Everyone who attends Lynn has a story but no one has a story quite like Katie Walsh; daughter of Charles Walsh, a Co-owner of two very well-known sports teams.

Her father, the Co-owner of the Chicago Bulls and the Chicago White Sox worked with little resources to purchase the two teams, but he made it all work for the best. “My dad’s work ethic make me want to be a better person,” said Katie. “My dad’s work ethic is part of who I am; hard working, time management and organization are skills he has taught me well.”

Katie participated in many memorable “sports moments” at a young age. “I didn’t really understand what was going on, but as time went on I became more appreciative of each sport,” she said.

She was able to witness baseball history when the Chicago White Sox won the World Series in 2005. However, that does not top her favorite memory. “My favorite memory was when I was in the Girl Scouts because we went to the United Center where the Bulls play,” she said. “One of the basketball players got to meet all of us, and then he asked ‘Which one of you girls is Katie Walsh? Her daddy is an owner,’ when he said this everyone was surprised.”

Family sporting events is what makes the Walsh family. Their world revolves around sports and Katie hopes to keep this close as she wishes to get involved with both teams organizations by working for their events or by following in her dad’s footsteps.
ANEW KIND OF TWIST ON TAMALE
Mexican Fare has a new Kind of Look in This all in one Mexican Meal

By ANA LOPEZ
Staff Writer

Before I explain this delicious recipe, let me begin by explaining how I came to love tamales.

I am by heritage half Mexican and half American. My father's side of the family is Mexican and my mother is from California. After moving from Mexico at a young age, I was raised in Santiago, Chile. So my very first memories of food are all Mexican and that is where a lot of my favorites came from.

Moving away to Chile may have helped that, as there are not many authentic Mexican restaurants around, but when we did eat good Mexican food, it made the food all the more enchanting. That being said, one of my all time favorite foods is the Mexican tamale and this recipe is a wonderful supplement to my childhood favorites.

Sadly, the tamale is a very labor-intensive food, and typically only made during the holidays. The Mexican version of tamales consists of corn-meal dough stuffed with a variety of fillings such as shredded chicken, green chilies, or even a sweet dough filled with raisins and pineapples. The tamale dough is then wrapped in a cornhusk and steamed and the result is an oh-so-satisfying meal in itself. So when I found a recipe that simplified the process, tasted amazing, and turned it into a casserole for some outstanding leftovers, I could not resist sharing.

This Chicken Tamale Casserole recipe is perfect for some simple weeknight cooking, and is sure to last at least a couple days, if you can resist eating the whole pan in one sitting. This casserole is also a very cost effective meal, which makes it perfect for students on a budget; and the best part is, that it is healthy.

Chicken Tamale Casserole
(Adapted from Cooking Light)

1 cup or more to taste shredded Mexican blend cheese
1/3 cup milk
1 egg
1 tsp ground cumin
1/8 tsp ground red pepper
1 (14 3/4 ounce) can cream-style corn
1 (8 1/2 ounce) box corn muffin mix
1 (4 ounce) can chopped green chilies, drained
2 tbs or more to taste chopped jalapenos (optional)
Cooking spray
1 (10 ounce) can red enchilada sauce
2 cups precooked, pre-shredded seasoned chicken breasts
Sour cream for topping

1. Preheat oven to 400 degrees.
2. In a bowl, mix together 1/4 cup of the cheese, milk, egg, cumin, red pepper, corn, corn bread mix, chilies and jalapenos. Mix until well incorporated.
3. Pour the mixture into a sprayed 13x9 inch casserole dish and bake in the oven for about 25-30 minutes, or until golden brown.
4. Remove corn bread from the oven and pierce the top generously with a fork, then pour the enchilada sauce on top. Top with the shredded chicken and cover with remaining cheese or more to taste.
5. Bake for another 15-20 minutes. Remove from oven and let stand for about 5-10 minutes. Cut into serving sizes and top with a dollop of sour cream. Enjoy.

Above: The finished product of the Chicken Tamale Casserole. Staff Photo/ A. Lopez.
GOING FROM PARIS TO TOULOUSE
The Alternative Option to Paris For Students who are Visiting France

By AMY STILLWELL
Staff Writer

When asked, most people would agree that if the chance to visit France arose they would pick Paris as the top tourist hotspot.

Toulouse is another beautiful city that has many tourist attractions. Having visited Paris twice and seen the Eiffel tower, La Louvre and the architecture, it did not paint a true picture of the French.

Toulouse, in the South West, has been my home for the past 6 years. Upon moving there, I was not particularly interested in learning about the culture nor did I have the greatest impression of the French people. Yet after years of wandering the city, I am proud to call the place and the people my home.

Toulouse is the center of the European Space industry, home to Airbus (the manufacturer of the airplanes you fly in,) and has the largest cancer research center in Europe. The city is the fourth-largest in France, after Paris, Lyon and Marseille, and lies on the banks of the River Garonne, one of my favorite spots to hang out. Barcelona and the Midi Pyrenees, a great place to ski, is only a few hours away via train, and the weather in the summer is glorious.

An average weekend would consist of taking the train into the city centre, known as ‘Capitole de Toulouse,’ which is the heart of the municipal administration, a stunning rectangular building made of pink brick in Neoclassical style, dating back to 1750. One could wander the many shops along the busy street of ‘Rue Saint Rome,’ and then stop at a cafe for a delicious cappuccino and a Panini, before heading to one of its many art galleries or museums.

For the evening, our favorite restaurant, ‘Entrecote,’ offers the most tender, juicy steaks, with unlimited fries topped with a secret sauce. From there comes St Pierre, a square full of bars and clubs that rests on the side of the Garonne, a stunning river with bridges that light up at night. We’d stop at the ‘Chez Tonton’ bar (At My Uncles), order a ‘Monaco’ (beer with grenadine) and chat to the many extremely friendly French students that frequent there.

A visit to Toulouse is sure to be unforgettable; its beauty, people and ‘ambience’ will leave you with warm memories for years to come. It is reachable by train from Paris, so next time someone suggests a visit to France, there is no excuse not to visit this magical city.

Above: Different places that one can go if a student does not want to venture in to Paris but wants the same feel. Staff Photos/ A. Stillwell.
always on...

www.lynnipulse.org  Facebook  @ipulse  Flickr  mobile web

JUST PLANKING AROUND CAMPUS

Lynn Students are Participating in a Cool Activity Known as Planking

By MARIAH KULKIN
Staff Writer

Planking is a fun and interesting activity that students are taking part in that involves them lying face down in an unusual fashion on almost anything they desire. The point of planking is to look and act like a plank of wood. The planking trend usually ends up with pictures being taken and being shared through social media such as Facebook, Twitter and Instagram. Planking is an activity that everyone can take part in and another way to show the impact of social networking.

Above: The craze of planking can be seen around campus as students are practicing the move everywhere. Staff Photo/ M. Kulkin.
Valentine’s Day has been a holiday celebrated around the world by various cultures, ages and demographics, but some people find it difficult to arouse their Valentine’s Day spirit. Notoriously dubbed the alter ego of “Singles-Awareness Day,” Valentine’s Day has been reserved for the 14 of February since the fifteenth century. Since then, the holiday has been a tradition for celebrating significant others and loved ones with adoring gifts and participating in over-the-top date nights.

But this “lovey-dovey” holiday does not have to be a sad reminder of one’s single life. In fact, many people use the day to pride themselves on embracing the single life. The majority of people either simmering over a bitter relationships end or perhaps their consecutive Valentine’s Day spent single, tend to approach the day with cynicism and hard feelings, but others find ways to laugh about their past.

Some of the best valentines are family members. “My dad was my valentine,” said Clairissa Myatt, freshman. “I came home from school he had the Cat in the Hat character stuffed animal for me.”

Schools have also been infamous for spreading the Valentine’s Day spirit. “We used to give out roses in my high school,” (Continued on page 2)
(Continued from page 1)

said Morgan Glazer, freshman. “You could get them from your friends or people you were dating.”

The holiday has even proved to be a day for romantic proposals, such as Lynn University Women’s Center coordinator, Charlotte Muriel, who got engaged on Valentine’s Day. “He always said he’d never do anything on Valentine’s,” said Muriel. “I wasn’t expecting it at all.”

“I actually don’t have any personal Valentine’s Day stories, but I have heard some pretty good ones,” said Lara Rosenthal, senior. “There are always those funny stories of people getting broken up with on Valentine’s, or not getting asked out like they thought they would, or something funny like that.”

And Rosenthal is right. Unfortunately, there are always a few people to be found with Valentine’s Day horror stories. “My sister got stood up on Valentine’s Day,” said Glazer. “The guy apparently had three other dates ready to choose from.”

While the holiday may get its fair share of negative stories, it has been a tradition for spreading love and happiness to not only significant others, but just loved ones in general. This Valentine’s Day, take advantage of the holiday by letting those around you know that you are glad to have them in your life; it is the true spirit.

Above: Students show their love and enthusiasm for Valentine’s Day. Staff Photo/K. Welch.
Music

BIEBER ROCKED SOUTH FLORIDA
Lynn Students Had the Opportunity to Experience the Bieber Fever First Hand

By CHRISTINA BEATTY
Staff Writer

All Miami needed was Justin Bieber and his beats to make their lives complete, the screams of his adoring fans rocked the very foundation of the American Airlines Arena recently.

The stop in Miami was one of many on Bieber’s Believe Tour. Upon arriving at the Arena, one could feel the immense energy coming from his fans lined up outside, hoping to get a glimpse of the mega star. A fellow Lynn student, Omer Paracha, junior, and I not only attended this concert with second row floor seats but also were able to meet Bieber himself.

All the VIPs had to arrive at the concert two hours prior to show time to pick up their special packages that included: wristbands, a meet and greet hologram bieber pass and their tickets. We were led to a back room where we stood in line with many of his adoring fans, anxious about meeting him. Some of these fans were grown woman who brought their five-year-old daughters.

"Sometimes I don't know if I am here for my daughter or for me!" Joked one of the moms as we waited in line.

The excitement began to turn to slight unrest when we were forced to wait in the line for two hours before anyone got to meet Justin, but Justin’s representatives tried to keep the group alive by raffling off some of Justin’s most sought after possessions, like a gold glove he wore during a performance.

All the waiting was definitely worth it once we, along with all his other VIP fans, got to finally meet him. Some fans were so affected by the experience that they cried! “He’s so down to earth,” exclaimed an adoring fan from Port St. Lucie. “He was so sweet and even more hot in person!”

On our way out of the meet and greet, each VIP received a Vinyl of his “Believe” album.

The excitement was palpable once we entered the stadium, but not just because we were all here to see Bieber, but because out of all his tour cities, he chose this night and in that city, to film the movie for his Believe tour. There were cameras set up every which way, designed to sweep the crowds and catch all the action. At one point even the Director, Jon M. Chu, also known for his involvement in the “Step Up” movie franchise, came out onto the stage with a mini camera.

The opening acts included Cody Simpson, who performed songs off of his recently released album “Paradise” and Jaden Smith who made his musical performance debut. Smith performed a song featuring a surprise guest, his sister Willow Smith. Once the group was pumped up, Justin Bieber’s official DJ, DJ TayJames played a mix of popular music to keep the energy going before Justin Came out.

Justin’s Believe tour used a combination of videos both produced and homemade to contribute to the theme of believing in oneself or the theme of that particular song. There were several high-energy performances that kept you on your feet that featured surprised guest such as, Mike Posner, Ludacris and Big Sean. Bieber made great use of the whole stage, creating a connection with the fans all across the arena.

Above: Students got to meet Bieber. Staff Photos/ C. Beatty.

Overall the whole experience was surreal, from meeting Justin, being filmed for a feature movie to watching the entire show right at the stage. It was a truly unforgettable night.
THE TEST STUDENTS SHOULD TAKE

Lynn Health Center Gives Students the Chance to Test Their Overall Health

By LIZZY RAFFA
Assistant Editor

Lynn University Health Center will continue giving students the opportunity to test their overall health today by participating in the American College Health Association’s (ACHA) National College Health Assessment in Christine's.

Do not worry, big words - small test. The test consists of only a few pages of standardized questions concerning health topics such as sexual behavior, mental health and dietary habits. It is meant to give students, university staff and the ACHA a general understanding of the student body's health as a whole. At the same time, by participating in the study, students will have the chance to self-evaluate their own health.

Students living in residence halls will have the chance to participate by receiving the paper test at a floor meeting hosted by their Resident Assistants. Once students have participated in the survey, their name will be entered in a drawing at the end of the week for a chance to win a gift card prize.

Once the results have been tallied in, it will give the university and the ACHA a very good perspective on what the student population is like as far as general health. The purpose for doing so will be so that both the health center on campus and the ACHA efforts can be specified towards what students need and what will really help them.

Need more of an incentive to take the test? If a student completes the test on these days while outside Christine's, they will receive a free Christine's beverage. Nothing inspires college students like free stuff.

The test itself is given to Lynn students every other year so as to get a good representation of students that have been on campus and new students as well. Registered nurse and Lynn health center director, Rita Albert, commented on why students should be eager to participate.

"It was an interesting number to see last time when we did the study where Lynn came in compared to other universities," she said. "The perception out there is that everyone drinks and smokes, but the test showed it was much better than I had thought."

While on the outside, health on college campuses certainly may seem to be on the downfall, tests such as these prove those perceptions to be false. "I feel like people are a little more health conscious now as opposed to how they have been in the past," said Albert.

Students are encouraged to participate in this study for a multitude of reasons. Aside from the chance to win a gift card prize, they should also just simply care enough about their overall wellness to get themselves evaluated. By providing this survey to students, the health center would like to increase awareness for self-health and an understanding for its value, especially amongst college students.

For more information regarding the ACHA, visit their website at www.acha.org or look them up on Facebook by searching “American College Health Association.”

Above: Student at the health center. Staff Photo/ L. Raffa.
TODAS LAS VERDADES DEL AMOR
Aquello que solíamos olvidar o no sabemos acerca del verdadero amor

El amor no se pide, ni se compra...
El amor se regala.

El amor no es intercambio...
Da sin medida, sin límite, sin motivo ni razón.

El amor es humilde y se sacrifica...
Prueba más grande no nos pudo dar el Señor.

El amor no tiene expectativas...
Pues espera nada a cambio de lo que da.

El amor carga dolores y lagrimas a huestes...
Pero brinda el gozo y la medicina para alma.

El amor no tiene edad ni tiempo...
Pues su único reloj mide únicamente la felicidad.

El amor no tiene prejuicios de estatura, raza o estatus social...
Pues sabe bien como sazonar con sus diferentes ingredientes.

El amor es cruel dicen algunos...
Mas no ven que son las personas quienes lastiman, y no el amor.

El amor es el más potente combustible...
Ni el odio ni el rencor logran encender tanto deseo en el corazón.

El amor perdonar, espera, y escucha...
No se da por vencido, mas siempre lucha contra la corriente.

El amor es fuente de vida cuando dos almas se aferran...
Y el amor es un lazo inquebrantable cuando hay distancia entre esas almas.

El amor es protagonista de innumerables canciones, libros e historias...
Todos lo buscan... mas no saben que el es quien los encuentra.

Al amor hay que regalarlo, podarlo y alimentarlo...
No hay que dejarlo en un rincón junto a la indiferencia y la rutina.

Al amor hay que valorarlo por lo que es...
Porque pierde aquel que lo menosprecia y lo olvida.

El amor nos mantiene vivos...
Es la razón porque continuar, luchar y porque refl.

El amor tiene fama de hacernos torpes, ciegos, mudos y sordos...
No queda más que aprender a pensar, ver, hablar, ofr, y actuar con el.

En el amor no hay sabios ni expertos solo hay presumidos...
Débiles, fuertes, viejos y chicos: no hay que ser cónicos... el amor a todos nos domina.

El amor pelea hasta ganar su batalla, y espera hasta el final, jamás huye...
pues a pesar de las tribulaciones, el amor es valiente y se levanta con fe.

El amor perdonar sin conocer razones...
Y no le da cabida a la mentira, el rencor o el miedo.

El amor es el sentimiento más puro y poderoso que hay...
Si eres capaz de sentirlo entonces puedes decir que estás vivo.

El amor es el más grande regalo que Dios nos dió...
Nunca podremos pagar cuan grande bendición!

Por GABRIELA REGALADO - Escritora de planta

Arriba: Corazones. Foto de archivo externo.
A WONDERFUL BALI EXPERIENCE
Students Had the Opportunity to Travel Across the World Last Month

By MEAGAN RICE
Staff Writer

Both graduates and undergraduates, along with Professor Bagnoni and Professor Riedel, recently traveled to Bali, Indonesia to teach English to children in an elementary school and complete additional services.

Many students before this trip had never been outside of the country or have sat on a plane for as long as they did. The voyage took about two days; the longest flight was 15 hours long.

"Getting there took a really long time," said Shannon Bates, junior. "But we all found something to do to help the time go by. I slept almost half way and for the rest of the time I watched movies and played games with friends sitting next to me; it wasn't too bad at all especially because we were all so excited to just get there."

These students had the opportunity to travel abroad and learn about a different culture while teaching the people about their own simultaneously. Activities included going to an elementary school to teach English, visit with an orphanage and deaf school and learning to plant rice in the fields. While teaching others about their language and culture, they had the opportunity to learn and really get into the culture there as well.

"We went to the school to teach English but they ended up teaching us Indonesian as well," said Jorie Reid-Dodick, sophomore. "They really loved learning English from us, so when we would teach them a word they would tell us how they say it in Indonesian; it was so cute."

Apart from educational matters, the students had a chance to kick back and have some fun. They got to go to the Elephant Safari Park and actually rode on the backs of elephants for 45 minutes and had the opportunity to touch and interact with them.

"The Elephant Safari Park was definitely a highlight of the trip," said Chelsea Danahy, senior. "I've never even seen an elephant up close before so I was so excited. To ride one was an experience I'll never forget."

These students definitely took something home with them on this trip and they will now have unforgettable memories from this experience. Most already speak about going back next year and will recommend to all their peers.

Studying about different cultures can be interesting but there is no doubt that experiencing it hands on is even better.

Above: Students had the opportunity to experience things one can only do in Bali. Staff Photos/ M. Rice.
CREATING MIRACLES FOR A CAUSE
Lynn Students Helped Make Memories During J-Term for the Miracle League

By KEVIN SKAGGS
Staff Writer

Many people do not think twice about being able to play baseball but to kids with both mental and physical disabilities being able to play baseball is something they can only dream of, until recently.

The Miracle League has found a home at Delray Beach with the help of Lynn University. The Miracle League is a non-profit organization that allows kids with disabilities the ability to play baseball. During Lynn’s J-Term 60 students took up the challenge to help out the league in any way possible. Their goal was to fundraise for the league and to help the kids have fun.

“Every child deserved to be able to play baseball,” said Katherine Joyce. “I am happy that I was able to help out and make a child’s dream come true.”

The Miracle League has a special field located in Delray for the kids to play on, with shorter fences and padded ground. The field is used and owned by The Miracle League and has to be maintained by volunteers because the county does not own the field. All repairs and facilities need to be maintained by the Miracle League and all expenses are taken out of pocket.

The Miracle League reached out to Lynn to help them out. Students were able to raise more than $1,600 by fund raising and donations with still more money coming in. Students also picked weeds, cleaned facilities and fixed the field, all in efforts to help out. Some students were “buddies” and helped the kids play baseball.

The Miracle League started in 1997 when Eddie Bagwell invited a few kids with disabilities to play baseball with his team. The league grew leaps and bounds and by 1999, there were 50 children with disabilities playing.

Currently there are 250 Miracle Leagues Organization across the country including Puerto Rico, Canada and Australia with more than 200,000 children and young adult with disabilities participating.

LEAVING YOUR MARK AT LYNN
The Class of 2013 Will Leave Behind a Historic Gift on Lynn’s Campus

By SOPHIA BARRETT
Staff Writer

This years graduating class has the opportunity to donate something that will forever be part of Lynn’s history.

The 2013 class gift is a plaque near the Keith C. and Elaine Johnson Wold Performing Arts Center commemorating both Lynn’s 50th anniversary and the schools hosting of the third and final 2012 Presidential debate.

“It’s more than just a plaque,” said A.J. Mercincavage, senior. “The gift will show all future classes that we were the students that graduated during Lynn’s big year.”

The preferred gift donation is $20.13 to represent the graduating year. Each donor will receive a cell phone stand thanking them for their generosity.

“I think it’s very important to give to the class gift to stay connected to LU,” said Harika Rao, grad student. “This year is very special as it commemorates the dual historic moments—the debate and 50th anniversary. Personally, class gift helps leave a legacy and is the best way of giving back to Lynn for all it has given to me!”

Students can donate online at www.give.lynn.edu/classgift or can stop by the Office of Development and Alumni Affairs and pay by cash or check.

“The friends and memories I have created here will last me a lifetime. I gave to the class gift because I wanted to give back to the place that has given me so much.”


Above: Wrapped gift. Stock Photo.
CUPID’S WORK AROUND CAMPUS
Some of the Many Sweethearts one can See Around Lynn’s Campus
By SOPHIA BARRETT
Staff Writer

This year’s big production in the drama program is Neil Labute’s, “Some Girl(s).” Adam Simpson is the director of the show and is eager to present the student’s work tonight at 7:30 p.m.

“Some Girl(s)” is the story of a man who visits a handful of ex-girlfriends before he gets married. The author casts a truthful light on a typical young male. The young man’s purpose is to “right some wrongs” with these women but the unbelievable truth of what his real intentions are is revealed at the end.

Simpson had a very specific vision for this play, honesty.

“I want the audience to feel like they are looking in on real life,” said Simpson.

The drama program has a majority of female actors, which was Simpson’s main inspiration for choosing the play.

“I wanted to pick a piece that would showcase our female talent. I also wanted to pick a piece that would challenge our actors and fit my style of directing,” said Simpson.

The actors have had a good experience so far in the rehearsal process and are excited to see how the production turns out.

“It’s been a really great experience to work on a play that has so many levels,” said Stephanie LoVerde, junior. “It’s fun to see how the story unfolds and the characters develop with it.”

Simpson’s creative process involves getting to the truth of the characters.

“Getting to the truth of the moment, what is happening between the two characters, what they are thinking and feeling.”

Everyone in the production expects to have a successful show.

“I expect my actors to stretch themselves further than they ever have and be successful,” said Simpson. “I expect my actors to work on the script methodically during this process to come to a really honest, believable character.”

Above: Some Girl(s) production rehearsal scenes. Staff Photos/ L. Davis.
MEANING BEHIND THE TRENDS
Pura Vida String Bracelets Give the Fashion Trend a Whole New Meaning

By GABRIELLE GLENN
Staff Writer

Some may wonder why students around campus are sporting colorful string like bracelets around their wrists; little do they know the powerful meaning behind those pieces of string.

It all started in California with two innovated kids, Paul and Griffin who turned their luxury post-grad vacation in Costa Rica into a booming San Diego centered business that people all over the world cannot stop talking about.

Pura Vida is a Spanish phrase that stands for "pure life" or "plenty of life".

"I love how all the bracelets are handmade, waterproof, durable, comfortable and totally cute," said Taylor Schwartz, junior. "They are the perfect accessories to swap and share among with friends."

When Paul and Griffin returned to the U.S., they put their bracelets into a bowl outside of a local boutique close to home. Before they knew it, the bracelets were sold out and people all around could not stop asking for more. Now more than 20,000 bracelets are sold a week in 2,500 surf shops, boutiques, college book stores and a few large chain stores worldwide.

"Wearing these bracelets symbolizes enjoying life slowly, celebrating good fortune and not taking anything for granted; living in the Pura Vida lifestyle," said Devin Green, sophomore.

Pura Vida bracelets are always changing. There are new ones released every month correlated with charities and foundations that the owners of the company have paired up with. Even celebrities such as David Beckham and Robert Downy Jr. have been spotted wearing the bracelets. Each bracelet has a unique and different color combination making each bracelet unlike any other.

Of course Pura Vida has their classic bracelets with basic colors, neon, blended, beaded and Platinum Collection. Beside the bracelets there are also boho-chic necklaces, headbands and hairties.

"Pura Vida bracelets are perfect for not having to worry when your sweating at a concert, or the perfect splash of color to your downtown look. Pura Vida is always the way to go," said Shay Stoppleman, junior.

Above: Colorful Pura Vida bracelets are shown with the creators of this unique product. Stock Photos.
DELRAY’S SALT ADDS SOME SPICE
A Trip to Salt Brings a new Outlook to Some Classic Entrees and Sushi

By JENNA JACOBS
Staff Writer

Salt has had more than 15 years of experience to perfect their business, which offers a variety of meals such as prime steaks, sushi and a fantastic raw bar.

Salt is located on Southeast 2nd Avenue right off of Atlantic Avenue. Delray Beach is the ideal location for any successful business, especially a restaurant with plenty of experience.

The modern restaurant features a comfortable atmosphere with soothing lights and relaxing booths. The service is very attentive compared to most restaurants and the menu has a variety of options to choose from.

The portion sizes of the entrees are complete with the right amount for any costumer to enjoy. Not only do the presentation of dishes look appetizing, the different variations of cocktails give this restaurant a more nightlife vibe.

The prime steak selection has many choices for toppings such as seafood and a delicious garnish to top off the entrée. The variety of sushi will satisfy any customers taste buds.

Apart from all of the entrees offered, the sides have a twist. The combination between wasabi and mashed potatoes adds a satisfying taste to top off the restaurant as a whole.

For more information and an idea of what Salt has to offer, visit salt7.com or visit 32 SE 2nd Ave.

Above: A look inside what students could possibly get to experience at a casual but classy visit to Delray Beach’s Salt. Staff Photos/ S. Frank.
COME JOIN IN THE CARIBBEAN CARNIVAL CELEBRATION OF
MULTICULTURAL DAY
TODAY
11:30 a.m. – 1:00 p.m
PERPER PLAZA

Steel pan calypso and reggae music, a Junkanoo parade and multicultural dancers in traditional authentic attire.
International foods of the world representing five specific regions: North America, Central America, South America, Europe, Asia, England/Ireland and Africa/the Middle East.
A "World Showcase" where international students represent and share their cultures through flags, food, music and art.
Lynn Campus was Filled With Multicultural Presence at a School-Wide Event

By LIZZY RAFFA
Assistant Editor

Students, staff and faculty gathered to recognize Lynn's international student body by celebrating the university’s annual Multicultural Day yesterday.

Often referred to as the most colorful day on campus, the much-anticipated school event has served as a way of bringing awareness to the immense international population on campus. About 25 percent of the students at Lynn are proud international students who have traveled far and wide to receive an American education. These are the cultures the event observes with food, music, art, dancing and cultural exhibits.

This year’s Multicultural theme was “Caribbean Carnival” and featured cultural activities from all across the globe including Indian dances, Caribbean steel pan music and Asian cuisine. The main event was a multicultural parade that started at AS-SAF and ended at Perper Plaza. The parade featured representatives from various cultures donning their national flags and backgrounds.

Amongst some of the other activities that took place were a Junkanoo parade and multicultural dancers in their traditional authentic attire. There was also a “World Showcase” where international students were able to represent and share their cultures through flags, food, music and art.

The celebration of different cultures has long been embraced by the Lynn community. In fact, Multicultural Day was

(Continued on page 2)
just one division of a weeklong Diversity Week that celebrated multiple angles of heterogeneity such as interfaith and civil rights. Students were able to engage in these different activities that taught unity through education.

Lynn Coordinator of Multicultural Affairs, Morayma James, worked diligently to put together the event. “I think it’s so exciting,” said James, “For me, I’m from the Virgin Islands, so I get to carry my flag and it makes me feel like ‘this is part of me’ and it’s nice to be able to showcase that.”

Lynn has made it clear the importance of its international population. “We did a survey after last year’s multicultural day,” said James. “They appreciate that Lynn takes the time to do something like this to show that we do appreciate them being here and they are apart of our community and we do celebrate their cultures.”

Although the event may be focused on international students’ variety of cultures, many American students also enjoyed the activities as well. Students from all over the country have participated in the event each year and agree it gets better each time.

From an international student’s viewpoint, Multicultural Day can be a great way to show off one’s heritage. Harika Rao, graduate, danced a cultural Indian dance dressed in her native attire. “I think it’s a great event that the school organized.”

It is important to remember the importance of celebrating each other’s cultures. “A lot of times we blend in,” said James. “Some people assimilate to the U.S. way of doing things, but this particular day, people have conversations about cultures close to them with other students.”

The event ended as a successful day of encompassing differences amongst college students and finding those characteristics that strengthen each other rather than tear each other apart. Likewise, it was a great way to finish Diversity Week with a bang, and leave students looking forward to next year.

Above: Activities from last year’s Multicultural Day. LU Photos.
A STUDENTS JOURNEY OF DREAMS
A Lynn Student Gives Her Perspective on Immigration Laws in the U.S.

By MIMI TRINH
Staff Writer

It was 11 p.m. on Aug. 7, 2008 at the international airport in Vietnam when I left the place where I was born to come to the land where I belong. The flight took more than 20 hours and I finally settled down in a peaceful little town called Green Bay in Wisconsin. My dream started the moment I first stepped in the greatest country on Earth.

My American dream ranges from watching the first football game to graduating in the top 10 in my high school class and getting a full scholarship to Lynn. Just like anyone else, I am proud to claim that I, too, am American. It breaks my heart to see immigrants like myself being treated like smuggling goods.

“So they are criminals,” stated Arizona Gov. Jan Brewer. “They’re breaking the law when they are trespassing.”

Since when is a human being illegal? Since when do we close our door to those coming to this wonderful land of opportunity and freedom? Who are we to tell somebody their dreams are irrelevant? Who are we to command somebody to go back to the place where they tried to escape from?

There are about 11 million undocumented immigrants currently residing in this land. These are not only blue collar workers but also children and students, our future generations. These kids play on our backyards; they go to school with our kids; they say the pledge of allegiance with us and just like us, they are also Americans.

However, there is one difference, they don’t have an American passport and they live everyday with the fear of deportation. Is it fair to take all of these kids back to the native countries they have never seen? Is it just to take away their American dreams, their hopes and their bright future?

If the DREAM Act is passed by Congress, these undocumented immigrants will have a chance to stay in the U.S. and have a path to citizenship. Besides, international students coming to America to study will have an opportunity to seek jobs and contribute to this society after they graduate.

“As I said last week, when the House passed the DREAM Act, it is not only the right thing to do for talented young people who seek to serve a country they know as their own, it is the right thing for the United States of America.” claimed President Obama. “Our nation is enriched by their talents and would benefit from the success of their efforts.”

So what do you think my fellow Americans? Would you like to see millions of our children, students and neighbors being forced to leave this great nation that they love very much? Would you like to see these undocumented immigrants being deported to the place where they are dying to run away from?

iPulse will present an immigration series where we will introduce you to one immigrant at Lynn in every Friday’s paper. And just a hint for readers: next week we will start with a student from our neighboring nation: Canada.

Above: Immigration advocates around the world. Stock Photos.
MARCH MOVIE MADNESS FOR 2013
This March Offers Exciting Films that are the Most Anticipated of the Year

By CHRISTINA BEATTY
Staff Writer

The 2013 New Year may have started off with a bang, however, the same could not be said for the slow start the film industry has begun with.

Although the movie industry barely released any movies in the months of January and February, it looks as though there are going to be many new movies to be released in March.

There are already two films set to hit the big-screen on March 1. The comedy, “21 and Over” recounts the story of an uptight college student who, after being convinced by his wild friends, lets loose for his 21st birthday. “The Last Exorcism: Part 2” sequel to the suspenseful “The Last Exorcism” picks up where the last one left off. Similar to its prequel, the story centers on watching the struggle of the main character to keep out the devil’s clutches.

Following those releases will be the most anticipated family movies of the month, such as “Oz: The Great and Powerful,” which is set to release on March 8. This movie follows the journey of how a small town Kansas magician Oscar Diggs, played by James Franco, is transported into the world of Oz where he is forced to come face-to-face with the problems of the fantasy world. Critics on Acshowbiz.com gave positive remarks that complimented the films characters and stated, “Oscar transforms himself not only into the great and powerful Wizard of Oz but into a better man as well.”

The next two movies with the same release date will be “The Host” and “G.I. Joe: Retaliation.” “The Host” is a movie based on the popular book written by Stephanie Meyer about a post-apocalyptic Earth that was overtaken by an alien race that would transcend human bodies and live as the humans. The story follows a teenage girl part of a rebel group who is then taken and replaced but fights back to regain control of her body.

“G.I. Joe: Retaliation” picks up where the first G.I. left off. In this rendition, Cobra strikes an attack that kills nearly the whole fleet, and the members that are left decide to retaliate. The film introduces new members into the plot who are played by Dwayne “The Rock” Johnson and Bruce Willis.

The final that is the most anticipated movie of March is “The Spring Breakers.” This movie is full of star power with cast including Disney’s Selena Gomez and Vanessa Hudgens, Pretty Little Liars’ Ashley Benson and Rachel Korine, along with supporting stars such as James Franco and rap artist Gucci Mane.

The movie, set to release March 22, is about a group of wild friends in college who rob a restaurant to fund their trip on spring break. While enjoying vacation, they are arrested and eventually bailed out by a famous rapper, played by Franco, who leads them into a downward spiral into a life of crime. “As each new trailer for ‘Spring Breakers’ makes its way online,” wrote Billy Niles of Hollywoodlife.com. “We find ourselves more and more excited for the movie’s release.”

These films, amongst others, will definitely be some of the most anticipated films of the year. For more information about these movies and the others being released during March, check out Moviefone.com.

Above: “G.I. Joe: Retaliation” and “The Host” are both movies set to be released this month. Stock Photos.
Torn Clothing has Become a Big Trend Amongst Lynn’s Student Body

By GABRIELLE GLENN
Staff Writer

The trend of destroyed clothing has become one of the most popular articles of clothing around campus over these past few months. It all started with destroyed denim shorts and other summer wear and has ripped its way into sweaters, shirts, pants and more for the fall and winter seasons.

"The thing I love most about this trend is that it’s so casual and can be basically paired off with just about anything," said Shay Stoppleman, junior.

Before the 1990s it used to be that whenever clothing became ripped or destroyed that it was garbage and would get thrown out. Now the style of rips and holes are back to being a major fashion statement. The destroyed look is perfect for adding the right bit of edge to everyday style.

"My favorite destroyed item is my black LF ripped sleeve sweater; I can wear it in the spring and winter. It is the perfect sweater to own," said Madison Bernstein, sophomore.

It is important to remember to always balance the look out. If the jeans or sweater has large rips the rest of the outfit should be simple and not look cluttered. The best accessories to wear with this are a bangle bracelet and heels for a night out. This trend can be seen during the day with flats and a simple necklace. It is also important to make sure that the colors are not over powerful.

"I am so happy this trend has made its way into the winter," said Taylor Frankel, sophomore. "It is by far my favorite trend this year."

Those who are more on the crafty side can simply make their own destroyed look at home. All that is needed is a razor, scissors and a piece of cardboard. There are plenty of how to videos on the web to help along the way.

Be sure to rip your way into the trend.

Above: Model with ripped jeans. Stock Photo. Above: Ripped clothing has gone from the runway to Lynn. Staff Photo/ G. Glenn.
Dining

A LITTLE TASTE OF ITALY IN BOCA
Italian Bakery Serves up Their Finest Foods to the Boca Community

By ADARA PENASCINO
Staff Writer

The Cosa Duc Italian Bakery in Boca uses the finest all natural ingredients in their Italian biscotti, cookies, pastries and cakes.

As attendees walk into this little cozy restaurant they are engulfed in a wonder of many different desserts. Numerous types of biscotti fill the little bakery, including almond chocolate biscotti, ginger chocolate, white chocolate, papaya coconut and many more. Cosa Duc serves cannoli, eclairs, tiramisu and a array of cakes such as Italian rum cake and cannoli cake.

If one prefers a fast Italian cookie for a special occasion they can buy them by the dozen. Anisette lemon drop cookies, rainbow cookies and bastoncini are all popular homemade cookies at this little Boca Raton bakery.

"I love eating at this bakery because it reminds me of my mother's cooking," said Charles Tripi, junior. "I really love the Italian feel."

Students who follow a gluten free diet can purchase cookies, pastries, cakes as well as breads which are carefully baked flourless and away from any possible wheat.

Besides the bakery and little dessert aspect of Cosa Duc, they are also open for lunch. Lunch is served from 11:30 a.m. to 2 p.m. As one arrives for lunch they should be prepared for a spontaneous meal. Cosa Duc does not have a menu. In fact, whatever is fresh in the kitchen is what will be served. All of the lunch meals are under $10.

"I really enjoy going to lunch because it reminds me of home back in Connecticut," said Ryan Swan, freshman. "Plus the cookies are really good."

As one would realize, Cosa Duc bakes for a good cause. After Multiple Sclerosis hit very close to the owners immediate family a portion of the proceeds always benefits Multiple Sclerosis research. This Sicilian family pours all of their love of food and baking into the little bakery. When one comes into Cosa Duc they immediately feel the European experience. Aside from the fresh and homemade food, one can also buy Italian magazines, imported Italian products and a hot cup of coffee.

Above: The Cosa Duc Italian Bakery staff and their delicious creations. Staff Photos/ A. Penascino.
LEAVING THEIR LEGACY AT LYNN

Class of 2013 Donates Class Gift to Make Their Mark on the Lynn Campus

By SOPHIA BARRETT
Staff Writer

This year's graduating class has the opportunity to donate something that will forever be part of Lynn's history.

The 2013 class gift is a plaque near the Keith C. and Elaine Johnson Wold Performing Arts Center commemorating both Lynn's 50th anniversary and the school's hosting of the third and final 2012 Presidential debate.

"It's more than just a plaque," said A.J. Mercincavage, senior. "The gift will show all future classes that we were the students that graduated during Lynn's big year."

The preferred gift donation is $20.13 to represent the graduating year. Each donor will receive a cell phone stand thanking them for their generosity.

"I think it's very important to give to the class gift to stay connected to LU," said Harika Rao, grad student. "This year is very special as it commemorates the dual historic moments—the debate and 50th anniversary. Personally, class gift helps leave a legacy and is the best way of giving back to Lynn for all it has given to me!"

Students can donate online at www.give.lynn.edu/classgift or can stop by the Office of Development and Alumni Affairs and pay by cash or check.

DONATE TODAY!

http://give.lynn.edu/classgift

DELRAY'S SALT ADDS SOME SPICE

A Trip to Salt Brings a new Outlook to Some Classic Entrees and Sushi

By JENNA JACOBS
Staff Writer

Salt has had more than 15 years of experience to perfect their business, which offers a variety of meals such as prime steaks, sushi and a fantastic raw bar.

This restaurant is located on Southeast 2nd Avenue right off of Atlantic Avenue. Delray Beach is the ideal location for any successful business, especially a restaurant with plenty of experience.

The modern restaurant features a comfortable atmosphere with soothing lights and relaxing booths. The service is very attentive compared to other restaurants and the menu has a variety of options to choose from.

The portion sizes of the entrees are complete with the right amount for any costumer to enjoy. Not only do the presentation of dishes look appetizing, the different variations of cocktails give this restaurant a more nightlife vibe.

The prime steak selection has many choices for toppings such as seafood and a delicious garnish to top off the entrée. The variety of sushi satisfies will satisfy many taste buds.

Apart from all of the entrees offered, the sides have a twist. The combination between wasabi and mashed potatoes adds a satisfying taste to top off the restaurant as a whole.

For more information and an idea of what Salt has to offer, visit http://salt7.com/ or visit 32 SE 2nd Ave.

Above: A look inside what students could possibly experience at a casual but classy visit to Delray Beach's Salt. Staff Photos/ S. Frank.
FORGET YOLO, GO FOR FRO-YO
Frozen Yogurt Serves as Both a Healthy and Delicious Snack Alternative

By SARAH FRANK
Staff Writer

Yogurt Emporium is a great place for the health conscious to indulge in some delicious treats. No guilt will be involved since the options Yogurt Emporium provides have no sugar, are non-fat and are low in carbohydrates.

For the past fifteen years, owner Marty Martin made sure that excellent service was provided. With more than 16 flavors and 30 toppings, there is sure to be something that everyone will enjoy. The friendly family and staff are sure to make their customers feel comfortable and at home.

Along with the frozen yogurt, Yogurt Emporium provides a wide variety of cookies. These cookies are all less than five calories and flavors range from chocolate, almond, peanut butter and many more. These cookies are an excellent treat to have around the house to kill sweet craving.

At Yogurt Emporium, customers do not only get great service, a warming environment and low calorie options, they save money too. The cups of ice-cream are made by the workers. They provide each customer with more fro-yo than they can eat. It is worth the price and is delicious.

For a refreshing, healthy and happy dessert experience go visit Yogurt Emporium. Customers are sure to enjoy and go back. For more information, visit www.villagetower-shoppes.com/yogurt.

Above: Delicious frozen yogurt with fruit. Stock Photo.
STAY SAFE DURING SPRING BREAK

Lynn University Hosts a Spring Break Carnival to Inform Students About Safety

By DELANEY BREY
Staff Writer

The Safe Spring Break Carnival will take off outside of today at 11 a.m.

At first glance the event might look like a food fest as chicken and veggie skewers, popcorn, cotton candy and mocktails will be passed out. However there is a bigger mission behind it.

“The purpose of the Safe Spring Break Carnival is to provide students, staff and faculty prevention education pertaining to alcohol and other drugs and other topics of interest related to being safe during Spring Break,” said Gail DeCina, coordinator.

The great thing about the carnival is that all the information is presented in the form of games and rides. Students will be able to freely participate in any or all of the booths. Along the staff and student organizations that will be there, outside vendors from AmeriCorps to the Boca Raton Police will be participating.

Although the day is focused on efforts to keep students safe this spring break, the general message of safety is something that should stick to students the whole year.

Last night speakers Eric Smallridge and Renee Napier were on campus. “Smallridge killed Renee’s daughter and her best friend when he was a college student driver under the influence,” said DeCina.

These two unlikely-paired speakers joined Lynn in its efforts to support the importance of thinking things through safely.

There is no shame in having fun and nothing at this

(Continued on page 2)
event is trying to stop it, but what it is trying to stop is unnecessary deaths like Renee’s daughter and friends.

So before passing up the carnival, stop, take a second, inform yourself and it might saves someone’s life.

Above: Lynn students enjoy the annual Safe Spring Break Carnival’s many fun activities. LU Photos.
HOW TO KEEP SAFE THIS BREAK
Give Parents Piece of Mind With a Secure Plan During the Upcoming Break

By BROOKE BERGER
Staff Writer

With spring break quickly approaching it is that time again when students need to start thinking about how to have a safe break while still having fun.

The best way to ensure that students come back in one piece is to plan ahead while keeping several things in mind. It is important to choose the right destination and hotel. Be sure that there is a local hospital as well as safe transportation in the area.

"I think it’s really important to be aware of your surroundings," said Rio Hanlan, senior. "It is always good to know the friends you are with and keep track of where everyone is going."

Once on vacation make sure to give family members a phone number where they can reach you. If staying in the country be sure to have your identification in a safe place. If traveling outside of the United States have your passport on you at all times and in a safe compartment.

The buddy system is the best way to make sure that no one gets left behind. If travelers are out and have to use the restroom always go with a friend. The same goes for if someone wants to go home. Making sure there is safe transportation is key and no one person should be traveling alone.

"My biggest worry about kids going away is that they aren’t familiar with where they are," said Michael Berger, father. "When these kids go out they don’t realize where they are and that can be very dangerous."

Most of all, have a good time. This is the perfect time to unwind and enjoy great company. Hopefully students remember that is what spring break trips are all about.

"I’m really looking forward to just getting away for a little with some good friends," said Kelsey Butler, senior. "Every year I have gone away and it’s always something to remember."

Above: Students enjoyed past spring breaks in a safely manner. LU Photos.
Always on...

To view the iPulse online, visit www.lynnipulse.org

AN ECONOMICAL SPRING BREAK
This Spring Break can be Affordable for All College Student's Pockets

By MISSY MONTGOMERY
Copy Editor

Spring break is a dream week for college students who are in desperate need of getting off campus and relaxing in the sun; giving students that teasing taste of summer that is still months away, but still satisfies the craving for a vacation.

The beach is the most popular spring break destination among college students including foreign sands. Senior Chelsea Danahy spent spring break in Montego Bay, Jamaica, her freshman year. “So many people were there for spring break and vacation so it was an awesome time,” said Danahy. “It was a beautiful resort called the Grand Palladium and it was all inclusive so it didn't really cost that much.”

With the many amenities to offer such as restaurants, bars, night clubs, resort pools and beaches, Montego Bay would not disappoint and is an ideal spot to spend spring break.

Exotic beach destinations over spring break is the popular trend among Lynn students. Sophomore Autumn Kelley and fellow classmates vacationed in Aruba last year during the week break. “I loved Aruba. It's a great place to visit for a holiday,” said Kelley. “It was hot all week and barely rained.” Kelley and her friends spent the week lounging by the pool and the beach, while also enjoying water sports such as jet skiing and parasailing.

Spring break week is all about having fun with friends while enjoying a break from academics, but can be costly if students do not plan ahead. College students tend to struggle financially, but spring break does not have to be overlooked due to shallow pockets. “Look to see if you can find packages for all inclusive resorts so your drinks and food are included. They are expensive and add up,” said Kelley. “And then relax. If you are with your friends and on vacation you don't need to try and do everything.”

Above: All inclusive resorts offer large pools. Photo/ C. Danahy.
TAKING HER TALENT OVERSEAS
Volleyball Player Prepares to Train Professionally This Spring

By LIZZY RAFFA
Assistant Editor

Go Pro or go home - Women's Volleyball senior middle hitter, Brianna Cox, has announced her plans to play professionally overseas post graduation.

Cox came to Lynn her junior year as a transfer from Iowa Western Community College. Since then, she has played for Lynn with outstanding performances.

Cox's 2012 season was highlighted by her domination in two statistical categories. With 268 kills and 107 combined block singles and block assists, she led the Fighting Knights volleyball team in both departments.

After fall season play, Cox was awarded with All-Sunshine State Conference second team and a spot on the Daktronics All-South Region Volleyball Team. She finished her Lynn career ranked fourth all-time in blocks per set and her total blocks ranked her fifth with the Fighting Knights all-time athletes.

Cox looks toward the future now. Professional volleyball is exclusive to the best collegiate players and now, it is Lynn's turn to be represented overseas.

"The main things I'm going to be looking at are who can offer the most for me and which country I want to play at," said Cox. "It's all about the video I send them. I can't just go and visit and tryout like you do for college recruiting."

Lynn's head volleyball coach, Lynze Roos, has been (Continued on page 2)
assisting and encouraging Cox in her pursuit of a professional career.

"Coach Roos was giving me a lot of places to talk to, like Finland, Spain and a lot of other connections," commented Cox. "She's given me a lot of contacts."

Before Cox heads off to wherever she decides to play, she wants to finish her bachelor's degree in business administration. After graduating Cox will train during the summer with Lynn volleyball graduate, Kala Abdell. "[International volleyball] is different," she said. "I have so much to learn about it."

Cox recognizes that the recruiting will be tough as she has started her search for a professional team. "I'm really going to have to sell my statistics at Lynn," she said. "Even though Lynn is a small division two school, and not a lot of people know about it, I was also ranked by conference and our Sunshine State Conference is extremely good."

As she looks to what the future holds for her, Cox remains humble but confident in her endeavors toward a professional career.

"I love this sport; if I see it on T.V. or I'm watching it somewhere, I always want to be on the court," she said. "But I still haven't been pushed to my full potential, and I want to push myself to the limit."

Cox will be sorely missed by her teammates and coaches when she continues her career as a professional athlete, but they wish nothing but the best for her in every aspect of life. Her passion for the game, leadership on and off the court and fearless personality will leave a mark on Lynn's volleyball for years to come. Now, it is time for her to make an impact on a new team and affect them the way she has affected Lynn.

Go pro, or go home, indeed.

Above: Cox heads to practice from her dorm. Staff Photo/ L. Raffa.

ITS ALL IN THE PLASTIC BOTTLE

Repreve is Expanding its Message in an Innovating and Interesting Way

By DELANEY BREY  
Staff Writer

During the past Winter X-Games in Aspen, Repreve took its campaign to a whole new level with the power of product placement and social media.

Repreve is a company created by UNIFI that produces textiles out of recycled water bottles. According to their website, in 2012 they reclaimed more than 410 million plastic bottles recycled by ordinary people.

To prove the quality of their product they teamed up with ESPN and Elena Hight, X-Game medalist, to promote free green beanies made out of six plastic bottles. Additionally, they passed out t-shirts and jackets as prizes for anyone caught wearing the green beanie at the games.

"The X Games is an ideal event to showcase Repreve, because the recycled fiber goes into many winter sports-related brands including Patagonia, The North Face and Polartec-based products," said Roger Berrier, President and chief operating officer of Unifi, Inc.

However, what really made this brand stand out was their use of a Wi-Fi photo booth. While Repreve representatives passed out the green beanies, people were asked to take a picture in the photo booth and then upload it to their Facebook or Twitter.

"The environment plays such an important role in winter sports and we can help make a difference by recycling and choosing products made with Repreve," said Elena Hight.

If the cameras scanning a sea of green at the X-Games was not enough the 34,709 likes on their Facebook page and the more than 700 photos shared on individuals profiles surely helped them bring a level of "cool" to recycling.

"I think it would be a great idea for students to receive university gear made by Repreve through recycling," said Nicki Berman, senior. "Its important for people to be able to see what recycling can actually do."

Above: The Repreve Wi-Fi photo booth. Staff Photo/ D. Brey.
FASHION AT THE GRAMMY AWARDS
Fashion Do's and Do Not's From the 55th Annual Grammy Award Show

By JESSICA LEVINE
Staff Writer

The 55th Annual Grammy Awards aired recently on CBS and the stars did not disappoint in terms of fashion.

Unlike previous years, the Grammy Awards issued a wardrobe advisory just days leading up to the event itself, however, this did not stop many singers and musicians from looking their best. Many critics were not expecting to see as many trendy cutout dresses like the ones worn by Kelly Rowland and Taylor Swift.

"I loved seeing all of the different cutout dresses," said student Alessandra Rabadan, junior. "Especially Taylor Swift." Rabadan’s other favorites included Carrie Underwood and Rihanna.

Rocking a beautiful white J. Mendel dress, Taylor Swift looked gorgeous and made an appearance that was memorable. Kelly Rowland, 32, took the trend to the extreme. Wearing a black Georges Chakra Couture dress, Rowland certainly wowed the audience with very revealing cutouts that barely passed CBS’ standards.

Showcasing a classy theme that night, Beyonce Knowles looked absolutely stunning. Knowles took a fashion risk by being the only one who rocked a conservative look with an Osman Studio black and white crepe jumpsuit.

The stunning country singer, Carrie Underwood, left the audience in awe with a look that is sophisticated and respectable. Sporting a black strapless Roberto Cavalli gown and Johnathon Arndt diamond jewelry set, Underwood looked flawless. Notorious risk taker, Rihanna, looked mature and conservative in a red Scarley Alaia gown. Many fashion critics dubbed her the best dressed of the night.

Looking over the entire night, all of the stars looked sunning. The 2013 music industry’s biggest night will certainly be remembered as the year the Grammy Awards went classy.
THE BARRY BEATDOWN AT LYNN
Showing Support for the Basketball Teams With the Knightros Dancers

By CHRISTINA BEATTY
Staff Writer

Recently Knight’s Court was transformed into a lounge-inspired space filled with music, dancing and Fighting Knight pride.

The Barry Beatdown, a party hosted by the Lynn Knightros Dance team, provided the Men’s and Women’s basketball teams, as well as the students that attended, with school spirit as they prepared for the most anticipated game of the season, the game against Barry University.

Knight’s Court endured a massive makeover for the party, tables and chairs were moved for a dance floor and there were booth seats set as a lounge. Streaming balloons hung from the entrance into Knight’s Court and covered the floors. There was a designated food area and refill station for the sodas and a DJ area where Erick Costa along Big LU came and played a mix for the audience.

Once all the players from both teams were accounted for, the LU Cheer Team presented each member of both basketball teams with personalized cards that had inspiration quotes in each, to motivate the team. “The goal of this party was to evoke school spirit amongst the student body as well as show the teams that we appreciate the hard work they put in to get ready for games,” said Jada Ector, freshman.

The night followed with a high spirited performance from the LU cheer team and a sassy performance to Rihanna’s “Birthday Cake” by the Lynn Knightros Dance Team. At the end of the night a raffle took place where prizes such as a $25 Chipotle gift card, a $50 Visa gift card along with many others were distributed.

“I thought that this party was a good way to foster spirit on Lynn campus,” said Brianna Holland, senior. “I hope more events like this take place to promote our athletic teams.”