, the event for St. Patrick’s Day seems to be similar from one place and one nationality to the next. “It is very much like this in Ireland,” he said. “A party day.”

No matter what the holiday may be, most families have exclusive traditions that they continue to uphold year after year. From small and less detailed traditions to larger and more descriptive ones, anything can become an important aspect of one’s life, especially as they grow from childhood into adulthood.

When asked if any customs were created in his family for St. Patrick’s Day, Smyth had a slick response. “Going to the parade and wearing shamrock on our chest, [and] usually going to the local pub afterward for a sociable drink,” is what he remembers most. Although a short response, the word choice and detail expressed was strong enough to portray an image of what the celebration in Ireland may be like first hand.

With such remembrance and consistence of the holiday, it is a wonder as to how Smyth has learned to cope with being away from his Irish lifestyle. It would be expected that when Mar. 17 first approached with his stay in the United States, Smyth would have at least a slightly morphed perception of how the holiday would be celebrated than that of what he was used to at home. However, this was not necessarily true. “I think [St. Patrick’s Day] is a good excuse to have good spirit and to go out with your friends to dress up,” said Smyth. It is just that way both in Ireland and the United States.

The practice of traditions and countdown for the arrival of holidays appear more fascinating at a young age. However, with time also comes a greater appreciation for the smaller things that life has to bring. In relation to St. Patrick’s Day, the multiple parades put on may begin to blend together year after year, losing a bit of their excitement for the elder crowd. However, with less interest in the child-friendly parades comes more gratitude for a break. “[I looked forward to the holiday] more so when I was younger,” communicated Smyth. “Now it is more [for] the actually holiday, the day off, and the buzz it brings.” With a more mature outlook on a holiday that began
in his country, Smyth still finds interest and gratefulness for its annual occurrence for different reasons.

Ever since the beginning of Christianity, it has been a common practice to commemorate the death of saints. With that said, depending on the family or the person, this is accomplished in various ways. St. Patrick is the patron saint of Ireland; therefore his roots are obviously honored and recalled firstly by those who share similar ones. However, as time has progressed and the popularity and awareness of St. Patrick’s life and death has flourished, it has become extremely common for those with no Irish roots whatsoever to create their own practices after his name. This has been done in many ways. Inadvertently enough, the mass population practice this holiday in very similar ways no matter what their culture may be.

Nonetheless, one large myth remains clarified. This St. Patrick’s Day while most Americans will be enjoying a tasty corn beef and cabbage meal with a mindset that most Irish families are doing likewise, they will actually be continuing to make an old fable thrive. “Irish families do not eat corn beef and cabbage, especially not on St. Patrick’s Day,” chuckled Smyth. “If anything they will be having Shepherd’s Pie. And meatloaf does not exist in Ireland.”

**FIVE GUYS, ONE LITTLE PROBLEM**

March 17, 2011 by Nisa Martinez
Filed under Entertainment

Leave a Comment

*Mosaic Theatre Performs “The Irish Curse” Written by Martin Casella*

**By SOPHIA BARRETT**

Staff Writer

The stars of “The Irish Curse” on stage. Photo/ George Schiavone.

Four men, one priest and no luck of the Irish between them is the premise for Mosaic Theatre’s latest production, “The Irish Curse”, where five men gather to talk about their “size” problem.
Avi Hoffman directs this funny portrayal of a small issue grown large. The five main characters meet for a weekly support group in which they vent about their issues, challenge each other and learn how to cope with their “shortcomings”.

The cast is very diverse including a Brooklyn pastor Father Kevin Shaunessy (Barry Tarallo), southern lawyer Jospeh Flaherty (Ken Clement), an over-compensating college student Rick Baldwin (Ryan Didato), a gay cop from the Bronx Stephen Fitzgerald (Shane R. Tanner) and an Irish immigrant Kieran Riley (Todd Allen Durkin).

The play sways from raunchy, laugh-out-loud humor to serious omissions from the characters. This could very well be “The Vagina Monologues” for men. Each actor filled out their role perfectly and complimented each other in every way.

The only question is, did they have to show up to the auditions naked?

“The Irish Curse” finished its run at Mosaic Theatre on Mar. 6. The Mosiac Theatre produces many shows over the course of the year and was nominated for ten Carbonell awards for 2010. Student tickets are available for $15 for many of their productions.
GETTING CLOSE UP WITH CHAMPS

March 16, 2011 by Nisa Martinez
Filed under Athletics, Best of Boca

Leave a Comment

Zachary Welsh Provides an iPulse Insider’s Look at the Tennis Championship
Tennis players of the Delray Tennis Tournament set out to win the championship. Staff Photos/Zack Welsh.
VISITING FLORIDA’S ART MECCA

March 16, 2011 by Nisa Martinez
Filed under Lifestyle

Leave a Comment

Delray Beach Provides a Fun and Rich Cultural Experience for Students

By STEPHANIE VENGAS

Staff Writer

Enjoying the sites of Delray. Photos/ S. Vengas.

Just 10 minutes away from Lynn, Delray Beach is the perfect weekend getaway.

For college students on a budget, it is difficult to just take a few days off from studying. This wonderful beach has everything needed to relax.

Delray Beach is known for their delicious restaurants, bars, clubs and great stores. Every month they have different events or activities going on. This past month, they had the Art and Jazz Avenue where one could enjoy what the beautiful beach inspired artists to do.

Delray also has galleries, museums and historical society tours for people who may be interested in knowing more about the area. This location is filled with rich culture that creates an irresistible ambiance.

Some activities students could also enjoy are shark feeding, musician showcases, cabaret shows, concerts in the park, car art, wine tasting and much more.
This April will be the highly anticipated annual event, Delray Affairs. This will be the 49th year doing these festivals for the community. It consists of showcasing artists throughout the years, crafts, food and music of all eras until today.

The city of Delray Beach is rich with culture and activities and is the perfect escape for anyone on a budget who just wants to get away.

CIC STUDENTS GET SERVED

March 16, 2011 by Nisa Martinez
Filed under Campus, Featured

Leave a Comment

Delray Tennis Championship Offers Students a Look at Broadcasting

By BRITTANY KLONTZ

Staff Writer

Lynn students utilizing their production skills at the Delray Tennis Championship. LU Photos/D. Belafonte-Young.

Recently, Lynn University students were given a hands-on opportunity to explore the world of professional sports journalism by being involved in the in-stadium production for the International Tennis Championship. Hosted in Delray Beach, the tennis championship lasted for ten days and enabled the students to get real-life experience in the sports broadcasting arena as professional media personnel.

Professors Andrew Vermes and Denise Belafonte-Young were charged with supplying a crew for the event and invited students to sign up for the daily shifts. While working at the event, students received directions from David Starr, director of the in-stadium production.
“I was happy to invite Lynn students to help film the event,” said Starr. “I hope it helped them realize that television production is not all glitz and glamour like it appears to be in Hollywood; it’s a very serious business.”

While covering the matches, students were given tasks such as filming the official tournaments using professional broadcast cameras, interviewing players and spectators on the tournament grounds and managing the video switchboard. For many students, it was their first time operating high-end camera equipment outside of Lynn’s television studio.

For Gordon Winer, senior, it was a huge solidifier of what his career goals are and what he wants to pursue after college. “My ideal job is to film sporting events, so this experience definitely helped me learn the ins-and-outs of the business,” said Winer. “I look forward to filming similar sporting events in the future.”

It also gave broadcast students with a focus on reporting the chance to experience the technical side of sports media coverage. Melissa Williams, senior, was able to hone her camera shooting abilities by eagerly capturing shots of the spectators and gauging their reactions as their images appeared on the big screens. “I really enjoyed being behind the camera for this,” said Williams. “It really helped me delve into the production side and actually experience what camera operators go through while operating big, heavy cameras.”

Overall, covering the International Tennis Championship was a great stepping-stone for students looking to pursue a career in the world of sports broadcasting.
CABLE TELEVISION REVOLUTION

March 15, 2011 by Brandon Melendez
Filed under Technology

Leave a Comment

A Look Into the Possible Change in How People Will Watch Television

By DAVID SLOAN

Contributing Writer

The state of Vermont is not known as an innovator of progressive media technology, but Vermont Telephone (VTEL), an independent cable and telephone company, is working to revolutionize how we view cable television.

With VETEL’s recent grant acquisition of $93 million, there is hope to improve and build on the idea of cable that will be consumer friendly. Just like any cable/telephone company, they offer packages that include video, voice, fixed and mobile internet, but they are now presenting an idea that provides consumers the opportunity to pay per channel. “I would use their plan,” said Corey Drucker, freshman. “If it saves me money, that’s great.” Their worry is that the major cable companies are exploiting customers by forcing them to acquire channels and packages that they do not wish to receive.

Feeling that people are paying for overpriced cable, Dr. Michele Guite, leader of this cable revolution, stated that the user “should have the legal right to pay less for their TV service. We believe that the old cable TV model of making you pay for 250 cable TV channels you don’t want, at prices you can’t afford, is obsolete.”

“I like the idea of paying per channel,” said Mike Autiello, freshman. “I think it is a pretty cool idea.”

According to Advertisement Age.com, VTEL promises that with this idea of pick as you play will lower users’ cable bill by 66 percent. Still, this plan has some hurdles to jump. VETEL has
to protect their plan from media giants such as VIACOM and Comcast from stealing the idea of people to paying by “a la carte.”

Another troubling issue is getting networks like ABC, CBS and NBC to agree on the idea that people can pick and choose their networks. It can eventually end up a sensitive issue that could lead to its downfall.

Even if VETEL is unsuccessful in preventing other corporations from stealing their cable template, the idea can eventually become a norm for every user in the U.S.

PROFESSOR AND PLAY WRITER

March 15, 2011 by Brandon Melendez
Filed under Campus, People

Leave a Comment

Ever Imagine Writing a Play and Being Produced, Professor David Fleisher Has

By KATIE WELCH
Staff Writer

Above: Fleisher reading his play. Staff Photo/ K. Welch.

Throughout the Lynn community, there are many individuals with different interesting past times. However, not many are able to view their professors as having a life outside of the classroom.

Professor David Fleisher is not only a professor, but also a play writer. Fleisher has been teaching at Lynn for 11 years since the spring of ‘99 and has aided the community with his intelligence and chipper disposition.
Fleisher has written many plays, but one play in particular has been quite successful. “They were a collection of plays that I wrote, which was also produced at Lynn University,” said Fleisher. “They were called “Grave Concerns”.”

Not only was the collection showcased at Lynn, but it was also seen nationally and internationally as well. In the U.S., the collection was shared in New York. Outside the country, Ireland, and Australia were also granted access to the collection. “I went over to Ireland when they produced it,” said Fleisher. “It was interesting in Ireland because of the accent. [Seeing] your characters speak in a thick Irish accent [was intriguing.]”

Being a play writer can have its difficulties. “The hardest thing about being a play writer is the process of the play,” he said. The plays are best with suspense and good dialogue; The play writers do not want to bore their audience to sleep.

Fleisher is proud to have found out that students at Lynn also want to write plays. “My advice is to keep writing. It’s best to have a notebook so you can write down your ideas or you risk forgetting them,” he said.

To all future authors, if interested in producing a play or writing a script, Professor Fleisher is one with great experience and insight.

**KICK IT TO THE LIMIT**

March 15, 2011 by Brandon Melendez
Filed under Featured

[Leave a Comment]

*Instead of Hitting the Greens, Dejesus Learns to Hit Back With Jiu-Jitsu*

By SYDNEY PUTNAM

Staff Writer
After meeting someone for the first time, it is usually pretty easy to assess their most prominent qualities. However, after conversing with them a few more times, some of their attributes still remain a mystery.

California native, Eric Dejesus, sophomore, has been an active athlete for almost 20 years. “For my whole life I have been a golfer,” said Dejesus. “I was recruited straight out of high school.”

Yet, immediately after being recruited, he believed it was time to take on a new sport and leave the one that he had held onto most of his life behind.

Dejesus has been training Brazilian Jiu-Jitsu and Muay Thai for about two and a half years. Many do not know him for his hidden talent, and those who have known him longest were not expecting him to indulge in it.

“Most people see me as a softy until actually seeing me train,” share Dejesus. “I feel like I shock people [when they watch me] because the sport requires a lot of discipline and mental dedication.”

Dejesus discovered his interest for mixed martial arts during his senior year of high school. Soon after coming to the realization, “I met someone who is now one of my good friends. He introduced me to the gym I train at back home since he trained there. It was then [I really] got into [mixed martial arts] because nothing beats the thrill and adrenaline of a fight.”

Although the sport requires a large amount of endurance and stamina, Dejesus refrains from any excess attention in relation to his talent.

“It is one of those things that I do not like to brag about,” said Dejesus. “It is more for self-discipline.” With such modesty, it is understood how his flair for mixed martial arts remains concealed.

Giving up long-lived activities is not always the easiest task to tackle. However, with the curiosity and motivation that Dejesus expresses, anything seems possible.

“I eventually want to compete in mixed martial arts fights of the amateur level and on a professional circuit,” said Dejesus. “This summer, I am going to try to go to little local tournaments. [There is one] in Santa Cruz, N.M., which is for amateur Muay Thai fighters. [I would also like to go to] the Jiu-Jitsu World Competition.”

Often times, looking up to individuals who share common knowledge and experiences in similar fields is beneficial to one’s positive mind-set and success. “I look up to my instructor back home, Crosley Gracie,” said Dejesus. “He used to fight over in Japan in the Pride Fighting Championships.”
Training with any instructor can supply a nonprofessional with useful insight on the sport at hand. Nonetheless, receiving instruction from an individual who has accomplished such reputable titles speaks even more powerfully. “Recently [Gracie] won No Gi and took gold for the black-belt division,” shared Dejesus. “Being able to watch him train is on a completely different level because of his dedication to the sport.”

While currently attending school away from home and tending to a tedious academic schedule and juggling intermural sports, Dejesus works toward finding time to stay faithful to both Jiu-Jitsu and Muay Thai on a regular basis for his own well-being. “Both are very good stress relievers,” said Dejesus. “They help with [balancing] my everyday schedule.” The devotion and maturity along with obedience and respect that is represented by Dejesus will continue to serve as his strongest suits for his prospective encounters ahead.

THE I-SPOT: OLIVIA ACCIAVATH

March 15, 2011 by Brandon Melendez
Filed under People, Profiles

Leave a Comment

Lynn Student Finds her Interest in the Graphic Arts and Cheer leading

By MATT FISCHER

Contributing Writer

Above: Acciavatti in the library. Staff Photo/ M. Fischer.

Olivia Acciavatti may not be a name you know yet, but she wants to make it perfectly clear that one day you will.
A freshman from Westchester, Pa, Acciavatti is currently studying graphic design and hopes to be a tattoo artist one day. She is a cheerleader here at Lynn, and in her free time enjoys hanging out with her best friend Jessica, listening to music and eating pizza.

iPulse: How have you been enjoying it here at Lynn so far?

Acciavatti: I love it so far. It’s very mellow and has a very friendly atmosphere.

i: Why graphic design?

A: I’ve always found an interest in art and hope to teach little kids in the future. I also come from a family of artists. My sister is a graphic designer and my grandfather is an architect.

i: What does your grandfather design?

A: He designs everything from shipping centers to houses (including our family’s).

i: How did you hear about Lynn and what made you choose it?

A: A family friend told us about Lynn and I loved the location and atmosphere.

i: What’s your favorite course so far?

A: Drawing with Kip Miller.

i: What type of music do you listen to?

A: A lot of stuff from Woodstock, indie rock and acoustic.

i: If you had one person to live with on an island that was totally stocked with food for the rest of your life, who would that be and why?

A: Paris Hilton because she wouldn’t eat any of the food!
The Cheese Stick Sandwich

By SHAWN KALE
Staff Writer

It is late on a Wednesday night after a long day of practice; an early wake up call is set for 4 a.m. road series in Alabama for some of the Lynn baseball players.

The guys are hanging out and dinner time is rolling around, but no one wants to leave to get anything and the fridge is filled with leftovers and frozen foods. Andrew Virgili, Eric Herrera and myself put our hungry minds to work to come up with a new and creative dinner for the night.

The fridge has a few promising things to work with: mozzarella sticks, leftover hot dog buns, Prego’s original spaghetti sauce and a few other side items that could work together. The idea for the night’s new meal was pretty simple as we came together and decided to make it all and eat it together to make a “cheese-stick sandwich.”

It only takes about 10 minutes for the mozzarella sticks to cook, the sauce to be heated up an the buns to be toasted. The sauce takes just a minute in the microwave and the buns can be made in
minutes, either in a toaster or conventional oven. The buns needed to be toasted to match the outer crispiness of the mozzarella sticks.

When it is all cooked, fit two mozzarella sticks in the toasted hot dog bun, pour the sauce on top and to be extra cheesy, shredded cheese can be topped over the whole thing to make a cheesy, crispy meal.

The first bite goes down as a surprisingly good taste and mix. Herrera said, “Wow, this is actually pretty good.”

“The best part was that it was all leftovers and food we have already bought,” said Herrera. Virgili had similar things to say but offered a tip for next time as well. “It is so cheesy, but it would be nice to have some meat in it like ham or beef.”

These foods are late-night meals and can always have things added to make them even better as Virgili pointed out. The cheese-stick sandwich can just be a starting point for anyone’s imagination when late-night munching.

NEW J-TERM PLAN

March 4, 2011 by Nisa Martinez
Filed under Campus
Leave a Comment

Lynn Faculty Decides to Cut to the Chase

By CASEY DOLL

Staff Writer

Student getting some hard earned rest from winter break. Staff Photos/ C. Doll.
J-Term is often thought of as a halfway point between winter break and spring semester. However, many students have complained that the classes are much too difficult. Adhering to the pleas of the student body, the university has decided to make J-Term less difficult.

Now called January Break, the overhauled J-Term experience will now give students the much-needed additional rest that they deserve. January Break’s only featured class is called “whatever,” and is mandatory for all students. This class will last from “whenever” until “whenever.”

“J-Term has always been kind of an inside joke for the faculty,” said a faculty member. “But now students are starting to catch onto the joke. It just isn’t very funny anymore.”

During such a period, students are welcome to go to the beach, play video games, go out to clubs and pretty much anything else that is not illegal. This sharply contrasts the stressful activities that were forced upon the student body last J-Term; such as studying stand up comedy and watching plays.

Some students have been bold enough to suggest that J-Term was already too easy, however the confession of this distraught student believes otherwise. “I’m so relieved that they re-did J-Term,” said one student. “I barely made it through my last one. I was even thinking of dropping out of school because it was so hard.”

The overhaul to the J-Term system has been extensive, but some students are concerned that it is still not enough. For these students, there is a special class that allows them to sit in their beds for the entire J-Term while they are fed and cared for by personal servants.

*Note: This piece was written in a satirical, joking manner and should in no way be taken seriously.*

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**CARS ON CAMPUS**

March 4, 2011 by [Nisa Martinez](#)
Filed under [Technology](#)

Leave a Comment

*Cathy Cohen Shows off Her Dream Car*

By MIKE PALIOTTA

Staff Writer
Cohen poses next to her 2007 Lotus Exige-S. Staff Photo/ M. Paliotta.

Cathy Cohen is a sophomore majoring in business. Originally from Westchester, NY., she has two major passions in life – her horse Lucy who is kept in Wellington, and fast cars.

Cohen drives a 2007 Lotus Exige-S. The car is a two-seat coup and features a 1796 CC 14-valve engine supplied by Toyota. With 218 horsepower and 158 feet pounds of torque, the Exige-S can do zero to 60 mph in under four seconds, making the car capable of 100 mph in less than ten seconds.

Although the car has impressive acceleration, it is still able to reach 24 miles per gallon due to its lightweight design and small engine.

Cohen saw her first Exige-S on the road when she was only 15. “It was just so cute,” she said. From that day on, she fell in love with the car’s unique style.

In her junior year of high school, she convinced her dad, a car enthusiast himself, to provide her with the Exige-S. When asked her favorite part of the car, “I think it’s the sound of it,” she said. “The engine is rear mounted and directly behind your head while sitting in the cabin, providing the driver and passenger with an extravagant soundtrack of revolutions on any road.”

The Lotus brand is specifically known for lightweight performance vehicles, which focus on the driving experiences rather than extra accessories. The car does not come with power steering or anti-lock brakes, and the tires are the closest to racing tires allowed on public roads.

As a result of this unique type of car, driving it is different than a typical coup. Cohen’s dad insisted she took a course on driving the car. During a two-day class in Nevada, Cohen learned how to control the lightweight and powerful vehicle. “We used a skid-pad and different techniques to learn how to respond in case you lose control or the car brakes away,” said Cohen.

Cohen is very attached to her Exige, which is clear from the constant attention she gives to it and the amount of time she spends taking care of it. With a height of less than 3 feet, it is easily considered one of the most unique cars on campus, and even on the roads.
The iPhone Moves to Verizon

By JOSHUA KELNER

Staff Writer

Since the release of the first iPhone four years ago, Apple Smartphones and AT&T Wireless have collaborated in the technology and advertising world. However, the recent release of the Verizon iPhone 4 in January has finally brought the power of choice to the consumer. But, how many customers are truly switching over from AT&T and converting from their Android Smartphones?

Although it is speculative, most feel that the Verizon Wireless 3G network speeds are faster and more reliable, especially in most major cities when compared to AT&T. When analyzing a wireless network, it is crucial to look at the mobile speed index as well the consistency that it maintains its frequency.

In a recent test done by PCMag.com of the American Cellular Wireless Networks, AT&T scored higher than Verizon in speed in almost all areas of the United States. However, Verizon showed more consistency overall, having far less “dead zones.”

Rumors were true about the iPhone 4 release and the antenna problems it endured. The iPhone 4 was designed to have a four-point antenna that lines the border of the phone, which is covered by a chrome lining.

“Since I received my iPhone 4, I have consecutively dropped over four calls per day on the AT&T wireless network,” said Christopher Van Wart, senior.

The promise of great reception that Verizon iPhone 4 brings is not necessarily in the network, but in the minor readjustment in the design of the phone to incorporate a three-point antenna; the re-design has less interference.

“I would easily look to the iPhone 4 as an alternative to the Blackberry I own now that I wouldn’t have to switch carriers,” said Britney Markowski, senior.

In a recent advertisement, AT&T attempted to battle the new release by shining light on the fact that Verizon customers are unable to surf the web while using the phone. In addition, they have been planning to supply all loyal and new iPhone AT&T customers with 1,000 free rollover
minutes. But it is questioned whether these small differences make it worth it for customers to switch over and be charged hundreds of dollars in cancellation fees.

STUDENTS MAKE FUR-EVER FRIENDS

March 4, 2011 by Nisa Martinez
Filed under Campus

Leave a Comment

Knights Activities Team Recently Presented Create a Critter on Campus

By BRITTANY KLONTZ

Staff Writer

Student with her critter. Staff Photos/ B. Klontz.

The Knights Activities Team sponsored the “Critters on Campus” event recently, which took place in the Student Center. Students were able to create their very own ‘Fur-Ever Friend.’ After choosing between a koala, panda bear, bunny, turtle or more, the students received a charm to stuff inside of the critter and a certificate that commemorates the day that they became BFFs.

The charm symbolized a wish that the students made before it was stuffed inside the critter. Kelly Harper, freshman, chose a turtle and named it Raphael after her favorite Ninja Turtle. “He’s going to bring me a lot of luck,” said Harper.
The event, which maintained a line that wrapped around the student center for the entire time that it was held, was a huge success.

Kerri Salter, junior, had very special plans for her critter. “I’m going to give it to my boyfriend, D.J.,” said Salter. “Hopefully it will bring our relationship even more good fortune than we already have.”

After customizing their very own critter, students were inspired to give it to a friend as a gift or keep it as a pet. “I’m probably going to give this panda to a little kid that I babysit,” said Aubree Magyar, freshman.

The Knights Activities Team has many events such as this planned for the spring semester. For more information, stop by the next KAT meeting, Mondays at 5:30 p.m. in Knights Court.

STUDENT SPRING BREAK PLANS

March 4, 2011 by Nisa Martinez
Filed under People

Leave a Comment

Lynn Students Plan for a Fun, Relaxing Spring Break in Many Locations

By SARAH BENJAMIN

Staff Writer

It is that time of year again and spring is in the air. Spring break is the vacation that many college students look forward to.
Going to school in South Florida has the advantage of having the spring break feeling nearly all year round, but when the time comes for a week away, students have their own ideas of what characterizes fun and relaxation.

The iPulse set out to find out what students at Lynn are doing this coming week away.

“This spring break, I will be celebrating Mardi Gras in New Orleans with my friend in Miami,” said Juliet Hillman, sophomore.

“Last year, I went to the Bahamas and this year me and my friends want to go somewhere new and exciting. We are lucky to live in a destination where most people come for spring break; so we definitely want to go away. Cancun seems the perfect destination,” said Robbie Hannon, sophomore.

“I decided to stay in South Florida and spend the week with my friend in Miami,” said Caitlyn Cafasso, sophomore.

“I am going home to New Jersey and I will be celebrating my birthday with friends in New York City,” said Eric Rohe, freshman.

As one can see, there are a variety of plans one can have for how to spend their spring break.

RELAXATION CAN BECOME EASY

March 4, 2011 by Nisa Martinez
Filed under Health & Beauty

Leave a Comment

Students Find Relaxation in Quick Breathing Techniques for Instant Calmness

By LIZZIE HOGUE

Staff Writer
Relaxation can mean different things to different people. To some students like Catie Wolf, Shannon Ray and Storm Cassidy, relaxation can simply come from breathing.

The idea of a 25 second relaxation technique starts with sitting in a good posture or standing centered. Next, one will want to breathe in and hold as much air as possible for four seconds; finally let the air out slowly, exhaling it all out for a count of 25 seconds.

“Feels good,” says Cassidy. “I actually feel more relaxed than before I tried this.” Considering all the work he has to do, he likes being able to relax in enough time to not throw him off task. Wolf said, “I felt pretty normal before I tried this exercise and after I tried this I felt very relaxed, almost as if I could take a nap.” Wolf felt that she would enjoy using this technique most before a big test or when she is very stressed out. “I like small relaxation exercises such as this one because they do not take up much time, but they calm me down very fast,” said Wolf.

Ray, senior, already knew about this technique but does not keep it out of her mind. “It’s something that I’ve already been aware of so it wasn’t a big ‘wow’ moment. It’s something that I use a lot to help calm me down, like before a test. It’s perfect for driving in traffic.” All students agree that this is a relaxation technique that is easy and effective.

The idea of this method is to slow the heart down as well as the mind and soul. By being able to keep the body at a balanced level, stress can become much less. A quick breathing exercise for 25 seconds is not only helpful but effective and timely. From working in an office to going to classes at school, everyone should spare a couple of seconds in their day to just stop, breathe and put their soul back into balance.

“TRUE GRIT” IS A HIT
The Coen Brother’s latest hit. Stock Photo.

“True Grit” is a remake of the classic 1969 film which starred the infamous John Wayne. The remake is full of color and dark humor throughout the entire film. The film is directed by the Coen brothers who have directed such classics as “No Country for Old Men.” The movie focuses on the Western American culture of corruption, prosperity and indignity.

The film’s main star is Jeff Brides, (“Big Lebowski” and “Iron Man.”) Bridges plays Marshall Reuben Cogburn, who helps a young woman track down the man who killed her father. “I can’t believe Bridges can morph from one character to the next – truly amazing,” said Daniel Priego, senior. One interesting aspect of this film is that Bridges character is extremely difficult to follow because of his thick and irregular western accent.

Bridges fellow cast member is Matt Damn who plays Josh Pepper (“Good Will Hunting” and “The Departed.”)
The great part of this movie is that most people can relate to the quirky humor which is delivered mainly by Bridges. “Each scene brought made me happier and happier, you cannot make a better remake than this,” said Andrew Geise, junior.

It is encouraged for anyone who wants to get out of their comfort zone and embrace another type of film to immediately see this film. “Wow what an unbelievable flick, truly a wonderful film,” said Brian Zaleski, senior.

THE HISTORY OF SPRING BREAK

March 4, 2011 by Nisa Martinez
Filed under Hidden History

Leave a Comment

A Look at How this Annual College Vacation Tradition Came to Life

By DESTINY GOLDEN

Staff Writer

Although spring break offers students time away from their studies, many do not know how it commenced.

For many students, all they know about spring break is that they get a week off from school to soak up the sun or go to the beach.

“We really need that time off to connect with other students,” said Neskati Petit, senior.

It all started in the spring of 1936 when the coach of Colgate University’s swim team brought his athletes to Ft. Lauderdale to train. Because the training went well, the coach brought the team down again the following year, and thus a tradition had begun.

Soon thereafter other colleges caught on and began bringing their swimmers down to train during spring.

By the late 50s and early 60s, word had spread that Ft. Lauderdale was the place to be for spring break. With estimates of 13,000 to 20,000 students packing the beach at Ft. Lauderdale, Florida established itself as the spring break capital of the world.

Ft. Lauderdale was so popular that it was the inspiration and location for the 1960 hit movie, “Where the Boys Are.”

However, all good things come to an end. The constant partying, alcohol and drugs did not sit well with all the members of the community.
By the late 80s, residents of the city were fed up. Officials began the strict enforcement of city, county and state laws. This began the migration of spring breakers to Daytona Beach and a new era of spring break was born.

“I always wondered how Daytona got so popular,” said Askin Illait, sophomore.

By the 1990s, spring break in Daytona Beach was a phenomenon. With hundreds of thousands of students partaking in this annual event, other cities began to cash in on this gold mine of tourist dollars.

Places such as Panama City, South Padre Island, Texas and Cancun, Mexico, began to sell themselves as premier spring break destinations.

Spring break became so popular that MTV began broadcasting shows from some of these locations.

While most today still spend their spring break going to exotic destinations to party with fellow college students, some students choose to spend their break doing community related projects.

This decade there has been a rise in students opting for an alternative spring break. “Alternative spring breaks make you feel good about yourself,” said Randi Gardner, junior. Alternative spring breaks give students the opportunity to volunteer and give back to communities.

Throughout its history, options for spring break may have changed but the concept itself is still the same to offer students a temporary break from life.

THAT’S QUITE “THE DILEMMA”

March 4, 2011 by Nisa Martinez
Filed under Entertainment

Leave a Comment

Vince Vaughn and Kevin James Star in Ron Howard’s Latest Comedy

By: HARRISON BAKER

Staff Writer
“The Dilemma” is a peculiar comedy that entails a lot of miscommunication and a huge predicament between two best friends and their wives.

Ron Howard, who has also created masterpieces such as “Apollo 13” and “Grand Theft Auto”, directs the film. It is no surprise that Howard shows no signs of slowing down or retiring with such accomplishments thus far in his career.

The plot revolves around one best friend seeing his best friend’s wife cheating with another man. The film gets interesting when family and other friends get involved.

One of the two main characters are Vince Vaughn, star of blockbuster hits such as “Wedding Crashers” and “The Break-Up,” and Kevin James (King of Queens). The movie reaches its ultimate climax when Vaughn’s character, Ronny Valentine, sees his best friend from childhood kiss another man in broad daylight. Vaughn’s best friend, James, who plays Nick Brannen, trusts every word that Ronny tells him.

“One of the funniest movies in 2011 thus far, I had to leave the film because I was laughing so much,” said Ben Brownell, junior.

The entire film is witty and full of vibrant characters. “At first I did not like it, I thought it wasn’t that original or funny,” said Jordan Kruse, senior. “However, towards the end I loved it.” The comedy duo of James and Vaughn is a deadly concoction for success.

“Without a doubt, this is a funny, entertaining movie, which will probably pull in a lot of people,” said Marc Amron, alum.

After seeing this vivacious comedy, people will want to see it over and over again. It will be no surprise if this movie becomes a comedy classic in American cinema.
LYNN’S MELTING POT MIXTURE

March 4, 2011 by Nisa Martinez
Filed under Campus, Featured

Leave a Comment

Lynn University Welcomes Diversity With Annual Festival

By JORDYN BINKOWSKI

Staff Writer

Students played instruments during the opening parade. Staff Photos/ J. Binkowski.

Food, music, art, dancing and cultural exhibits are all used to authenticate cultures. Lynn University’s student body is made up of 25 percent international students. On Feb. 17, students were seen around campus representing and sharing their many cultures in celebration of Multicultural Day.

“I liked the cultural clothing the most. It gave me insight to other cultures,” said Jessica Levinson, senior. Students wore traditional clothing that was authentic to their culture. They also created booths and tables accompanied by professors that displayed their countries’ flags, arts and other cultural traditions.

Multicultural Day also included live music and entertainment performed by ethnic dancers in authentic attire to provide a visual of differences in cultures. “I dressed up as a Chinese lion because it represents Asia,” said Mohamed Abdalla, senior. The Junkoo Band played at the celebration as well; students and staff were able to hear music from different places around the world.
North America, Central America, South America, Europe, Asia, England, Ireland, Africa and the Middle East all had booths with international foods.

“I enjoyed the food the most,” said Tammy Reyes, junior. Some of the food consisted of beans and rice, pulled pork sandwiches, Mediterranean vegetable wraps, pork fired rice and stir fry.

Through food, music, flags and art, Lynn successfully brought the authenticity of other cultures right to our backyard.

HEAD COACH RUDY GARBAJOSA

March 4, 2011 by Nisa Martinez
Filed under Best of Boca

Leave a Comment

2009 Champion Head Baseball Coach: Can He Lead the Team to Another Title?

By KATIE WELCH

Staff Writer

Coach Rudy G. talking to Danny H. and Collin M. Staff Photo: K. Welch

In spring 2009, Lynn’s baseball team won the championship led by Head Coach Rudy Garbalosa.

Garbalosa has been head coach for 11 years and said the two principles of baseball are to do things right and strive for excellence. The baseball team lives up to this on a daily basis, on and off the field.
Even Garbalosa’s players like him as a coach and as a friend. “He’s a good guy around the park,” said Andrew Virgili, junior. “He knows a lot about baseball and he helps out a lot.”

Garbalosa has been voted patient and fun to be around by his players. “He’s a player’s coach,” said Collin McGowan, junior. “He expects nothing but the best from all of us.”

“We had really good team chemistry,” said Garbalosa, as he remembered the championship in 2009. “What a great experience to see those guys run on the field after the game to celebrate our win.” He also said that the team is shooting to win this year’s championship. If the guys pick it up and keep it up, they can definitely do it.

WHO IS YOUR FAVORITE ACTOR?

March 4, 2011 by Nisa Martinez
Filed under People
Leave a Comment

As the Academy Awards Just Passed Students Discuss Their Favorite Actors

By SARAH BENJAMIN

Staff Writer

The Academy Awards recently passed and many took time to reflect on their favorite performers. iPulse set out to find out who were some students favorite actors and actresses.

“My favorite actress is Meryl Streep. She continues to take on many different roles and does well in every one,” said Alex Berger, sophomore.

“My favorite actress is Jennifer Aniston because she has been around for so long and is timeless,” said Mariah Kulkin, sophomore.
“Zach Galifianakis is my favorite actor because in the movie “The Hangover” he plays Alan who is incredibly funny,” said Joe Williams, sophomore.

“My favorite actor is Brad Pitt because he can play many roles so well,” said Nicki Berman, sophomore.

“My favorite actress is Sandra Bullock because she is a great actress in the film “The Blindside,”” said Brooke LaMothe, sophomore.

**NOBEL PRIZE WINNER LAUREATE**

March 4, 2011 by Nisa Martinez
Filed under Columnists

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*Human Rights Activist Liu Xiaobo has Been Sentenced to 11 Years in Prison*

**By AMANDA SPENCER**

**Staff Writer**

Despite world callings for his release, China refuses to free Nobel Peace Prize winner, Liu Xiaobo.

Nobel Peace Prize Winner Liu Xiaobo. Stock Photo.
“I don’t understand how China can justify their position when so many other countries condemn them,” said Mayra Gallo, sophomore.

Xiaobo has always been an open opponent of China’s communist regime. His activism dates back to his involvement in the 1989 Tiananmen Square protests.

Xiaobo called for political reforms and tried to put an end to the communist one party in the People’s Republic of China. As a result, Xiaobo was incarcerated. He was arrested June 23, 2009 for suspicion of “subversion of state power.” On Dec. 23 of that same year, Xiaobo was tried and sentenced 11 years imprisonment and two years deprivation of political rights.

“I believe that it is very important that China re-evaluate their human rights laws,” said Katie Lemmon, sophomore.

During Xiaobo’s fourth prison term, he was awarded the 2010 Nobel Peace Prize for his, “long and non-violent struggle for fundamental human rights in China.”

Xiaobo is the first Chinese citizen to be awarded a Nobel Peace Prize of any kind while residing in China.

Xiaobo’s win caused a tough reaction from China. A Chinese foreign ministry spokesman said awarding the honor to Liu was “blasphemy against the Peace Prize,” but deputy Asia-Pacific director at Amnesty International, Catherine Baber, had a different response. “Liu Xiaobo is a worthy winner of the Nobel Peace Prize,” said Baber. “We hope it will keep the spotlight on the struggle for fundamental freedoms and concrete protection of human rights.”

Despite mounting pressure from the international community, China still refuses to release Xiaobo.

**LASPADA’S TAKES THE SUB GOLD**

March 4, 2011 by Nisa Martinez
Filed under Food

Leave a Comment

*The Best Sub Shop in South Florida is Sure to Draw in the Big Crowds*

By JASON FARBMAN

Staff Writer

If you are looking for a delicious sub stuffed with meat and loaded with veggies, look no further— LaSpada’s is the place to go.
Scherpf, senior, enjoying a sub from LaSpada’s. Staff Photo/ J. Farbman.

Local Floridians often say once you eat a sub from LaSpada’s, you will become spoiled and no other sub will ever taste the same.

Their bread is freshly baked everyday and contains no artificial ingredients. The Boars Head meat is sliced right when you order your sub, to provide the best taste.

After slicing tons of fresh meat, they then toss it in a baked roll. It is now time to put on the delicious veggies. If you want tomatoes, LaSpada’s has vine ripped. Their marinated sweet and hot cherry peppers have become a famous trademark in South Florida.

They also use dill pickle chips, fresh lettuce and chopped onions. The vegetables are put on your sub by the handful so you taste them in every bite.

After the veggies, they season the sub with oil, vinegar, salt and pepper, to add extra flavor to the sub. When they finish preparing the sub, they top it off with some extra slices of meat. The finished product will have just the right amount of meat and veggies in every bite.

LaSpada’s has been feeding South Florida since 1973 and now has four shops located in Lauderdale by the Sea, Davie, Coral Springs and a brand new one right here in Boca.

Ricky Scherpf, senior, eats at the shop in Boca all the time. “I love LaSpada’s,” said Scherpf. “It’s my place and they know me by name.”

I grew up in Plantation Florida and have been getting subs in the Davie shop for years. No matter what time it was, there was always a line out the door and sometimes it took me 45 minutes to get my sub. I have to say, it is worth the wait and I have never been disappointed.
LaSpada’s has won multiple Zagat Awards and was named “Best Sub” multiple times by City Link Magazine and Miami Herald.

**LIVING A CHILDHOOD DREAM**

March 4, 2011 by Nisa Martinez
Filed under Best of Boca

Leave a Comment

*Baseball Player Lives to See What it is Like to be a Professional*

By STEPHANIE PARADA-VENEGAS

Staff Writer

Alumni Einar Efrain Atencio, a baseball player born in Panama City, came to Lynn as a junior in 2009.

Atencio up to bat. Staff Photo: LU Photos.

Atencio attended his freshman and sophomore year at Chipola Community College and won a National and State Championship ring as their third baseman.

During his junior year at Lynn, he was blessed with another National championship ring. Atencio graduated with a bachelor’s in Business and Administration. After graduating, he received a call from his country offering him the job of a life- time: to play as a professional baseball player for Panama – every little kids dream come true.
Atencio would never have thought in a million years that he would be representing an athletic team in his country, thus leading his team to victory. With this opportunity, the bright and skilled player has been provided high hopes and dreams of not just playing for his country, but also becoming a role model for the people of Panama. Atencio’s childhood dream has finally become a reality.

“I am the happiest when I am in the field, but now that it’s for my country, it’s beyond words,” said Atencio. His hope for the future, is to win a ring from his country. “If I win a title for Panama, that will be my biggest pride and joy in my life,” he said.

This young and talented athlete’s dreams and aspirations will help him go very far in life. He is not one to stop striving for the best and working toward conquering it. “I know I cannot do justice to all the players I look up to but I sure will try my best to make my own mark,” he said.

**MYSTERY BENCH FINALLY REVEALED**

March 4, 2011 by Nisa Martinez
Filed under Campus

Leave a Comment

*One Student’s Adventure On Campus Reveals an Unexpected Treasure*

By CASEY DOLL

Staff Writer

Paradise easily found. Staff Photo/ C. Doll

The iconic blue benches scattered across campus are common stomping grounds for students. Many memories have been forged on the benches outside of the EML and Trinity residence
halls. The endearing aura of cigarette smoke and conversation looming from these locales evokes a palpable sense of nostalgia. There are a few benches, however, that are a bit awkward.

There are some benches that are just barely off the beaten path and often face out toward one of the campus’ lakes. Most of these are acceptable, as most people do not mind walking a few feet through grass, yet there are a select few that are mind-bogglingly alienated. Benches such as the one by Ritter’s lake and the one across the lake by the Wold Performing Arts Center seem like abandoned children desperately seeking company.

Jacob Balot, junior, boldly decided to undergo the quest of sitting on one of these benches. Balot was perplexed when he saw the bench across the lake by the cafeteria for the first time since his three-year enrollment at Lynn. “I wasn’t sure if the bench was real or if I was just seeing things,” said Balot. “I had to know.”

Immediately after witnessing the absurdity of its placement, Balot returned to his room to pack supplies for his trek to the enigmatic bench. Once he began his journey Balot was not seen for four days until he emerged victoriously on the opposite side of the lake; exhausted and suffering from lacerations which appeared to be from a bear claw.

“The view was glorious,” said Balot when asked what he thought of discovering the bench. “It was as if I had found the Holy Grail.”

Balot admits that he will not and cannot return to the foreign land, claiming that the experience was too powerful to undertake for a second time, yet he encourages brave young explorers to make their pilgrimage to the hallowed ancient bench.

**GET FIT, GET OUT AND PLAY!**

March 4, 2011 by Nisa Martinez
Filed under Featured, Health & Beauty

Leave a Comment

*Fitness Classes Help Keep Students In-Shape and Involved*

By BRITTANY MARKOWSKI

Staff Writer
Keipert, junior, shows class how to workout best. Staff Photo/ B. Markowski.

The task of keeping fit and staying active can often times get lost in the mix of studying and socializing – which is why the campus recreation implemented student-taught fitness classes to give students and faculty a chance to mix up their repetitive workout routines.

“Get fit, Get Out and Play” is the new mantra that the fitness center has adopted according to Campus Recreation Director, Christina Johnson. They offer a wide variety of opportunities for students and faculty to “get out and get fit” on campus, including intramural sports, fun competitions and most recently added, student-lead fitness classes.

Whether you are shy, not too savvy in the gym or at your tip-top best shape, Johnson assures that these classes are a great opportunity for people to dip their toes into. Classes include yoga, zumba, Lynn 90X and cardio kickboxing.

“My instructors are taught to be able to instruct anybody, no matter what their fitness level is,” said Johnson. “When looking for my instructors, I choose the elite. I consider them to be the crème de la crème on campus.”

Being an instructor is both an important leadership role and very fun. Junior Fitness Instructor Selina Keipert said, “I teach sculpt and tone, which is basically an upbeat pilates class and I consider this a great job because I am motivated everyday to come here and get fit and to inspire people to live a healthy lifestyle.”

Flyers are posted around campus with a description of all the classes available and the times of the classes.

The fitness center will be ready to answer any questions regarding the classes. Most classes are taught either very early in the morning before classes start or later at night so that more students and faculty will be able to attend.

These classes are a great way to release some stress and a perfect chance to “Get fit, Get Out and Play!”
ACTOR’S PLAYHOUSE SPELLS “HIT”

March 4, 2011 by Nisa Martinez
Filed under Entertainment

Leave a Comment

Production Company Performs 25th Annual Putnum County Spelling Bee

By SOPHIA BARRETT

Staff Writer

Just south in Coral Gables, Actor’s Playhouse at the Miracle Theatre performed it’s 25thAnnual Putnum County Spelling Bee recently.

The Actor’s Playhouse Cast poses for a photograph.

The performance was exciting, interactive, and had its audience members at the edge of their seat. This charming musical was a blast for both those watching and those performing. For every performance at the Actor’s Playhouse students get to enjoy the arts for $15 a ticket.

Attending this production was not just a weekend treat for the Lynn drama department, but it also had an academic purpose. Lynn drama professors observed to see if the drama students could not only put on this musical, but do an even better performance than this professional union cast. “One of the best theatres in South Florida put on this show, can we beat them?” asked Carrie Simpson, drama professor.
At least one professor had his doubts about the Actors Playhouse production. “If you didn’t know every word to every song, would you be invested?” asked Adam Simpson, drama professor. “The talent was phenomenal, but I would do the show differently.”

So the question stands: Do Lynn drama students have the talent, determination and support to put on their very first musical? “We have so much hidden talent in our department that we need to showcase, and in doing this musical we can show what we got,” said Kayla Golladay, sophomore.

Overall, the drama department was pleased with the musical and believes that the students are capable. Either way, Actor’s Playhouse put on an outstanding performance, which Jan McArt, director and producer of theatre arts, enthusiastically agreed, “It was cute, funny and I had a blast.”

**LEARNING TO OWN YOUR OHM**

March 4, 2011 by Nisa Martinez
Filed under Best of Boca

[Leave a Comment](#)

*Lynn Students Look into the Practice and Study of Buddha’s Art of Zen*

By Lizzie Hogue

Staff Writer

Mariani meditating in the surrounding of the Natural Habitat butterfly garden. Staff Photo/ L. Hogue.
Zen has been practiced and studied since first century C.E. and was brought on by traveling monks who studied Buddhism and went to China to grow and develop. Zen has been transformed in many ways along with creating different Zen schools, which practice the study of Buddha’s teachings.

Buddha came to be through royalty; he lived in a castle with his wife and child but felt something was missing in his life. He went out searching all over the world and discovered a diseased man, an old woman, a sick person and a beggar. From this, he went into meditation under a tree, which is now known as the Bodhi Tree. At the Bodhi Tree, Buddha realized that life is about suffering, craving and overcoming. He realized that when one craves, it helps them arrive at their inner awakening.

Buddha had created an eightfold path where followers and scholars could use it to help them walk onto the right path for a better life. According to Martine Bachelor, writer of the book Zen, the eightfold path includes right view, right motivation, right speech, right action, right livelihood, right effort, right mindfulness and right concentration. All of these eight concepts are what really matter in the eyes and lives of those who follow Buddha.

A basic study of living well with one’s self will follow with the living well of others around him or her. A Follower of Zen, Lyndsey Mariani, senior, practices in her own way. She does so in hopes to reach her own enlightenment. “By removing the destructive parts in my life, I’ve learned to look at the more positive outcomes in situations,” said Mariani. She is currently practicing the eightfold path of right speech, right action and right livelihood. “I’ve recently created close friends that make me realize that there is good in the world and not everything is negative,” she said.

Similar to that of the lifestyle Buddha obtained, Mariani has recently begun the path toward her own enlightenment. With this, she continues to follow the lifestyle Buddha once lived in hopes that she will feel a sense of success in life rather than falling behind. “I’ve been in a lot of negative situations, so by recently learning about Zen, I’ve accepted to continuously move forward and face what is out there,” said Mariani. “[I believe that] lately things for me have been happening for a reason”.
The Apple iPad Make’s an Impression in the Classrooms of Lynn

By JORDYN BINKOWSKI

Staff Writer

Home screen of the iPad. Staff Photo/ J. Kelner.

Many may wonder what the most efficient way to experience online access, email, photos and videos all on one portable device is.

A few months ago, most students would say laptops completed this task most competently, but now there is a newer trend in technology hitting the classroom. Many students are using their iPads in class, which have the capability to enhance student’s learning experience. While still obtaining the benefits of a laptop, iPads are more compact and technologically advanced.

“I like to look things up on my iPad when my professor talks about [them] in class,” said Alex Quinn, junior. “I also have all of my books on one device.” Students, as well as professors, are using their iPads in the classroom as a quick way to access information. Professor Carmeta Blake, B.A., M.S., Ed.D., also believes this as well. “I can pull up references easily to show my class,” she said.
Because iPads are some of the latest technology to hit the market, there is still not fully efficient technology support for classrooms. “I wish there was more tech support for iPads,” said Blake.

Classroom tech support is working on bettering their technology so it is easier and more effective for professors to incorporate the lessons in the classroom with iPads.

Students are reacting positively as teachers introduce the use of iPads in the classroom. “One of my students told me it was nice to see a professor using one,” said Blake. The latest trend of iPads being used by students and teachers has had a positive response so far, and there is an expansion of the continuation of their usage predicted.

**STORY OF A SAVANT**

March 1, 2011 by Nisa Martinez
Filed under Featured, People

[Leave a Comment](#)

*Lewis Rawlinson Discovers a Passion for Music at a Young Age*

By SYNDY PUTNAM

Rawlinson takes a break from performing. Staff Photo/ S. Putnam.
Lynn University’s campus is made up of students with a variety of talents. The Conservatory of Music, located in the de Hoernle residence hall, is home to countless young, brilliant musicians, aspiring to bring their talents to the highest potential possible.

One of the many, Lewis Rawlinson, freshman, has been playing the cello for nine years, and has been surrounded by music since he was born. “I think music has always been one of the most important things in my life,” said Rawlinson. “I could match pitches on the piano with my voice before I could even walk.” With a mother, father and five siblings skilled in the same similar field of music, Rawlinson has been able to grow with a deep appreciation and understanding for it.

Rawlinson’s mother, an opera singer, has given lessons from the family’s home since Rawlinson was very young. “When I was 3-years-old, I heard my mom [helping someone rehearse] the national anthem in the other room,” he said. Soon after, Rawlinson was singing it himself, leaving many in a state of awe. “I began singing the national anthem at the age of three,” stated Rawlinson. “I then began performing [it] for sports games that same year. Ever since then I knew that music was most important to me.”

Thoughts often ponder as to whether or not individuals are born with the natural talent of being a musician or if it is learned. Depending on the individual, the story frequently differs. In Rawlinson’s case, the main thing he had to learn was the “technicality” of music rather than actually being able to interpret it. With that said, he has gained a great deal of acknowledgement for his innate expertise. Aside from being awarded honors innumerable times, Rawlinson has also carried his talent to places around the nation and around the world.

“I toured Asia twice. The first time was when I was 13,” stated Rawlinson. “When I went to China with my cello ensemble that was the moment that I realized, wow, I could really do this. This could be my job.” In a sense, music can be looked upon as a language. It can be interpreted by those who choose to learn it or are born with its logistics already embedded in their heads. “In China. [I realized] I could communicate with people who don’t speak my language by simply using music,” he said. “It is rare to have my passion also be my job.” Alongside traveling internationally, Rawlinson has also performed with the Seattle Symphony in Seattle Wa.

Aside from his travels, recording two CDs, receiving private lessons from a handful of instructors and being part of many orchestras, quartets, performances and ensembles it is safe to say that Rawlinson has accomplished more than the average person double his age.

Now experiencing a new chapter in his life as a student of the Conservatory at Lynn, Rawlinson is faced with a very demanding schedule. Apart from attending the required academic courses, which are basically half of the requirements for that of an average academically based student and a major in Music Performance with a focus on cello, Rawlinson deals with other commitments linked to his focus. “[As conservatory students,] we have what is called the performance forum room, which is a weekly concert everyone takes turns performing at. The music faculty writes comments [as a critique,] and the whole process helps us get more comfortable performing,” said Rawlinson. “I also take a music theory class, a cello class where the seven other cellists and myself perform for each other, an ear training class, a private lesson
with my cello professor once a week, secondary piano for non-piano majors, meet with the chamber group/ string quartet twice a week, [attend] philharmonia (orchestra) where we perform a concert once a month, and also perform around the community for events with the string quartet.” With the assistance and direction of world renowned faculty from music schools such as Julliard, the progression of the talent portrayed by the music students will not be overlooked no matter what endeavors they act upon in their time ahead.

Given his young age, it is even more impressive that such attainment has been met thus far. However, it is safe to say it is just the beginning to Rawlinson’s optimistic outlook for his musical future. “The amount of international students in the conservatory is really high,” said Rawlinson. “I love the fact there is so much rich culture all infused in one orchestra we all play together in.” His worldly perception and gratitude for diversity in relation to his incredible skills and achievements will undoubtedly work as the foundation for what he builds his bright future on.

As of right now, Rawlinson has a few ideas as to what he wants to pursue in his life after Lynn. “I definitely want to first travel with my music and eventually [take part in] a Broadway production,” he said. “I would like to be a studio musician for movies in a recording studio and later down the road be in a professional symphony such as the New York Philharmonic.” Such concentrated ambitions will indisputably become a reality for such a driven and hopeful individual who naturally portrays powerful talent.

**XOOMING PAST THE COMPETITION**

March 1, 2011 by Nisa Martinez
Filed under Technology

Leave a Comment

A Comparison of the New Motorola “Xoom” Tablet to the Popular Apple iPad

By JOSHUA KELNER

Staff Writer
In a constantly evolving technological world, it is difficult to weave out the successes and failures of products after they are heavily buried under aesthetically pleasing commercials and colorful ads.

The latest technology campaigns are mostly focused around tablets, an innovative design which has found its way into homes, schools and offices.

After the launch of the iPad last year, more and more people seem to be converting to touching, swiping and pinching instead of typing on their ordinary notebooks. The latest introduction has been the Motorola Xoom, which was seen by millions in advertisements that aired during the Superbowl. However, do tech specs of the tablet stack up?

“The Xoom integrated more features from a standard notebook— like video cards and increased RAM— but it’s hard to predict if the operating system will be any competition for Apple’s,” said Chris Van Wart, a senior and technology enthusiast.

The Xoom offers a 10-inch HD display, dual-core processor, front and rear-facing cameras, and the option for Adobe Flash. The Xoom utilizes Honeycomb, which is the Android 3.0 operating system developed by Google.

To most people, the design sounds flawless and on paper beats the iPad hands down in most areas of the hardware. However, this technological work of art does have a few flaws that are conveniently placed in the fine print. The tablet itself starts at $800 which some feel is steep but it fairly competes with the most advanced iPad on the market. However, the Xoom forces customers to register for a data plan to receive any WiFi access.

“The Motorola Xoom isn’t something that we are worried about, especially with the upcoming release of the iPad 2,” said a confident Apple employee in the Wellington Mall.

The Xoom has an already large obstacle for an existing iPad community to overcome who enjoy a selection of models to choose from.
“Apple always seems to introduce something better, so why not wait? Not to mention they usually do this without the price increasing,” said Lew Bianco, senior, who is currently in search of a tablet for school.

The Xoom offers a lot of promise, especially with the success of the Android in the Smartphone world, but is their February 24 release too late? Time will tell after the design is stacked up against the iPad 2, which is rumored to release this summer.