INTERNATIONAL BUSINESS CENTER

The Official Opening Of The New Building Was Greatly Celebrated

By DESHANI GUNATHILAKE
Staff Writer

On Thursday, Oct. 18, Dr. Mohammad Indimi, Christine E. Lynn and President Kevin Ross cut the ceremonial ribbon across the entrance of the Mohammad Indimi International Business Center (IBC). The building was named after Indimi, a generous donor of the project and a firm supporter of Lynn.

From blue skies on a beautiful day to perfectly executed speeches, the launch of the IBC went perfectly. A number of VIPs from around the world, Lynn administrative staff, faculty and students alike attended the ceremony. There was a clear consensus amongst the speakers at the event that the IBC is one of the most cutting-edge buildings in the state of Florida, in keeping with technology and eco-friendliness.

"The IBC is a truly wonderful building", said Dr. Norcio, Senior Associate Dean for the College of Business and Management. "However, there is more to it than glass, steel and concrete." He went on to thank the donors who facilitated the financing of the project, most of who were in attendance at the ceremony.

The ceremonial ribbon at the inauguration of the IBC was green, as opposed to the traditional red ribbon. The green ribbon was symbolic of the eco-friendly aspect of the IBC and the flag of Nigeria, Indimi's home country.

Indimi, who did not receive a formal education as a child, is a highly successful and influential Nigerian businessman today. He was awarded an Honorary Doctorate of Humane Letters from Lynn University in 2012.

At a dinner held to honor Indimi and the other donors prior to the opening, President Ross stated amicably, "we identified the anonymous donor as a Lynn alumnus just to throw you all off the trail completely."

Eight of Indimi's children are current or former Lynn students and he hopes to maintain his strong relationship with Lynn well into the future.

"In the next twelve years, you will start seeing my grandchildren here," said Indimi.

Seated in one of the study rooms on the second floor after his tour of (Continued on Page 2)
WALMART DOWNSIZES ITS NUMBERS
The Supercenter Is Scaling Back On the Number of Stores Opening

By HAUWA INDIMI
Staff Writer

Walmart has unveiled its plans to cut down on the number of supercenters it plans on opening in the next few years.

Walmart unveiled its decision for cutting down the number of supercenters in the United States. The world’s largest retailer has appealed to its investors to bear with it while it makes this monumental decision, as Walmart is known globally for its massive stores.

The reasons behind this is that Walmart has recognized the rapid pace at which e-commerce is growing and wants to invest the money it originally set out for supercenters into e-commerce.

Walmart predicts that by 2018, online shopping would bring in $35 million, up from $10 million last year.

Therefore, this idea is thought to be healthy in the long run although it might lead to some short-term pressure. The Wall Street Journal reported, “The giant retailer has found itself on the wrong side of trends in the U.S., as shoppers favor smaller and more conveniently located stores or making purchases online.”

In response, Walmart will only be opening nine to twelve megastores next year, down from twenty this year. “We will change the mix of our capital spend through reductions in areas we have invested in historically to fund investments in new growth opportunities,” said Doug McMillon, President and CEO of Walmart Stores, Inc.

However, “the company has posted much better results for its 400 Neighborhood Markets, where sales rose by 5.6% in the quarter ended July 31, excluding newly opened or closed stores,” said Wall Street Journal.

Walmart's Sam's Club unit is also said to cut its store openings in half next year, planning to open nine to twelve stores next year, down from twenty this year.

This is Walmart’s response to the external environment - the growing e-commerce market - as well as their customer feedback regarding the store size. Walmart has recognized that if it does not make some changes to adapt to the changing environment, it will soon be left behind.

Above: With all of the stores that have opened around the world, Walmart is scaling back on the openings next year. Stock Photos.

Above: Walmart is shifting investment away from giant stores and stock buybacks as it tries to boost online sales.

Walmart is changing their game soon. Stock Photos.
the building, Indimi said that he "loves" the building and he believes that Lynn students will be very happy with their new classroom areas and study spaces.

Neither the university nor the donors will be disappointed to hear students' thoughts on the IBC.

"IBC is the future. Our future," said Cydney Schmidt, junior.

With the future already here, the IBC has been welcomed as a great workspace for current and future students.

Above: The Indimi family and Lynn student Cydney Schmidt, spoke at the dedication. Staff Photos/P. Baños.

"SWAGBUCKS" ARE TAKING OVER
All You Need Is The Internet And A Little Bit Of Time To Save Money

By KEELEY SHIELDS
Staff Writer

When thinking of being a college student, a huge factor we have to struggle with is money. Whether it is money for a class book, or that spring break adventure.

But how can one earn money when one has homework and a social life to worry about?

The answer is swagbucks.com.

Swagbucks is a new and trending online rewards program that enables users to earn virtual currency, and real life rewards for everyday activity on the web.

"I was surprised to see that Swagbucks is actually trustworthy," stated TJ Sullivan, senior. "It's free money for doing pretty much nothing."

Members of the program are able to earn and spend swagbucks in a variety of ways. The average exchange rate between swagbucks and US dollars however vary. Usually, one swag buck is worth one US cent.

However, there are such exceptions with the swagbucks rewards program, which allows one to exchange bucks for real things online such as an Amazon gift card, which are popular among users. A $5 Amazon card costs only 450 swagbucks, which is an example of one of the exceptions.

"My favorite way to earn money on swag bucks is shopping," said Linzi Martin, senior. "Swagbucks sends me coupons and daily deals which let me shop and earn by browsing online shops."

"I think that taking the surveys are the easiest," said Lina Forsman, senior. "All you have to do is answer a few simple questions and you get points."

The site also has a few other ways to make it easy for you to earn these bucks such as their referral program, games, daily goals and swagbucks TV. With so many options swagbucks have to offer, all one needs is internet, and a little bit of time.

Above: Swagbucks is popular among college students. Stock Photos.
PEER MENTORS LEAD THE WAY
Lynn's Peer Mentor is a Major Success On Campus Two Years Running

By STEPHEN AMAYA
Staff Writer

Initially launched in 2012, the Center for Student Involvement's (CSI) Peer Mentor Program is now thriving on campus.

The program, which originally consisted of a small group of students, now has 35 peer mentors. They are all upper-classmen who volunteer as mentors to first-year students.

Coordinator for Student Involvement Laurie Schulz oversees the Peer Mentor program.

"All first year students receive a peer mentor at orientation and they are guided through the first week of school by them," said Schulz. "Peer mentors are great because they can help first year students transition into college life, helping students pick professors they may like or showing them around campus or simply being their friend."

Being a peer mentor entails more responsibility throughout the year, not just during orientation. They email their mentees twice a month to let them know what's happening on campus or answer any questions their mentees may have regarding being a college student.

"Peer mentors can reach out to their mentees and give advice about how to get involved or to serve as their first line of defense if the new student is struggling with anything, their peer mentor is there to provide them various resources," said Schulz.

Many of the current peer mentors are busy students who are involved in different areas of campus. Some serve as presidents of clubs, or are even athletes.

"Being a peer mentor is really special to me because as a freshman I had an incredibly difficult time adjusting to life at Lynn," said Sydney Trezza, sophomore. "Being a mentor is my way of trying to help others with this difficult transition. As a peer mentor I get the chance to help students who are having a difficult time transitioning by being a friendly face and by being someone who is constantly there for my mentees, whether it is just to listen to them or to actually do something for them."

If students are looking to get involved with the peer mentor program, they can contact Schulz or visit her office in CSI on the second floor of the Student Center. Applications for next year will be released after J-Term.
THE SKILLS OF TIME MANAGEMENT
Students Require Effective Time Management When Tackling Daily Tasks

By MARIA CARDENAS
Staff Writer

For college students, effective time management skills are essential to accomplish daily tasks and not fall behind.

Studies have shown that people who do not manage their time will feel they have less control over their lives, which can cause stress and damage to their mental health.

"The problem with getting everything done on time is that there is so much I have to do, and it is hard to organize my time," said Mauricio Santillan, junior.

Even though procrastination might seem like a never-ending vice, there are some steps that can help one control and manage their time.

The first step is to record the daily tasks one must execute, and indicate the amount of time it will take to complete each one.

"Sometimes my day will go by and I have no idea what I spent my time on," said Jessica Beugen, senior.

Be specific and include everything from the amount of hours dedicated to working to leisure time spent on social media sites. This will help one be conscious about what specific activities are performed daily and how much time they take.

Then, go through the records and pinpoint the activities that are a complete waste of time versus the more productive moments of one's day. Add the times up and determine which activities are distracting one from being productive.

"One day I got tired of wasting my time and decided to actually make the most out of each day," said Alexandra Bello, freshman.

This is the exact attitude one needs to make changes, and learn how to manage their time better.

There are some tips that go hand in hand with these changes. Prioritizing is essential to determine the order of importance of specific tasks. Keep one's work and living space organized to know where everything is, to avoid wasting time trying to find something in messy clutter. Also, manage a schedule by delegating blocks of time for individual activities.

With these methods, it is possible to effectively manage one's time.

Above: For a college student feeling stressed, time management skills are crucial to effectively complete assignments. Stock Photos.
MAKING A SPLASH AT GUMBO LIMBO
Students Can Help Make a Huge Impact in the Marine Environment

Above: Gumbo Limbo Nature Center is a safe haven for a variety of endangered marine species including sharks and sea turtles. Stock Photos.

By DANIELA AYA
Staff Writer

At Gumbo Limbo Nature Center in Boca, even the smallest action helps make a huge impact in the marine environment.

Giving back to the community is a key component in receiving a Lynn education. However, one must not neglect to give back to the marine environment, or help preserve the safety of endangered species. At Gumbo Limbo, everyone is welcome to help out in any way they can.

"I volunteered in Gumbo Limbo for a few months," said William Pacanis, sophomore. "The things that I learned there were amazing."

Gumbo Limbo is a 20-acre coastal and marine environmental center that protects a barrier island, home to a variety of plants and animals that are rare or endangered. This is made possible by the commitment of their staff, many of which are volunteers.

In order to aid this cause, students can become a member and donate money to fund Gumbo Limbo's research and resources, volunteer their time, or attend the center to learn about the ways they can help their surrounding marine environment.

"I go to the beach everyday," said Luis Guinand, senior. "I would definitely like to learn about marine preservation."

Gumbo Limbo's research takes place in labs at Florida Atlantic University. There, scientists collect valuable research that enhances their understanding of sea turtle behavior, physiology and ecology. It also creates practical application in the conservation of sea turtles and other marine life.

A main attraction for Gumbo Limbo is that visitors can see sharks, turtles and many different varieties of fish. In addition, people can actually adopt a sea turtle and take it home. Sea turtles are endangered because of collisions with boats, artificial lighting, fishing gear, loss of nesting habitats and pollution; it is safer for them to go to a loving home as opposed to being in the wild.

"Once I heard of this I got so excited," said Gabriela Ibarra, freshman. "I cannot wait to adopt a cute turtle."

Located at 1801 North Ocean Boulevard, Boca Raton, Gumbo Limbo's hours of visitation are 9 a.m. to 4 p.m. on Mondays through Saturdays, and 12 p.m. to 4 p.m. on Sundays. There is a suggested $5 donation per person upon admission, and free parking is provided on the property.

There are a few safety rules one must follow when visiting, so for a full list of policies as well as their monthly calendar, one can check their website at www.gumbolimbo.org. For more information, call (561) 544-8605.
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LYNN STUDENTS AT CONFERENCE

Lynn Students Attend the Florida Communication Association in Orlando

Above: Lynn Students attended the Florida Communication Association that took place in Orlando from Oct. 16 to 18. LU Photos.

By NICOLE DIRENZO
Staff Writer

Lynn students had the opportunity to attend the Florida Communication Association in Orlando from Oct. 16 to 18.

A handful of Lynn students were invited to assist in the event planning process for the convention, as well as present their own work through posters.

FCA consisted of a variety of sessions presented by scholars, who would present in categories such as communications trends, pedagogy and media practices. The scholars included many of Lynn's own professors.

Many of the presentations included the subject of technology, which plays a major role in both communication and education today. Lynn students were thrilled to be a part of this experience and seemed to have learned a lot from the presentations.

Senior Emilia Lujan attended the FCA and found the panel to be very intelligent.

"I was able to see informative presentations," said Lujan. "I was happy to meet and learn from professionals on their topic of expertise."

Students were honored to also have the ability to present their own ideas surrounding communication, alongside scholars. Catherine Kennedy, senior agreed that the poster sessions were a great way to present one's work, and share it with scholars.

"It was a wonderful opportunity," said Kennedy. "Because not only did we get to present in the audience of some knowledgeable presenters but we had the pleasure of meeting successful professionals in the communications field, which can benefit you in the future."

Both Lynn students and professors supported each other's ideas and presentations, carrying Lynn pride to Orlando.

"The FCA made me realize how fortunate I am to be educated by such talented professors," said Joshuwa Deal, senior. "I feel I can rely on them not just as professors but as people."

FCA was an encouraging experience for both students and professors.
When thinking of young professional athletes today, the TV series “The Young and the Restless” comes to mind. Not so much for the content of the show, but for the title.

Professional sports in general have been highlighted in the media non-stop lately. Not only referring to the NFL abuse cases, but to the young stars as well. Yes, I am referring to the infamous Jameis Winston and Johnny ‘football’ Manziel.

Both football stars in their early twenties, Manziel 21 and Winston 20, have experienced the media in full force at such a young age. With attention and egos on the rise, it was clear both boys would be headed for danger.

As many have read, Winston has recently been charged with a second allegation. Earlier in 2014, Winston was accused of sexual assault, following that up with stealing crab legs from Publix and finally, we have the most recent speculation over signed autographs and the acceptance of money from the young quarterback.

Quickly we have seen him turn from a super star player to a guy who frankly, seems to not care at all about his actions. It is without a doubt that the ‘careless’ attitude streams from his growing ego, which furthermore resulted from the media attention.

When you are the star player thinking that everyone wants you, what is there to worry about, right? Wrong. A quarterback is supposed to be a leader and the problem with Winston is that there is no learning curve. An NFC scout told Bleacher Report, “he’s gone from a top-three pick to a late second-rounder,” due to his behavior off the field.

With all of the chaos that has been happening in the NFL lately, the league needs well behaved and honest role models and leaders, that of which Winston has not shown at all. He is expected to enter the 2015 draft and we will all have to wait in anticipation to see who is gutsy enough to take on the scandal plagued Winston and the media attention that goes with it.

The same thing has happened with Manziel. The young quarterback from Texas was recently drafted to the Cleveland Browns. The media had followed this young football star, documenting his seemingly luxurious life.

He had the money, the parties and the girls, all of which you may find with a simply Google search. The media followed him from the first day of practice. Johnny ‘football’ the overnight celebrity who soon became a household name.

The minute after Manziel got drafted to the Browns, t-shirts were being printed for Ohio fans to sport the next day. After all, it was a great day for Clevelanders, but Manziel was in for a ride.

Manziel himself faced an autograph scandal in 2013. Straight away in to the beginning of football season (Contined on page 3)
he was benched.

The point is, immediate media attention only hurts young players. It gets the best of anyone. Being in the early twenties is a gullible age. There is much learning to be done and it is easy to become trapped into all of the attention while ending up getting oneself into trouble.

Although these athletes may not be actors or singers, they are still to be considered celebrities. Moreover, we see this with young Hollywood stars every day. Miley Cyrus, an innocent child singer and actor turned wild this past year. Amanda Bynes, the comedienne that kids of the 90's grew up watching. Lindsay Lohan, the twin we grew to love and made us all beg our parents to go to summer camp.

Above are many child stars who had experienced the kiss of death from media attention. Although they may have different career paths than athletes, if there is one thing they all have in common is that their names are constantly in the headlines.

It does not matter if one is an actor, a singer or an athlete, quick success can be the thing that ultimately defeats one. If not careful, it can ruin their future.

Clairissa Myatt is a senior majoring in Multimedia Journalism. This column does not represent the opinions of the iPulse, but her personal thoughts and views.

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**SWEDEN LEADING THE GREEN WAY**

**Sweden Has An Impressive New System When It Comes To Recycling**

By RIGI ANDRADE

Staff Writer

The zero waste program that has been implemented in Sweden has proved to be beneficial for their citizens and is seen as a "Recycling Revolution" according to the Huffington Post.

Trash that would normally get thrown out at the curb is picked up and then turned into electricity and heat that is distributed through an underground grid that runs throughout Sweden.

"The Scandinavian country has become so good at managing waste, they have to import garbage from the United Kingdom, Italy, Norway and Ireland to feed the country's 32 waste-to-energy (WTE) plants, a practice that has been in place for years," writer Zi-Ann Lum of the Huffington Post reported.

The process is simple. Trash is picked up, then filtered. After the trash has been filtered, it is then burned. Steam is produced by trash being burned, and as a result spins generator turbines and that creates electricity.

"WTE plants work by loading furnaces with garbage, burning it to generate steam which is used to spin generator turbines used to produce electricity," said Lum. "That electricity is then transferred to transmission lines and a grid distributes it across the country."

One WTE plant supplies 40 percent of a single city in Sweden with heat and electricity.

"One plant produces enough power to satisfy 40 percent of the city's heating needs. Across Sweden, power produced via WTE provides approximately 950,000 homes with heating and 260,000 with electricity," Lum reported.

Lum interviewed Swedish Waste Management communications director, Anna-Carin Gripwell who states the purpose of the business.

"When waste sits in landfills, leaking methane gas and other greenhouse gases, it is obviously not good for the environment," Gripwell said.

Goran Skoglund works for a leading energy company in Sweden and stated in an interview with Lum that waste is energy.

"A good number to remember is that three tons of waste contains as much energy as one ton of fuel oil ... so there is a lot of energy in waste," said Skoglund.

"It's also a process responsible for converting half the country's garbage into energy," Lum said.
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Above: Students are now preparing for this year's Relay For Life that will be held at Florida Atlantic University in March of 2015. LU Photos.

By STEPHEN AMAYA
Staff Writer

Relay For Life is an annual fundraiser held by the American Cancer Society (ACS) to help spread awareness and raise money for those who have been touched by cancer.

This year's Relay For Life team is already preparing for this year's event, which will be hosted at Florida Atlantic University's (FAU) Track and Field complex.

"We just had our first committee meeting earlier this month," said Victoria Alvarez, freshman. "There was a lot of excitement in the air as we began discussing various themes and event activities with the entire committee."

Each year, it is estimated that Relay For Life fundraisers over $400 million for the ACS. Last year, the endeavors of students from both Lynn and FAU helped fundraise over $30,000.

"It was a lot of fun last year," said Gabe Caldwell, sophomore. "I participated in Relay For Life with my fraternity brothers [in Sigma Alpha Epsilon] and we helped raise money by hosting a Smash Brothers Tournament on site during the event."

Out of both campuses, the student organizations of Lynn were able to fundraise the most and top the donor's list. Overall, Greek Life led the way with the brothers of Zeta Beta Tau raising over $4,000; more than any other fraternity or sorority on

(Continued on pg. 2)
"Relay For Life is a wonderful event that honors those that have lost their lives from cancer, those that survived and those that support those affected by cancer," said Alvarez. "It's about bringing the community together to spread awareness and show support for cancer patients and for research."

This year, Relay For Life is scheduled to be held on March 27, 2015. Students who would like to get involved with Relay For Life or would like to learn more, can do so by contacting Alvarez.

Above: Greek life members are in preparation for this upcoming Relay for Life in 2015. LU Photos.

**JOAN RIVERS DIED OF BRAIN DAMAGE**

*Update on How Comic Legend Joan Rivers Really Died on Sept. 4*

On Sept. 4, the world lost a comic legend, 81-year-old Joan Rivers. After being on life support for a week, Rivers passed due to complications during a throat surgery to work on her vocal cords. Rivers, who died at Mount Sinai Hospital, was reported to have died from unspecified medical complications.

On Oct. 16, CNN confirmed that Rivers died from brain damage. This was due to insufficient oxygen getting to her brain. The medical examiner identified the cause of her death, as anoxic encephalopathy caused by hypoxic arrest, a condition in which the brain tissue is deprived of oxygen.

Her death was not a shocking matter as a health official confirmed, "the death was classified as a therapeutic complication, which means that it was a known risk of the procedure." Patients are requested to sign a waiver before surgery to declare their understanding of possible outcomes.

"I always tell my clients when they come through here, every time you have surgery you are playing Russian roulette," said medical malpractice lawyer Steven Harris. "The more surgery, the more the numbers can catch up with you and as we know, Ms. Rivers had a lot of surgery."

Harris' statement does not prevent the Rivers' family from filing a legal claim against the clinic where the surgery took place. Her daughter Melissa, a television co-star said, "In response to NYC's Medical examiner's report, we continue to be saddened by our tragic loss and grateful for the enormous outpouring love and support from the world."

Pathologist and surgeon, Bill Lloyd told CNN, "The unanswered question is why they did not do a combat [tracheotomy]? You've seen in the James Bond movies. You take a ballpoint pen and puncture the thyroid cartilage and create an emergency airway for her."

They would do it with sterile instruments. And, after minute two, did anybody say, we need to start doing some CPR for her?" The acid tongued comedian's death continues to be investigated.

**JOAN RIVERS 1933-2014**

By HAUWA INDIMI
Staff Writer

Above/Below: Students enjoy dining out at popular restaurants that are located on Atlantic Avenue in Delray Beach. / LU Photos. Stock Photos.

By DANIELAAVA
Staff Writer

Atlantic Avenue on Delray Beach is the go-to destination at any time to eat incredible food, shop and enjoy the beach just as one should in South Florida.

To some people, Atlantic Avenue is unknown. For those who are not familiar with it, they should not hesitate to visit. Those who go for food do not experience the beach or shopping, the ones who go to the beach do not explore the shopping and those who go for shopping do not head to the beach.

People will find glorious restaurants, incredible fashion and amazing tanning and bathing locations in Delray Beach.

"Atlantic Avenue to me is heaven," said Valeria Vega, senior. "I would go all day everyday if I could."

This location has the best and a diverse amounts of food that is very popular amongst locals. People can go there and find whatever they are craving as the options are endless. Lynn students' favorites are seafood, Italian, Mexican and American.

"If I could eat Mexican food everyday I would," said Idalia Bogaert, senior. "The burrito at El Patron is by far the best one I have ever had." El Patron is located after the bridge, near the ocean and is the place to eat amazing Mexican food.

However, other favorite cuisines, such as Italian, are not left out. Tramonti Italian Ristorante has been a very popular choice amongst the Lynn community.

"Whenever I crave Italian, I go to Tramonti," said Jocelyn Rodriguez, senior. "My favorite plates are Linguine alle Vongole and Gnocchi Sorentina; they should be on everybody's bucket list."

Seafood is also in the best food category. Lemongrass Asian Bistro and City Oyster are tops.

"I adore Lemongrass," said Katherine Bigott, senior. "I adore sushi and it is very close to the beach so that's a plus."

"City Oyster is the bomb," said Maria Cabral, senior. "I always go there for fresh and incredible seafood because the entire menu is so good that everything seems appetizing and makes me want to come back and once I try the plates I want to keep coming, so it is a foodie cycle."

Incredible ice cream and sweets are very popular on this place. "I am in love with Kilwin’s," said Gabriela Ibarra. "The heavenly smells that you experience once you go in is unbelievable and the taste of anything of your choice is unreal."

The fashion statement in this street does not go unnoticed.

"I adore shopping," said Carlotta Kaufmann, senior. "Periwinkle is one of my favorite stores there."

"I am obsessed with Waggs To Riches," said Cabral. "I buy everything for my French bulldog, Roma Roberta, and dog nephews, Bruno, Lucca, and both nieces, both named Nani, at this store."

Finding a beach close to campus is not hard to find in Boca, however, finding one with all of these features, is only a few steps away.

"This street is a blessing for us," said Angel Hirsch, sophomore. "The only problem that I see is deciding where to eat or buy clothes from."
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<td>Rigi Andrade</td>
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Plus:
Remakes and Reboots
Going Gold, Not Cold
It's Only A Play

Men's Club Soccer
Proving They are More Than Just a Club

"It has been a great honor to be leading these boys out on the pitch."

Exclusive:
ALEX CARRIER
Barefoot On the French Alps
BETTER SLEEPING, BETTER LIVING
Say Goodbye to Those Sleepless Nights With the Help of These Tips

Above: Many people do not get a good night's sleep which leads them to be tired and unproductive during the day. Stock Photos.

By MARIA CARDENAS
Staff Writer

Everyone has experienced lying in bed for hours without being able to fall asleep, but getting a quality amount of sleep is extremely important for both mental and physical health.

Lack of sleep makes one feel tired and slow the next morning, but when it occurs over an extended period of time it can lead to high blood pressure, aneurysms and heart attacks.

Even though there is no universal method that can guarantee that one will sleep perfectly, there are some tips that can refresh sleeping habits.

A simple way to start is developing rituals before going to bed. "At night I always like to drink a cup of tea because it helps me sleep better," said Alexandra Bello, freshman.

Whether one decides to take a warm bath, drink a cup of decaf tea or coffee or read a book instead of watching TV, try to choose relaxing activities that can prepare one for a good night's sleep.

"I always exercise in the morning or in the afternoon because when I exercise at night my heart rate increases and I feel rushed so I cannot sleep well," said Camila Hadad, junior.

Try to exercise at least two hours before going to bed. Get used to having a regular sleeping schedule. This does not mean one has to sleep and wake up at the exact same time everyday, but for six days a week try to generally get into bed around the same time. This will help set one's internal clock and improve the quality of sleep.

Studies have shown that people who constantly look at the clock when trying to fall asleep have less chances of actually achieving sleep.

Checking the time every few minutes and calculating how many hours of sleep one will get only leads to stress and decreases the chances of falling asleep.

Another good tip to keep in mind is that the more physically comfortable one feels, the better one's sleep will be. Research performed by a clinic study found the importance of "creating a room that's ideal for sleeping. Often, this means cool, dark and quiet."

Keep these tips and techniques in mind the next time sleepless nights seem to get the best of one's time.
Lifestyle

GOING GOLD AND NOT GOING COLD
Childhood Cancer Foundation Creates a New Challenge for People

By MISSY MONTGOMERY
Contributing Writer

This summer the popular ALS Bucket Challenge took the social media world by storm. The successful challenge not only raised awareness for Lou Gehrig's Disease, but it also inspired a grieving mother to bring awareness to childhood cancer.

Maya Thompson lost her son Ronan at the tender age of four to Stage 4 Neuroblastoma cancer just three years ago. Although Ronan was ultimately defeated by cancer, Thompson created the Ronan Thompson Foundation in memory of her son in order to continue the fight. According to the official website, every sixteen hours a child with neuroblastoma dies.

The powerful and gruesome statistics should be enough to bring awareness to the disease, but sadly a cure and a strong support system continues to be lacking. After seeing the success of the ALS Bucket Challenge, Thompson and the foundation created a "Be Bold Go Gold" challenge to bring awareness to the disease that continues to murder children everyday.

With September being Childhood Cancer Awareness Month, the challenge launched on Aug. 29 at midnight. The challenge required individuals to dress up wearing gold jewelry, clothing, gold glitter and face paint in public. Once in a public setting decked out in gold, individuals would then walk up to a stranger and proceed to tell them about childhood cancer all while documenting the event.

Photos and videos of one raising awareness would then be posted to social media using the "Be Bold Go Gold" hashtag and additionally tagging the Ronan Thompson Foundation. Much like the ALS Bucket Challenge, one would then tag three people and give them 48 hours to complete the challenge.

A cure for childhood cancer is not in sight yet, which is why the Foundation continues to raise awareness and donations that could be made in aid of medical advances. Thompson's fight for awareness is a daily event and a completion of a simple challenge to raise awareness that could potentially make a big difference in the fight to end cancer.

Above: Maya Thompson lost her child to cancer a few years ago but is working hard to make sure his death is not left in vain. Stock Photos.
NO SHOES? THAT IS NOT A PROBLEM
Freshman Alex Carrier is Known Around Campus for Going Barefoot

By RAFAEL PINEDA
Staff Writer

Lynn is famous for being an international university with students from all around the globe. Each fall semester more than four hundred students are welcomed to begin their studies and to fulfill their dreams and prepare for their future career at Lynn. Alex Carrier, freshman, is one of those students beginning his studies at Lynn. Carrier is an interesting and eccentric individual with many different hobbies; extreme hobbies that may not be common among other students which makes him so unique.

This 19-year-old French native is an extreme sports lover, the more dangerous the sport, the more appealing it is for him. "I came here because I kite-surf and there are many spots around this area," said Carrier.

Coming all the way from France to Florida to follow his passion is truly inspiring.

Some of his interests are not commonly known around campus, but they are what make him unique a part from everyone else. One of them includes bee keeping and having many reptiles as pets, something which Carrier is passionate about.

Many students around Lynn know him as "the kid with no shoes" because he typically walks barefoot on campus. He stopped wearing shoes after a hike in the French Alps five years ago.

"I took my shoes off because they got wet and from then on decided never to wear shoes again," said Carrier.

Being oneself is certainly a trait that not many have the privilege to possess but Carrier obtains and is proud of it. "As far as being popular for not wearing shoes, it's just what I do and who I am," said Carrier. "If you think its weird I don't really care."
Ah, what a fresh new start; the morning dew is sparkling on the grass, birds are chirping a morning greeting, the air is cool, and the world has awoken. Have an excellent day!

As college students, many of us are living away from home. We are often quite busy with homework, classes, projects, etc. Yet sometimes we still feel alone. On the bright side, we have one of the greatest gifts in the world: the gift of friendship.

Keep Your Friends Close
Don't let them go, they are your greatest gifts. Hold your friends tight, be good to each other. When you feel deserted, your friends are there to heal your loneliness. You strengthen each other. You give each other hope through hard times. Embrace your friendships. Let this message ring.

Above: Friends are important to have to help get you through any difficult situations. LU Photos.
The purpose of Campus Recreation is to assist students by creating an environment in which they can establish a home away from home. The department engages students at Lynn in active participation in different fitness programs.

A big activity that Lynn recreation offers is their club sports, particularly the men's club soccer team, which is made up of guys who are from all over the world, and are studying at Lynn.

The games are played on the old fields of Lynn's men's soccer national championship team, and have brought many fans and excitement to the game. The club team plays multiple other big schools such as University of Miami, and includes traveling to places as far as Orlando and Jacksonville for their matches.

"It has been two great years of hard work and playing with wonderful people from all over the world," said midfielder Gonzalo Castro, sophomore. "Thanks to the recreational activities Lynn offers I've learned different cultures ways of looking at everyday activities such as soccer."

"Being a part of the club team this year has been a real privilege, the away trips have been eventful, and there is never a dull moment or conversation on and off the pitch," said captain of the Lynn club team Jacob Carr, junior. "A lot of credit must be given to Andrea Piorico who has coached and 'babysat' our team incredibly well, it has been a great honor to be leading these boys out on the pitch, and we are looking forward to play the last few fixtures in our schedule."

At the beginning of the year 70-80 male students turned up for trials to make up an enthusiastic and passionate team. Now the team is made up of a competitive squad of 24. A successful 2-2-1 record carries the team through the season, including a great win against the Idaho Atlantic Owls club team down the stretch with a 4-0 win.

"It's a really fun time and the team
A TEAM THAN JUST A CLUB
Soccer is Showing Their Strength on the Field

together to prove that they are just as much of a team as any other. Contributing Photos / D. Rodriguez.
along great," said right midfielder Phillip along with right midfielder Phillip Kohler, junior. "We have managed to find the right balance between competition and humor."

The opportunities are endless when it comes to what Lynn has to offer on and off campus. Do not just experience Lynn, but experience it with new friends and lasting memories. Come out and support the last few of the boys club games, and head to Campus Recreation to sign up for the next great activity.

Whether it is playing the sport one loves, or doing a fun weekend activity, Lynn has an activity for everyone; stay tuned for more great opportunities that Lynn has to offer.
Entertainment

REMAKES AND REBOOTS OVER ORIGINALS

Overuse of Familiar Movie Franchises is Starting to Feel Too Familiar

By BRIAN MARTIN
Staff Writer

In this day and age of film making, studios are coming out with remakes and reboots of famous franchises to entice audiences to head to the big screen.

But critics are questioning if they are becoming too familiar.

"There's too many sequels and reboots," said Denise Belafonte, professor.

With the amount of remakes and reboots released over the last few years, audiences have to understand how the process functions. A studio takes a familiar or less familiar film and hopes to reignite that franchise with new or old material.

"People enjoy things from the past and they're so good that people want to watch them in the future," said Jake Golden, freshman.

Remaking or rebooting franchises can help new fans get into the world of that film's universe while isolating fans of the original brand. Sometimes the refreshed franchise changes details from the old continuity to introduce some originality, but still keeps some of the old details to respect the original.

This year's Godzilla reboot took a fresh spin on the King of Monsters while still keeping true to what makes the character iconic such as Godzilla's design being reminiscent of his original look from the original film.

Other times the rehashed material can deviate dramatically from the original.

This year's Teenage Mutant Ninja Turtles reboot saw backlash over several aspects such as the casting of Megan Fox as April O'Neil and how the appearances of the turtles looked. Some of the mythology was also changed to help the film focus on how April is connected to the turtles by showing that her father helped create them.

Another example from this year is the Robocopy remake. The film was criticized for the absence of things such as the violence presented in the original.

Studios can also rehash existing material if a franchise falters.

Spiderman 3 derailed director Sam Raimi's film series and plans for a fourth installment fell apart. To compensate, Sony was forced to reboot it into the current The Amazing Spiderman film series because if they fail with their film rights to the franchise they go back to Marvel.

This move by the company proved to be the right approach and they are already expanding the film universe with the Sinister Six and Venom coming out in the near future.

But reboots or remakes do not always garner the results studios were hoping for.

In 2001, 20th Century Fox released a remake of Planet of the Apes starring Mark Wahlberg and directed by Tim Burton. Despite being a financial success, the film was heavily criticized and the studio was forced to reboot the franchise similarly to how Sony rebooted their Spiderman franchise.

"It's not the issue if they can diverge but rather if they can make a divergence more successful than the original," said Victor Laznik, junior.

Remakes and reboots can also happen if studios are having a hard time coming up with something new and then decide that they should turn to old concepts. With the amount of original concepts unveiled over the years, it can be difficult to come up with something that is completely different from other concepts.

However, a franchise undergoing a reboot could lose its steam when it is reworked to meet the demands of today's audience. While it is clear that studios are still working hard to come up with new brands, it can sometimes result in relying too heavily on old franchises.

Above: Film Reboots. Stock Photos.
A SMALL PIECE OF EUROPE IN MIAMI

MTV's European Music Awards Will Kick-Off In Miami This Sunday

By AISLING MCENTEGART
Managing Editor

On Sunday, the 2014 MTV European Music Awards will be kicked-off in style at the Klipsch Amphitheater, located at Bayfront Park, Miami.

With the main component of this event being held in Glasgow, Scotland, the lavish pre-party will feature popular artists such as Nick Jonas, X Factor winners Fifth Harmony and South Florida's very own Jake Miller, all of whom will perform for the lucky attendees of this upcoming event.

The event, which will be broadcast live on various television stations around the world will be hosted by Nick Cannon and “Awkward” actress Molly Tarlov.

If this does not sound exciting enough, there is more. Tickets for this event are available completely free of charge. With concert ticket prices skyrocketing, this is an opportunity that should not be lost.

Several Lynn students have already signed up to attend the kickoff and already have high hopes for the event.

“I can’t wait to see Nick Jonas because he is releasing a new album in a few weeks and I’m so excited to hear his new music,” said Kayla Edmonson, senior.

Tickets for this event are available on the MTV website and are being assigned on a strictly first come, first serve basis, so do not delay and take advantage of this amazing offer. Up to four tickets per person are currently available, with priority tickets still currently available.

“I think it is wonderful that the European Music Awards kickoff is [taking place] in Miami,” said Salomey Owusu, junior. “I'm looking forward to getting there super early to get in front of the stage close to the performers.”

Considering the high proportion of international students enrolled at Lynn, the European Music Awards are undeniably an exciting topic. Even more so considering the fact that the kick-off will be held locally.

“I am excited to get the chance to go experience the MTV EMA kickoff with a group of friends in Miami,” said Sydney Trezza, sophomore. “I have not gotten the chance to see [The Jonas Brothers] since they broke up and I think it will be cool to see Nick Jonas as a solo artist.”

If you are unable to attend or watch the show live, the footage of the event will be available on MTV's website for all to view shortly after it has concluded.

Be sure to visit MTV's website to snag a set of tickets to this exclusive star studded event taking place this coming weekend.
PEER MENTORS LEADING THE WAY

Lynn's Peer Mentor is a Major Success On Campus Two Years Running

By STEPHEN AMAYA
Staff Writer

Initially launched in 2012, the Center for Student Involvement's (CSI) Peer Mentor Program is now thriving on campus. The program, which originally consisted of a small group of students, now has 35 peer mentors. They are all upper-classmen who volunteer as mentors to first-year students.

Coordinator for Student Involvement Laurie Schulz oversees the Peer Mentor program.

"All first year students receive a peer mentor at orientation and they are guided through the first week of school by them," said Schulz. "Peer mentors are great because they can help first year students transition into college life, helping students pick professors they may like or showing them around campus or simply being their friend."

Being a peer mentor entails more responsibility throughout the year, not just during orientation. They email their mentees twice a month to let them know what's happening on campus or answer any questions their mentees may have regarding being a college student.

"[Peer mentors] can reach out to their mentees and give advice about how to get involved or to serve as their first line of defense if the new student is struggling with anything, their peer mentor is there to provide them various resources," said Schulz.

Many of the current peer mentors are busy students who are involved in different areas of campus. Some serve as presidents of clubs, or are even athletes.

"Being a peer mentor is really special to me because as a freshman I had an incredibly difficult time adjusting to life at Lynn," said Sydney Trezza, sophomore. "Being a mentor is my way of trying to help others with this difficult transition. As a peer mentor I get the chance to help students who are having a difficult time transitioning by being a friendly face and by being someone who is constantly there for my mentees, whether it is just to listen to them or to actually do something for them."

If students are looking to get involved with the peer mentor program, they can contact Schulz or visit her office in CSI on the second floor of the Student Center. Applications for next year will be released after J-Term.
Above: Photos shared on social media websites this week that used the hashtag "WeAreLynn." Share yours now and see it here! LU Photos.
Download our app
It’s free!

Find us in the app store or scan the QR code
WHAT J-TERM WILL YOU CHOOSE?

Students Share Their Favorite Classes and J-Term Experiences

By KEELEY SHIELDS
Staff Writer

Lynn’s seventh annual January Term (J-Term) offers more than 90 different classes to choose from ranging from comic book superheroes, going to Colorado for the Winter X Games, visiting another country and learning a new language, all within a THREE week semester.

“I took German culture last J-Term and I didn’t realize I was going to gain the knowledge and experience I did in such little time,” said Mickyle De Las, senior.

“Having gained knowledge of an entirely different culture, its tradition and language really gave me the respect for understanding cultures globally.”

There is a wide variety of languages available for this year’s 2015 J-Term courses; it is up to the student to find one that they have always wanted to learn about and sign up.

During the January term, students will participate in innovative educational experiences focusing on original ideas, topics and/or experimental learning.

First-year students will take a course in the dialogues of innovation that focuses on a civic issue, problem or topic and will engage in experimental learning opportunities and community service work with local, community-based partners. Areas covered by the courses include homelessness, environmental sustainability and urban renewal. Partnering with organizations such as Gumbo Limbo, Habitat For Humanity, Feeding South Florida and the Solid Waste Authority.

“My first year at Lynn participating in the citizenship project was eye opening,” said Jessica Thornton, junior. “My class went to Gumbo Limbo and collected hundreds of pounds of trash washed ashore, it felt good to make a difference.”

“Last year I had the honor of flying to Aspen Colorado and joining with ESPN to conduct the annual Winter X Games with Dr. Barr’s J-Term class,” said Linzi Martin, senior. “You never really know what goes on behind the scenes of such cool events, and it was an experience I will never forget.”

Classes begin on Jan. 5. Talk to your advisor today and schedule one of our amazing options Lynn has to offer this January term.

Above: Fun times in the J-Term courses from past experiences. LU Photos.
THE HUMANS OF NEW YORK BLOG
A Book Bringing To Life Some of New York's Most Intimate Stories

By ISABEL MEMBRENO
Staff Writer

Humans of New York, or HONY, is a photo blog and best-selling book that portrays photographs and interviews of New York City's habitants.

Brandon Stanton began the project in the summer of 2010 with a different idea on his mind. Initially, Humans of New York was meant to be a catalog of New York City's habitants, with numerous photographs plotted on a map. It has now turned into a blog that features portraits and quotes from New Yorkers.

"I often check HONY on Facebook because I enjoy reading the quotes and seeing the pictures," said Max Campos, junior.

The Humans of New York blog now has over eight million followers on social media, and only keeps growing in popularity. HONY provides a daily glimpse into the lives of countless people that reside in New York City to a worldwide audience.

"HONY illustrates the struggles everybody has to face on a daily basis," said Alex Diaz, sophomore.

Stanton, who was raised in Atlanta, moved to New York to pursue his life-long dream of becoming a professional photographer. The self-taught photographer has used his popular blog to raise awareness of a number of social issues, including the struggles of the Hurricane Sandy victims and victims and refugees of the Iraq war, amongst others. Stanton has also set up online fundraisers for certain organizations, such as the Bedford-Stuyvesant chapter of the Young Men's Christian Association.

"I think it's a refreshing idea," said Alejandro Guinand, sophomore. "It's different than most other online blogs."

HONY has inspired others to photograph strangers on the street and talk to them about their lives. Numerous other photo blogs from different places have been made in honor of HONY, such as Humans of D.C., Humans of Vienna, Humans of Vancouver, Humans of Salt Lake City and countless others. Stanton was named as one of Time Magazine's "30 Under 30 People Changing the World" in Dec. 2013.

CUSTOMERS NAME THEIR OWN PRICE
Christian Restaurant Owner in North Carolina Lets Customers Decide

By CLAIRISSA MYATT
Staff Writer

Imagine a world where for once a menu did not list prices, and it was not because it was too classy to list a detail such as how much something costs. One North Carolina restaurant owner decided to take a leap of faith and try that concept out.

Dana Parris, owner of "Just Cookin Diner," began to worry this past summer as sales began to plummet. Being an avid Christian woman, she did what any faith follower would do - she turned to God.

Parris frequently asked for help and when she got a reply it was not what she was expecting. "God just said, 'Why don't you just let me do it?'" Parris told Huffington Post. "It's easy to talk the talk, but I'd given God control of everything except the cash register."

Of course taking a leap of faith such as a 'name ones price' initiative took a bit of battling on Parris's part. After deciding to trust God, she went ahead and gave the new plan one week as a tester. Once sales tripled, Parris knew this one-week promotion would turn into a longer run.

It turns out that this generous restaurant owner's new strategy has left a positive influence on customers. "Everyone's getting in the spirit and it's been amazing," she told Huffington Post.

The majority of customers are still paying full price for her food while some are paying extra and even covering stranger's tabs.

Of course on the contrary, critics to Parris's business have been attracted complaining that she is using religion to promote her restaurant.

This is not the first time business owners have incorporated their faith into their work. Mary's Gourmet Diner, another North Carolina business, attempted to introduce a "prayer discount" for customers who prayed before their meal.

The discount had to be dropped once a complaint from Wisconsin-based Freedom From Religion Foundation. "The atheist organization's lawyers said that the manager's discount discriminated against non-believers," reported Huffington Post.

Parris is not fazed about her God-run business and even has prayer and praise books in the diner where customers can write down their prayer requests.

While everyone finds this woman courageous for making a risky business decision such as this, Parris shrugs and simply says, "This is not courage. This is faith."

Above: Dana Parris, owner of the faith based diner "Just Cookin," lets others decide their bill. Stock Photos.
MISCHA BARTON WOWS AT MCN

Misch Barton Impressed All at the 2014 Millennium Campus Conference

By AISLING MCENTEGART
Managing Editor

Actress Mischa Barton recently spoke at the 2014 Millennium Campus Conference, held at Lynn, to outline her work as a humanitarian for which she was awarded a Global Generation award, as well as promoted her newest film, "Bhopal: A Prayer for Rain" which draws attention to the little known Bhopal gas disaster.

The film focuses on the relatively unknown 1984 gas tragedy which occurred at the Union Carbide India Limited pesticide plant in Bhopal, India. This industrial disaster, only surpassed in magnitude by the Chernobyl disaster that happened two years later, is finally given much deserved attention in this film.

"A lot was swept under the rug around it and it's weird what captures people at the time. There is a big change now, if the media are talking about it, it reaches the masses," said Barton.

The slogan of this movie, "30 years has passed it's time to tell their story" is most definitely fitting, considering the lack of attention this disaster received. This tragic incident saw 10,000 people die over a two week period, with this number continuing to rise in the following months. This was due to a fatal leak of up to 40 tones of highly toxic methyl isocyanate gas into the area surrounding the plant in Bhopal.

"It's such a beautiful country, with such a beautiful culture. I think the whole point of films is to put yourself in somebody else's shoes and culture. A script like this doesn't come around that often and it was definitely something I wanted to be a part of," said Barton following her award speech at the event.

Barton brings to life the character of Eva Gascon, a journalist trying to discern the truth behind Union Carbide's conduct leading up to the tragic gas incident, in a truly captivating manner in this thought-provoking film. Barton proclaimed her love for... (Continued on page 2)
India and dedication to furthering the interests of women in India at the conference, which consisted of over 500 student delegates from 40 countries.

"It's nice to see these young Indian women rallying together in Delhi and Mumbai in unison against the Nirbhaya case, local social activism works really well in India. It takes people in the cities to start this kind of change and then hopefully it will spread to more rural areas," said Barton.

It should come as no surprise that Barton took on such a role with enthusiasm. The actress, who has surrounded herself with humanitarian efforts, was quick to cite education as the key to solving many world issues such as sexism.

"In terms of female equality, I have to say education is key, when you have people educated a lot of the hate stops," Barton stated. "I think we can empower women with education and opportunities outside what they are traditionally expected to do."

Barton clearly has an impressive resume not only when it comes to acting endeavors, but also social change projects. She is a spokeswoman for Climate Star, ambassador for both Save the Children and One Water, as well as a board member of the Lupus Research Committee. It was due to these efforts she was deservedly awarded a Global Generation award on Oct. 11.

Due to the work by individuals such as Barton, in addition to several other award recipients present at the 2014 Millennium Campus Conference, including New York Times Columnist Nicholas Kristof, Actress Kristin Davis, HIV/AIDS Activist Julie Lewis and Health Advisor Dr. Louise Ivers among others, the future of social activism has never looked brighter.

IPAD MINI PROGRAM IS EXPANDED
Lynn’s iPad Mini Initiative Continues to Experience Success and Growth

By ADAM YURKIEWITZ
Staff Writer

This semester, it really does pay to attend Lynn. The new iPad initiative makes one's stay much more enjoyable both inside and outside of the classroom. The initiative was extended to all students as the university made the switch from text books to e-books.

These brand new, university-owned iPad Minis are expected to benefit both professors and students by enhancing the methods of teaching through the duration of a typical four year college program. Certain apps help engage students by allowing them to easily share a presentation with a professor or their classmates.

"This positive move for the institution has focused our university to think digitally and mobile first," said Chief Information Officer of Information Technology, Chris Boniforti. "[We] are "helping students move from feeling comfortable in using technology for social and entertainment purposes to feeling comfortable within their academic setting and eventually into their career." Apple has recognized Lynn University as an Apple distinguished school for the wide spread use of their products.

This typically occurs with new shifts in technology but has strayed away from this move. The most common issue seen with the new iPad Mini initiative is a user forgetting his or her Apple ID or password, which may simply be resolved with a reset of one's account information. Boniforti has also stated that the current iOS operating system is very stable and any issue may typically be resolved with a quick restart of one's device.

The best and most popular features to aid a student and their learning in the classrooms at Lynn are the notes feature embedded into the iBooks app to jot down important points during a section of the textbook. Mobile printing is another pro to this move and is set to release shortly. The benefits of this technology save time and energy for both faculty

(Continued on page 3)
Another popular feature with the new iPads is iTunes U. This educational app allows professors to share course materials with students, such as a textbook, and post assignments digitally. Boniforti believes that, "The way that technology is changing the classroom is that it allows students to further engage in new and more interactive fashions or ways." The different approach taken at Lynn may make learning easier and more efficient.

Airplay, another popular feature used in classrooms daily enables a student or professor to mirror his or her screen to the project, allowing one to present to a class via Apple TV. Videos, presentations, notes, photos, textbooks or anything relevant to the class may be displayed to the class with the click of a button.

So, what about the news of no more books in the bookstore here at Lynn? The switch from paper textbooks to digital e-books enable a student to gain knowledge much more quickly as videos and interactive media may be embedded directly into a chapter for one's reference. Any required textbooks given to students are made available digitally in the free iBooks app. The search feature within the e-books make finding a particular quote or section a whole lot faster and easier.

Another valuable feature with the iPad is the capability to print wirelessly. "We are looking to introduce a similar way for students to print using their ID from any device," said Boniforti. The rollout is expected to come during the coming fall semester.

A favorite app of Boniforti's for productive use both inside and out of the classroom is Inspirational Maps. He loves the visual feature since it may help a student visually devise a plan for a research paper. "Inspirational Maps is one of my favorite apps because it allow me to arrange my ideas visually and then I quickly convert them into a well-organized outline," he said.

The iPad Mini initiative may just be the beginning of more good things to come for Lynn faculty and students. This force of technology is making waves in education and as Boniforti has said it is moving the university in a positive direction.

Above: Lynn students have the opportunity to go through college without having to buy an excessive amount of books. Stock Photos.
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By KEELEY SHIELDS
Staff Writer

A college career does not have to end after graduating with an undergraduate degree. Students are able to extend their studies in Lynn's graduate programs.

These programs are built with working professionals and are taught by industry experts.

Focusing on career and professional development, application of knowledge bases, clarification and development of professional and personal values and the enhancement of intellectual and professional skills really makes each program unique.

The best thing about Lynn's graduate programs is that students can complete most degrees in just one year, which allows them to keep the focus they need for their success.

"Even though I'm only in my first semester, I have already learned so much," said Megan Rodwell, graduate psychology student. "The professors I have really make things more interesting with their interactions and personal experiences."

Another great thing Lynn's graduate programs offer is that no graduate record examinations (GRE) or graduate management admissions test (GMAT) is required to apply. Students can choose between taking courses online or on campus in just eight short weeks.

"The online MBA program with international business specialization has enabled me to be able to work full time, and complete my masters degree very quickly," (continue on page 2)
said Kyle Butcher, graduate student. “It is very efficient compared to other grad school programs.”

There are 24 options available to students that will cover current issues and topics in whatever field they choose. “The graduate program blends those already in the workforce as well as recent graduates, which provides a unique and positive experience,” said Angie Caple, graduate student. “While being extremely interactive, the Mohammed Indimi International Business Center provides a fresh and new way of learning for the graduate program.”

Lynn seeks graduate students with maturity, academic ability, motivation and discipline.

To receive admission to the program, students must fill out the application available online or head to the Office of Admission for a better understanding of what it takes to take part in the Lynn graduate programs.

NEW HOTSPOT, ALADDIN’S EATERY

A Mediterranean Restaurant Serves Vegetarian Meals And Many More

By NICOLE DIRENZO
Staff Writer

Aladdin’s Eatery, a savory Mediterranean restaurant located in Boca, serves countless options that cater to vegetarian, vegan and gluten free customers.

Jose Alvarenga, general manager of the newly opened restaurant wants customers to better understand the essence of their mission and their healthy food options.

“The food is Lebanese American,” said Alvarenga. “We specialize in Mediterranean, and we focus on health conscious menu items. The Mediterranean diet for the most part, is vegetarian.”

Aladdin’s Eatery may be new to South Florida, but the franchise original started in Cleveland, Ohio. Alvarenga explained that the Aladdin’s Eatery located in Cleveland was one of the only restaurants in the area to offer vegetarian on over half of the menu.

“We’ve been around since 1994,” said Alvarenga. “This is the 31 location, and it is the first one in Florida.”

One of their most popular vegetarian dishes is the Vegetarian Combo, which comes with a sampling of a variety of fresh vegetarian menu items.

One mistake many make is to consider vegetarian food to be bland. Alvarenga explained that at Aladdin’s Eatery, they make sure to use spices. They also create much of the items on the menu in house, which is very important for healthy eating habits.

“Everything is made from scratch,” said Alvarenga. “It may not be the easiest on our part, but for the quality of the food it just works.”

Not everything on the menu is vegetarian. However, Alvarenga explained that one of the most popular dishes is their lamb and that they offer a variety of different meats. Aladdin’s Eatery works hard to keep everything cage free and organic.

Just because it is a healthy eatery does not mean people should forget about the dessert options. Aladdin’s Eatery offers a variety of gluten free and regular cakes, as well as vegan cookies. Customers can order raw juices and fruit smoothies for a daytime snack as well.

The type of food one puts in their body is vital. This does not mean that everybody has to be vegans or vegetarians, however it is smart to find out what individuals are consuming.

Aladdin’s Eatery is a perfect place to eat healthy if customers are trying to maintain a healthy diet.

It is located on 21200 St. Andrews Blvd, Boca Raton, FL, 33433.
RODWELL’S TAKING OVER THE LABS
Graduate Student Megan Rodwell Assists Students In Their Lab Sets

Above: Graduate student Megan Rodwell received her bachelors degree in science, and is now the graduate/lab assistant at Lynn. LU Photos.

By AMANDA FELDSTEIN
Staff Writer

Megan Rodwell graduated from Lynn last May with a bachelors degree in biology. She is now tackling a new area of study as a psychology graduate student while also working in the science labs as the graduate/lab assistant.

Rodwell’s role is to assist the students with their labs, set them up for success with the proper materials and aid the professors in each of their duties.

This new role is very different from Rodwell’s days as a student in the lab. This time she is seeing the other side of how the labs are set up and administered.

“Being on the other side of things is really cool actually. I get to help students with some of the same labs I did as an undergraduate student,” said Rodwell. “I help teach them the same concepts these professors taught me a few years ago. I work closely with the professors that once taught me. I get a ton of valuable advice daily.”

The advantage Rodwell provides to the students is something she wishes she had when she was a student.

“The classes aren’t too big and the science professors are always so helpful, but it’s impossible for a professor to help every group at the same time,” said Rodwell. “It would have been nice to have an additional person to answer questions and explain things whenever the professors are busy. It’s nice to have two sets of eyes during dissections and practicals too.”

Not only does Rodwell’s new position help the students and the professors but it helps her as well.

“I learn something new everyday, and that’s my favorite part about being the lab assistant, and science in general,” said Rodwell. “As a student, you only participate in the lab. As the assistant, I see everything that goes into running a lab; like taking inventory of chemicals, disposing waste properly, prepping labs and keeping specimens alive. I even got to feed the snake a mouse.”

Since there are labs going on every day during the day and at night, Rodwell’s schedule can get pretty busy. Although she is not required to be at every lab for the entire duration, she puts in extensive hours.

Time management has become a key component for Rodwell’s success as a student and a lab assistant.

“It was challenging the first few weeks, but now that I have a routine it has become much easier,” said Rodwell. “Mondays, Wednesdays and Thursdays are the busiest lab days for me, so I try my best to complete my schoolwork on the other days of the week.”

Efficiency has always been a part of Rodwell’s college career as she had competed four years as fighting knight on the women’s soccer team while studying for her undergraduate degree. Rodwell has taken all of the skills that she has developed with her to this brand new part of her life.
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FACEBOOK TAKES OVER CAMPUS
Students Believe That Facebook Is The Most Widely Used Social Media

By JORDAN VERDAEIRO
Copy Editor

In recent years, young adults have been using different technologies to make friends and keep in touch with them. Social media plays a huge role in this generation.

Apps such as Twitter, Instagram and Facebook are especially commonly used amongst the community to stay connected with both friends and family members. Some of these social media sites are used more often than others.

Facebook is one social media site that seems to be sticking around over the years, especially when it comes to college students. Students find themselves on Facebook more often now in college than when they were in high school.

It is a way to kill time and connect in between classes, homework and meals at the dining commons.

According to Colleen O'Connell, freshman, enjoys her usage tactics when meeting new friends in college and how to keep in touch with them.

“When I meet new people, I friend them on Facebook, or vice versa,” said O'Connell.

By simply looking up someones first and last name, people are able to add them as a friend and find more about them and what they enjoy doing.

“When putting up college pictures, we can tag one another to show our friends back at home what we are up too,” said O'Connell.

Not only is Facebook popular within the American culture, but is well known throughout the entire world which makes it so fundamental at an international school.

“Even the international students use it,” said Energy Maburutse, senior. “I never used to use as much as I do now before I started college. I check the news and message people back at home in Africa.”

“I use it more to keep in touch with my mom, and to see what my friends are doing in other states and at other colleges,” said Lauren Marana, freshman.

Keeping in touch and staying connected with friends and family today is much easier with the use of social media. Pictures, status updates and selfies enable fellow students to show how they are living it up, allowing friends and family to comment, like or share information, creating one big pool of social media to bring everyone together.
By NICOLE DIRENZO  
Staff Writer

Apps are used by many users and can make life easier in many circumstances, including a way of guidance for fitness and nutrition.

Fitness and nutrition apps have been increasingly popular over the years. They can help anyone from beginner to novice reach their goals.

Erica Brigati is a registered dietitian who finds apps extremely useful.

"Using fitness apps can help make fitness and nutrition fun," said Brigati. "Since we're all constantly tethered to our smartphones, apps give us instant access to fitness and nutrition info."

MyFitnessPal is a very popular app that is useful in assisting with one's goals. The app will monitor whatever one's goal is, whether it be fat loss, muscle gain or just maintaining a goal weight. It calculates the person's macronutrients and counts the amount of calories one takes in. It also consists of a very large search for any type of food, already equipped with nutrition facts.

Brigati would agree that MyFitnessPal is one of the best apps for nutrition.

"MyFitnessPal allows me to follow a more flexible meal plan while still ensuring I hit my macronutrient and micronutrient goals," said Brigati. "I can also integrate it with my Fit Bit to track calories in and out."

Another great app for nutrition is Restaurant Nutrition, which includes all restaurants and nutrition facts for their meals. This will help one stay on track, but still be able to go out to eat.

There are also plenty of workout apps such as Workout Trainer and Body Space that include exercise routines and ideas that keep anyone's workouts interesting and different.

A current popular way to work out is Crossfit, and there are even apps to better your Crossfit experience.

"My favorite app for fitness is Wodify," said Harry Rosen, senior. "It helps me to better understand my daily Crossfit workout and accomplish my tasks, all while allowing me to compete against other local Crossfitters."

Fitness and nutrition apps can help any individual learn, stay on track and have fun at the same time.

Above: Many workout apps help individuals maintain a healthy lifestyle on the go. Stock Photos.
WOMAN SUES OVER PRIVACY ISSUE

Nurse Allegedly Took A Photograph Of A Patient Who Attempted Suicide

By ISABEL MEMBRENO
Staff Writer

Violation of privacy seems to be quite common nowadays due to the Internet. People often share images online that end up going viral and unfortunately, violate the privacy of those in the pictures.

This was the case with an L.A. woman who sued a hospital after a nurse took an unauthorized photo of her and posted it online.

"People should think twice before posting photos online," said Isabela Leal, freshman.

The incident happened at the Los Angeles County+USC Medical Center, where a nurse allegedly took the photograph of the patient, who had gouged her eyes out with pencils as an attempt to commit suicide due to severe depression.

Despite the fact that the names of both the victim and the nurse are undisclosed, Joshua Shivers and his mother, Linda Araujo Shivers, are being charged with the distribution of the photograph.

The nurse who took the photograph in the first place shared it with her nephew, who then decided to share it with Shivers. Shivers then continued to distribute the photograph online on a social networking site, where it soon went viral.

"Violation of privacy can happen to anybody," said Daniela Cruz, freshman. "It's really unfortunate, but people don't think of others while posting things online."

The patient, who is now blind, had no knowledge of the photograph and was oblivious to the popularity it gained on online forums. It was only after she tried to get better by receiving psychiatric help, enrolling in college and learning Braille, that she found out about the photograph, which then led the woman to fall back into depression.

"Photos go viral really quickly online," said Jesus Villanueva, sophomore. "Once they do, there is really not much that can be done."
To view the iPulse online, visit www.lynnipulse.org

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<table>
<thead>
<tr>
<th>Editors-in-Chief</th>
<th>Web Editor</th>
<th>Graphic Editor</th>
<th>Photographers</th>
<th>Staff Writers</th>
<th>Stephen Goldsmith</th>
<th>Deshani Gunathilake</th>
<th>Tiarsha Harrison</th>
<th>Perry Hirsch</th>
<th>Johnathon Hunnewell</th>
<th>Hauwa Indimi</th>
<th>Zenas Jones</th>
<th>Toni Jordan</th>
<th>Adira Kessler</th>
<th>AnaMarcela Uanes</th>
<th>Mustafa Mosally</th>
<th>Karina Monroy</th>
<th>Clarissa Myatt</th>
<th>Rafael Pineda</th>
<th>Keeley Shields</th>
<th>Christian Uecker</th>
<th>Amber Williams</th>
<th>Roberta Zacagnino</th>
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<tbody>
<tr>
<td>Brooke Rudisilli</td>
<td>Brittany Butler</td>
<td>Ruth Augustin</td>
<td>Paolo Barros</td>
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<td>Rigi Andrade</td>
<td>Danila Atlas</td>
<td>Kate Brittan</td>
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**LYNN UNIVERSITY**
Plus:
The Avengers
Dropping Gas
Prices
It's Only A Play

LYNN KNIGHT MADNESS
The Basketball Teams Take Center Court

Exclusive:
LYNN ADMISSION
The Voices and Faces of Lynn
JUST A LITTLE BIT OF LAUGHTER

Everyone Has Hard Times, But One Should Laugh Instead Of Cry

By ADIRA KESSLER
Staff Writer

Begin this glorious day with an inspirational song and laughter. When you get a chance, go to a mirror and tell yourself how awesome you are. Sometimes, when you reach out to uplift another individual, you find yourself being uplifted as well. Go out there and make someone else’s day.

When it comes to bad luck, sometimes the most beneficial reaction is to use our sense of humor to make light of any situation. Everyone can choose how they want to view the situation or event, they can choose their response, and decide whether to laugh or scream. Some examples could be: a smoothie exploding in your room, or walking into a door or your glasses breaking when your contacts rip.

LAUGHTER

In regards to bad luck and mishaps, there is but one difference between real life and a comedy:
Reality has no laugh track; thus, we must be our own.
Provide our own laugh track.
View the scene as a sitcom.
Mishaps are merely comical moments when we choose to see them as such.
Laughter is liberating,
Laughter is healing.
Take your thoughts lightly
believe not everything you think.
Life is meant to be enjoyable
So let us laugh at ourselves,
welcome the humor of irony,
and appreciate moments of comedy.

Above: There is laughter all around campus. Staff Photos/D. Rodriguez.
Student Life

THE VOICES AND FACES OF LYNN

Telecounselors and Tour Guides Are Here For Potential Students

By VICTORIA ALVAREZ
Copy Editor

Before a student decides to commit to a university, there is a series of steps that they must go through before completing the decision-making process.

When deciding on what university is best for them, a student must do more than just research the school and watch a few videos on campus and residence hall life. In reality, a high school senior, and even some juniors and sophomores, must talk to the university and go on various campus tours to get the right feel for the school.

At Lynn, there is a dedicated group of students that work hard to get prospective students to find their place at the school. This group, a mixture of ages, ethnicities and backgrounds, are the telecounselors and tour guides of Lynn.

Telecounselors are the voices behind Lynn. These students call and email prospective Fighting Knights to not only inform them of upcoming events and facts about the school, but also to get to know them, connect with them and develop a relationship with those students.

The Lynn telecounselors are aware that no average high school student wants to be lectured about a university over the phone. Instead, they want to talk to a real person who is interested and invested in the conversation at hand.

Knowing this, the telecounselors go out of their way to ensure that the calls that they make are personalized and sincere, because that is what the student deserves, a phone call with someone that they can connect to.

"Being a freshman at Lynn, I remember when I got a phone call from a telecounselor last year. It really made me feel like the university cared and it definitely pushed me in the direction of choosing Lynn," said Tyler Bean, freshman. "Now that I am a telecounselor this year, I try to make sure I can do the same thing for the students that I call. From talking about the school to just college life in general, I want the conversations to be 100 percent genuine."

Following phone calls about open houses, campus tours, Lynn experiences and college life are made, the next group of students, the tour guides, step in to help the visiting high school students make the right decision for themselves.

"When I take students and their families on a tour of the campus I like to make sure that I cater to their needs and interests while also answering all of the questions that they may have about Lynn," said Francheska Sandoval, junior. "By the end of the tour I want the student and their family to understand what Lynn is all about and have no questions left to ask. That's my goal, to make them feel welcome and informed."

When a prospective student first comes on a campus tour, they expect to just walk around the school, hear a few facts and then make their decision from there. However, Lynn takes it a few steps forward.

From getting their name on a parking spot outside to getting a personal tour and a one-on-one meeting with their admission counselor, students that go on campus tours are given special treatment. However, this special treatment would not be made possible without the tour guides.

"I think the roles of both the telecounselors and tour guides are very memorable when it comes to a student making their college decision. When a student meets and interacts with these two groups, it's great for them to feel that they can talk to them and connect with them," said Frederico Glitman, Admission counselor. "These students and the work they do makes a huge impact. In fact, 70% of the students who enrolled last year had visited campus at either an Open House or campus tour. So that shows that both the conversations with the telecounselors suggesting visits and interactions with the tour guides at the school make a huge difference."
**World News**

**GAS PRICES DROPPING NATIONWIDE**

*US Citizens Are Taking Advantage Of The Low $3 Per Gallon Prices*

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By RIGI ANDRADE  
Staff Writer

Due to the fall in the price of oil per barrel, gas is now at an average of $3 per gallon and consumers have been buying more gas. This low price has not been seen in years.

"All around the country, gasoline prices have been falling for weeks, down to an average of about $3 a gallon," said Marilyn Geewax of National Public Radio. "Those lower prices are helping restrain inflation across the board."

"The oil price has fallen by about 25 percent since its peak back in June of $105 a barrel," said Stephen Moore of the Daily Signal. "This is translating to lower prices at the pump with many states now below $3 a gallon."

Due to the drop in oil and gas prices, American businesses and consumers can save a total of $200 billion annually if these lower prices remain constant. This helps stimulate the American economy because it is an extra $200 billion we can save.

"At present levels, these lower oil and gas prices are the equivalent of a $200 billion cost saving to American consumers and businesses," said Moore. "Now that's an economic stimulus par excellence."

Some believe the price of gas is dropping because Americans have started to find other forms of energy to use but with Europe's economy being in a wreck, the European demand for oil has decreased.

The United States has also been able to increase the amount of natural gas it produces through hydraulic fracturing and horizontal drilling. These new methods have increased the domestic supply by 50 percent, while the production of oil has doubled in the last six years in Oklahoma, Texas and North Dakota.

"Demand has slowed because Europe is an economic wreck. But since 2008 the U.S. has increased our domestic supply by a gigantic 50 percent. This is a result of the astounding shale oil and gas revolution made possible by made-in-America technologies like hydraulic fracturing and horizontal drilling" Moore said. "The U.S. has become the number one producer of natural gas."
ATHLETE SCANDAL OVER GRADES
UNC Basketball Alumni Claims Making Deans List Without Attending Class

By CLAIRISSA MYATT
Staff Writer

While many athletes use top-notch universities as a springboard for making it to the big leagues, they do not see it as a place to most importantly receive an education.

Athletes choose a place where they can get noticed by scouts in hopes to be drafted to the next level, the ultimate level.

It is old news that the University of North Carolina has not been the most honest in their student-athlete department. Coaches, academic advisors, faculty and students have all been involved in the scandal of academic dishonesty over the years.

Newsobserver reported, "The 18-year scheme kept athletes with poor grades eligible to play by generating inflated grades, often through classes advertised as lectures that had been quietly converted into bogus independent studies. The classes involved at least 3,100 students, about half of them athletes."

While this is surely happening at other universities in the country, the difference is that UNC got caught. Being ineligible to play is an athlete's worst nightmare.

Current NBA free agent and UNC alum, Rashad McCants recently came clean about the allegations and simply assured what was convinced in everyone's minds already: that athletes are getting a free pass in order to play.

The former Tarheel landed a spot on the dean's list as well as claiming the 2005 National Championship title. Seems a little hard to juggle and it was as he admittedly reported that he simply never went to class, which makes getting on the deans list an impossible feat.

"We were there to enhance our athletic abilities. As an athlete, you get a scholarship to the university to play basketball and they didn't steer us in the direction of educational enhancement," McCants told CNN.

Of course, any student-athlete would admit to feeling that way. After all, more hours are spent training than on homework.

A double standard has been set and predictions that more and more universities will be caught in these situations. While some athletes clearly cannot make the cut to survive in such universities, look at the reading level of UNC athletes, most are below the third grade average. For others, like McCants, "it was that I clearly didn't go to any classes," he told CNN.

It is unknown what penalties UNC will face, but what is known is that the double standard is unacceptable and will soon be put to an end after an 18-year journey.
STUDENTS SHOW SPIRIT AT LYNN KNIGHT MADNESS

By AWA DIA
Contributing Writer

On Oct. 27, Lynn hosted their second annual Lynn Knight Madness. The night was hosted in the deHoernle Sports and Culture Center. The night started off with food and games and ended bittersweet with a sad goodbye and a new step forward.

The tailgate began at 7 p.m. Students got a chance to socialize and eat great food before the start of a fun night. Many vendors such as Pizza Hut, Voodoo BBQ and Shane’s Rib Shack were present to serve delicious food to students of Lynn.

As the event started, free T-shirts were given out to the first 500 people that entered the gym. The event started off by introducing the men and women basketball players. After the introduction, a quarter scrimmage was played on each team.

The theme of Lynn Knight Madness was basketball so all the fun contests were basketball related. Musical chairs was one of the many that had the crowd passionate and eager to see who would win.

“It was really fun and I am glad I had that experience,” said Angelica Ortiz, freshman, who played musical chairs.

At the end of the night, Lynn students got a chance to say a final goodbye to Big LU, Lynn’s beloved mascot.

“Seeing LU get buried was sad for me especially because I’m graduating,” said Jocelyn Grayson, senior. “It kind of felt like the end of an era.”

The school went a step further when burying their old mascot by providing a burial and eulogies. Lynn showed the meaning of Big LU to the students and faculty.

“I think it was a lot of fun and I had a great time with my sorority and cheering on everyone we knew who got to do a contest,” said Jacqueline McAllister, senior. “I think it brings school spirit and gets everyone involved. It also introduces the teams and does something special for them. I think we should have something special for each team to get recognized.”

Lynn Knight Madness was a great way to have everyone together enjoying food and sports at the same time. Wonder what new surprises will come up next year.
Above: In addition to the basketball teams, the night featured a tailgate beforehand and a memorial for Big LU after. Staff Photos/D. Rodriguez.
“AVENGERS: AGE OF ULTRON” SNEAK PEEK
Marvel Fans Are Geeking Out After The First Trailer Was Finally Released

By BRIAN MARTIN
Staff Writer

At long last, Marvel has released the trailer for “Avengers: Age of Ultron” online.

The trailer gives off a menacing feeling, as James Spader narrates during the trailer as the titular villain. To start off, the trailer paints a very dark time for the Avengers, as they must face a powerful robot named Ultron.

The story takes place after the events of this year’s “Captain America: The Winter Soldier,” the covert organization known as S.H.I.E.L.D. is no more and Tony Stark is funding the team.

After the conclusion of “Iron Man 3,” Stark has decided to retire from being Iron Man and invents this robot called Ultron to take his place. Things don’t go according to plan as Ultron decides to decimate the planet and the Avengers step in to thwart his plans.

The trailer starts off by showing a few shots of various locations that are in a state of chaos and cuts to a few shots of the main characters. It then cuts forward to a partially destroyed robot walking in and puzzling the Avengers with a speech.

The trailer goes on to show various action shots and a few snippets of the main characters, such as newcomers Scarlet Witch and Quicksilver as well as old characters returning such as Bruce Banner and Nick Fury.

There were also a few notable shots in the trailer that stood out.

One was a fight between a Hulkbuster-armored Iron Man and Hulk. This fight was first teased with concept art shown for the movie a few months back. The reason for what sets off this brawl between the two remains to be seen.

Another notable shot was of Ultron with Scarlet Witch and Quicksilver. This might be a plot to convince them to join his war against humanity. But if anything, that plot will most likely backfire.

Some other shots include an army of Ultron drones and Captain America’s broken shield.

The trailer concludes with Ultron saying, “Now, I’m free. There are no strings on me” and a face shot of the mechanical menace.

The film is making a few changes from the original comics to keep in line with the current movie timeline and what Marvel studio can work with.

One change is that Ultron’s creator is Iron Man. In the comics, Hank Pym, the original Ant-Man, is the creator of the android.

Since that character’s film hasn’t been released yet, Marvel thought it best for Iron Man to take the role.

“I’m scared they’ll mess it up,” said Ahmed Ashraf, freshman. “If past superhero movies have taught us anything, it’s that the director will always make adjustments to the bad guy even if it means changing their identity for the younger crowd.”

Despite some noticeable changes from the comics, the film looks to be even more serious and action-packed than the previous installment if the trailer is any indication of the events to come.

People are certainly excited for this film.

“I thought it was really cool and exciting with a lot of action and I feel like there’s more action compared to the first movie,” said Christian Uecker, senior.

“Looks like it is going to be their best movie yet,” said Za’Keya Dorsey, freshman.

Can the Avengers thwart Ultron’s plans and save the planet? Fans will find out when Avengers: Age of Ultron arrives in theaters in May 2015.

Entertainment

“IT’S ONLY A PLAY” ON BROADWAY

An All-Star Comedy Cast Brings a New Play to Life on the Great White Way

By KEVIN STUDER
Editor-in-Chief

Comedy duo Matthew Broderick and Nathan Lane are taking over Broadway once again with Terrence McNally’s new play comically entitled “It’s Only a Play.”

Broderick and Lane are also joined on stage by a great comedic ensemble. Stockard Channing, who played Rizzo in the film “Grease,” Megan Mullally from the show “Will & Grace” and Academy Award winner F. Murray Abraham return to Broadway in this show. “Harry Potter” actor Rupert Grint and relative newcomer Micah Stock round out the cast in their Broadway debuts.

The show centers on the opening night of a Broadway show. After the premiere, the actors, director, playwright, producers and friends eagerly await the opening night reviews. The show aims to remind people why there is "no business like show business."

“If you’ve never been to an opening night party of a Broadway show, then you haven’t lived,” Abraham joked to Broadway.com.

Grint spoke to Broadway.com about his involvement in the play and how it is working with some current Broadway legends.

"[The cast is] just so funny and they’re so experienced," said Grint. "I’ve learned so much just being in the room with them."

While most people go to the theater to have shows take them away from the world, one will notice that there are not many shows about the theater. Though, people will enjoy seeing this show because it is like a reality television show for theater.

“No matter what, we go on,” Lane said to Broadway.com. “You can kick us ‘til we’re bleeding but we get up and say, what’s next?”

Since its opening, the show has been doing remarkably well and has been close to selling out most of its performances. Unfortunately, those who want to see the show will have to go soon as it has a limited run. The final curtain will fall on Jan. 4.

The Gerald Schoenfeld Theatre in New York City is presenting the show with tickets starting at $72.
FIGHTING KNIGHTS MARCHING ON
Lynn Offers Students The Opportunity To Enroll In The Graduate Program

By KEELEY SHIELDS
Staff Writer

A college career does not have to end after graduating with an undergraduate degree. Students are able to extend their studies in Lynn’s graduate programs.

These programs are built with working professionals and are taught by industry experts.

Focusing on career and professional development, application of knowledge bases, clarification and development of professional and personal values and the enhancement of intellectual and professional skills really makes each program unique.

The best thing about Lynn’s graduate programs is that students can complete most degrees in just one year, which allows them to keep the focus they need for their success.

“Even though I’m only in my first semester, I have already learned so much,” said Megan Rodwell, graduate psychology student. “The professors I have really make things more interesting with their interactions and personal experiences.”

Another great thing Lynn’s graduate programs offer is that no graduate record examinations (GRE) or graduate management admissions test (GMAT) is required to apply. Students can choose between taking courses online or on campus in just eight short weeks.

“The online MBA program with international business specialization has enabled me to be able to work full time, and complete my masters degree very quickly,” said Kyle Butcher, graduate student. “It is very efficient compared to other grad school programs.”

There are 24 options available to students that will cover current issues and topics in whatever field they choose.

“The graduate program blends those already in the workforce as well as recent graduates, which provides a unique and positive experience,” said Angie Caple, graduate student. “While being extremely interactive, the Mohammed Indimi International Business Center provides a fresh and new way of learning for the graduate program.”

Lynn seeks graduate students with maturity, academic ability, motivation and discipline.

To receive admission to the program, students must fill out the application available online or head to the Office of Admission for a better understanding of what it takes to take part in the Lynn graduate programs.
Above: Photos shared on social media websites this week that used the hashtag "WeAreLynn." Share yours now and see it here! LU Photos.
THE ORDER OF THE GRAIL KNIGHTS
A Masked Secret Society Is Gaining Recognition For Its Acts

By ENERGY MABURUTSE
Staff Writer

Established on the principles of integrity, kindheartedness, service and pride of the community, Order of the Grail Knights (OGK) is a secret society at Lynn that most students have never heard about.

Yet the group has played a significant role in many of the lives in Lynn community. The purpose of this society is to show appreciation for individuals who excel in their endeavors and at the same time, stand as a supportive pillar for those members of Lynn family going through hard times.

“They are known to give out white roses deepen in blue to people, teams or groups of individuals who have gone above and beyond the call of duty or they may give the rose to an individual who is going through hard times,” said Dr. Phil Riordan, the Vice President of Student Affairs and Founder of OGK.

“We try to send them a rose just to say we are thinking of you, hope things get better and our thoughts and prayers are with you.”

Riordan proceeded to comment on how important it is to the society that everything stay secretive.

“We secretly go about giving those roses and only twice have the Knights been seen in public once last year and a couple of weeks ago when they presented roses to people and they appeared covered,” said Riordan.

There are many students that have been involved with this society and the rule behind it is that the students involved will only reveal themselves on the day of their graduation.

“It was so much fun to be part of OGK. I was truly honored to be part of such a genuine group of people with the motive to make people happy in their hearts. But don’t try and ask me who else is in it because I won’t tell,” said Liz Raffa, former Grail Knight and graduate student.

Established in 2012, OGK keeps on doing a job that most of the clubs on campus are not capable of.

“Anyone can be part of the society. All you have to do is come and talk to me and I always tell people that you can’t tell mom and dad, your significant other or even tell your pet,” said Riordan.

Above: The Grail Knights are a mystery to all on campus. LU Photos.
GETTING FIT THROUGH TRAINING
Iron Athletics is Florida’s Premier Private Training Facility For Students

By NICOLE DIRENZO
Staff Writer

Eddie O’Donnell is the owner of Iron Athletics, a new facility with a twist on a personal training right in Boca.

Iron Athletics is a one on one private training facility where a variety of impressive trainers can work with any client.

"Iron Athletics is private, it is exclusive," said O’Donnell. "It is targeted for any client’s specific goals."

O’Donnell is new to owning the facility, but his passion for fitness and sports, as well as his vast knowledge of personal training has led him to opening a desirable gym for any trainer and their own clients.

"I enjoy owning my own gym," said O’Donnell. "I have built and designed it as what I think a gym should be."

Iron Athletics has top of the line equipment, many of which are rare and unique, and are not found in many other facilities.

O’Donnell took time and consideration when designing his gym, ensuring that any goal can be met. He focused on free weights and cables so that any client can learn proper form and function as well as be continuously engaged.

There is also a turf strip for a variety of circuits, which is not only helpful for athletes, but any person looking to get fit.

The three types of training O’Donnell focuses primarily on are strength training, functional training and athletic training. Each if these target a variety of clients and their needs, whether it be muscle gain, weight loss or athletic purposes, such as sports teams and players. O’Donnell is able to train any type of athlete for any sport in his facility.

“Functional training is exercise and movements that are natural to the body," said O’Donnell.

O’Donnell is also planning on beginning boot camps three times a week, which is open to anyone who is trying to work on their fitness goals. He explained that the first step for anyone to live a healthy lifestyle is to become motivated, which is part of a trainer’s job.

“If you are trying to gain motivation for a healthier lifestyle, it is crucial to get a trainer," said O’Donnell. “Even professional athletes have trainers. You need accountability. With a trainer you have somebody to push you.”

Working out with a trainer provides a surplus of positive aspects for any person, whether they are just starting their fitness journey, or are an athlete; it is important to have somebody knowledgeable to motivate and help one learn.

Above: It is easy to get into better shape in Boca with the help of Iron Athletics. Stock Photos.
LYNN SOCCER BETTER THAN BEFORE
Javier Mochon Lopez Reflects On His Last Season With The Fighting Knights

By CLAIRISSA MYATT
Staff Writer

Starting defensive center number four, Javier Lopez Mochon, senior, reflects on this men's fall soccer season.

"Everyone who comes from the bench is really good. They increase the intensity during the whole game," said Mochon. "Everyone is so focused on the goal."

The team has increased the intensity from last year going 13 wins, one loss and one tie this season. With a stronger team chemistry this year, players are more aware of each other's strengths and weaknesses and have been successfully building off that this season.

"Between this year and last year, we just decided to start really strong from the beginning, and last year we started, at the beginning, we had a couple tied games and losses and that affected us at the end. We started playing really good in the middle of the [last] season, so we couldn't really make it. We learned from last year, and we told each other that we had to be really strong," said Mochon.

The starting lineup from last year has not really changed much, but as seniors prepare to end their college careers, new players will take their place and will have to adapt.

"Almost everyone from last year is a starter. We already know each other better, I know what my other players are going to do," said Mochon. "We worked on our defensive shape to take away chances for the other team. This year we have been putting the ball in the back of the net." "We study the rivals on film, and how they play. So depending on how they do we try to adapt ourselves. We practice two times a day: once at 7 a.m. and 2 p.m," said Mochon.

Above: Mochon playing on the field with teammate Chris Hellmann. Staff Photos / D. Rodriguez.
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"We don't stop here. Now we want to win the national title."

CHRIS HELLMANN
Sunshine State Conference's Player of the Year

Plus:
Marvel Movies
Man's Best Friend
Family Films

Exclusive:
EVENTS AT LYNN
THE UPCOMING EVENTS
THE SERENITY NATURE BRINGS PEOPLE
If People Go Outside, They Can Witness The Power Of Nature

By ADIRA KESSLER
Staff Writer

Open your eyes, step outside, and see the beautiful clear blue skies. This morning has a freshness you cannot miss.

How often do you stop to smell the flowers... literally? Do you ever wake up early simply to watch the sunrise?

This world is awesome, the weather is nice, and Lynn campus is beautiful. Nature is amazing. Take a moment to admire its beauty.

THE POWER OF NATURE

This world is a gift, Its nature is so incredible. We need to open our eyes To see the awakening Sunrises, Enjoy the calming Sunsets, Feel the exhilaration of Storms Breathe in the fresh sweet Breezes Admire the power of the Lightning And hear the might of its Thunder. And witness the light of a silent Meteor.

This is the power of Nature.

Above: Lynn students and staff finding inner peace while immersing themselves in the beautiful outdoors all over the world. LU Photos.
Student Life

SEE WHAT IS COMING UP AT LYNN
One Just Needs To Get A Ticket For Some Exciting Lynn Events

By KEELEY SHIELDS
Staff Writer

Lynn introduces many events on campus to the students that range from CEO speakers, to music recitals. The university offers much for students to do, watch, and gives them opportunities for entertainment on campus, and to experience things from professional views. Almost every week there is something that students can enjoy on the Lynn premises.

Lynn’s beautiful Wold Performing Arts Center is home to many upcoming events including the 12th annual Gingerbread Holiday Concert, which attracts parents, grandparents and kids of all ages onto campus to enjoy seasonal classic performed by the Lynn University Philharmonia. This annual event raises much-needed scholarship funds for the conservatory’s most deserving, talented student-musicians who hail from all over the world. Purchase your tickets now, and head over to the dazzling Wold Center on December 7th.

“Every time I step into the Wold there is always such a good clean energy” stated Joe Anzeveno, senior. “It’s such a great place to attend events, and I am glad we students have the opportunity to attend a place with such class.”

The Wold however is not the only place for Lynn events. The new business center always creates opportunities for students to not just watch something, but get involved. The CEO speaker series invites many astounding CEOs from all over the world to speak to students and provide them with information necessary for succeeding in today’s competitive business world.

“The CEO speakers that Lynn has produced for their speaker series over the years have been impressive,” stated Thomas Sullivan, junior. “Not only are they founders of multinational corporations, but their speeches are interactive in a way that allows them to effectively express and share their insight on business with the students.”

Throughout the school year these series held allow students to listen to, ask and shake the hands of inspiring people who once were just like them. The next series is Nov. 19 and hosted by Deana Pizzo, the CEO of IT Solutions of South Florida.

“I think speakers coming to Lynn is a good thing because it gives us, the students an insight on what to expect in the real world,” stated Nikki Haben, senior. “It allows us to network with great people.”

The CEO series are a perfect example of the Lynn mentality to help students, provide them with great experiences and create an environment that they want to be in.

Whether its our conservatory putting on a phenomenal show, or bringing in inspiring people to get you on the right track to success, Lynn has an event for everyone. Check out more exciting upcoming events at http://events.lynn.edu/upcoming-events. See you by the stage.

Above: Upcoming events happening at Lynn, including CEO Speaker Deana Pizzo, will be featured in the Wold. Stock Photos.
A DOG IS A PERSON’S BEST FRIEND
Dogs Have Always Had A Huge Impact On People’s Everyday Lives

By DANIELA AVA
Staff Writer

People have always had an unconditional love for dogs because of their companionship. They are truly man’s best friend.

In the U.S., it is very common for people to have pets in their houses. 62 percent of American households include at least one pet and approximately 42 percent of homeowners have dogs. Even though the world is divided between cat and dog lovers, most people tend to like dogs over cats as they tend to be better company.

At Lynn, 100 people were asked to choose between which pet they prefered and dogs won with an incredible 92 percent over eight for cats. Dogs tend to bring more companionship rather than cats because they are more independent. Also, dogs are more playful and joyful; they are always there with their owner.

In Boca, there are different ways of getting a dog; people can buy one at the two most popular places. The first one is Heavenly Puppies, located at 301 North Federal Highway, where they usually tend to have puppies exhibited and if the one that the client wants is not there, they can see if they can get hold of one.

“I have two friends that bought their dogs in Heavenly Puppies,” said Valeria Vega, senior. “One turned out to be beautiful and healthy and the other one gave a terrible allergy to the owner and had to be returned.”

On the other hand, Palm Beach Puppies has amazingly gorgeous and cute puppies as well. They are located at 9858 Clint Moore Road, and it is believed to be the store with the best dogs in town. Once someone enters this store, they have to leave with a puppy because they are the best one around.

“One of my friends from Caracas just bought a toy poodle there,” said Saul Bretto, freshman. “She is in love with her puppy and has had no trouble at all with the puppy; she’s the cutest dog I have ever seen.”

Even though there are many places to buy puppies from, there are also a lot of options for rescuing and adopting dogs around. The options are Peggy Adams Animal Rescue, Humane Broward, A Forever Home Animal Rescue, Tri-County Animal Rescue, Chessed Rescue, Dezzy’s Second Chance Animal Rescue, Have a Heart and Florida Humane Society.

Even though Boca not having homeless animals is a misconception, there are abandoned and mistreated dogs and cats everywhere and they need a good and safe home to have a second chance and a good life in.

“My brother adopted a dog,” said Gabriela Ibarra, freshman. “He is so happy to not just bring happiness to himself for having an amazing new dog, but mainly to the dog. He has seen the difference with Brus, his dog, since he got him; he is now more happy, comfortable and playful.”

For commuters, getting a dog is highly recommended to cure loneliness, homesickness, need of love and to learn responsibilities to grow as a person. There is nothing better than getting home and having this awesome dog crying of happiness because their owner is back. Those people that have adopted or bought a dog treat them as family rather than a pet; they are the most amazing, full of genuine love and good vibes and energy must-have for people.

“I was so depressed without my dog that I had to bring him from Venezuela to live with me,” said Carlotta Kauffmann, senior.
Lifestyle

"I LITERALLY CAN’T EVEN RIGHT NOW"

It Is Time For The World To Turn The Phrase “I Can’t” Into “I Can”

Above: Women frequently use the phrase “I can’t even,” but it is now being changed to a more positive phrase. Stock Photos.

By CLAIRISSA MYATT
Staff Writer

“I literally can’t even,” is a phrase many girls have most likely said at one point in their lives. We’re all guilty of it, saying that we cannot do something despite the fact that we more than likely “literally” can.

The power the media has over society is impeccable. New hashtags and phrases change, it seems, every day and social media is the biggest way it is spread. Like fashion, new slogans come in trends. Last year the term “YOLO” spread like wildfire while this fall “#basic” has been all over media outlets such as Twitter and Instagram.

While that all may be used as fun and games, they are simply examples of the power the media has. It cannot all be blamed on media however, the truth of the matter is, we as a society have a lot to do with it as well.

It seems as though whenever something dramatic, funny or negative happens, the term “I can’t even” slips out of someone’s mouth, predominantly female. All of these phrases lead into what is known as a “catch-22” because as soon as “I literally can’t even” or “YOLO” is said, you turn into a “#basic.” See the vicious circle?

So here is a thought: why not break the circle by having more “I cans” in this world? Recently, iPulse has published things about the International Day of the Girl Child. The point is this: we are what is referred to as Generation Y, which means we have all the power.

Since the beginning of time, women have been put down with “can’t’s” on a daily basis. Voting, war, sports – the list can go on forever it seems like. Finally, we have reached a year and decade where it seems women are taking over and being given more and more freedom for equal opportunity.

However, the only thing standing in the way is ourselves.

It is time to stop saying “I can’t” and embrace the “can.” Stop calling oneself basic because in reality, we are all uniquely and individually made. There is nothing basic about us, and surely, there is nothing we cannot do.

As the youth of today’s generation, the power is in our hands to control the media and what gets put out and what starts trending. Create a new trend, spread the positivity and be the cans in the world.

Claissas Myatt is a senior majoring in Multimedia Journalism. This column does not represent the opinions of the iPulse, but her personal thoughts and views.
Above: A review of Player of the Year Chris Hellman's plays on the field at the Bobby Campbell Stadium over the fall semester. LU Photo
Sophomore Chris Hellmann has been tearing up the field this year as number 23 on the Fighting Knights' Men's Soccer Team. After being named the Sunshine State Conference's (SSC) Offensive Player of the Week multiple times this season, he was named the Offensive Player of the Year. Even better than that, SSC named him Player of the Year.

“This season has been an incredible journey so far. Now since we won the double [conference and conference tournament], we were rewarded for our hard work since summer,” said Hellmann. “We don’t stop here. Now we want to win the national title.”

Soccer has been a huge part of Hellmann’s life since he was a child. His father and grandparents were huge soccer fans when he was young and it rubbed off on him.

“My dad brought me to our local soccer club when I was 3 and since then, I never wanted to stop playing,” said Hellmann. “Soccer is my life.”

The German native is majoring in multimedia journalism with a minor in sports management. When he decided to come to Lynn, it was not just for soccer and academics.

“The chance of combining soccer on a high level and to get a degree was a chance I could not miss,” said Hellmann. “Having made the experience coming to a new country meeting new people with different backgrounds and culture was one of the other facts I knew would make me stronger and more mature.”

Though he has received many accolades this year, Hellmann knows all of this would not be possible without the help of his teammates.

“Earning this much recognition is an amazing feeling, but it would not be worth anything without team success. The team is all that matters,” said Hellmann. “My teammates [also helped] me get so much recognition by playing an amazing season so far. It would not be possible without them.”

Many people who have attended the games this year have noticed the increase in school spirit. Due to the fact that the team can play night games at home now, more fans are able to come out than ever before. Hellmann has noticed the fans, but also knows they can be a bit crazy.

“We had a lot of good crowds this year but it was really special [against St. Leo] and when I scored the game winner with three minutes left, I was celebrating in front of our home fans and one kid jumped over the fence celebrating with us,” said Hellmann. “Everyone was so pumped and happy that we didn’t even realize it until after when I saw a video of him jumping the fence and being in the middle of us guys celebrating.”

While he hopes to play professional soccer, he sees a lot in store for the future of the soccer team.

“This team has a great future ahead with a lot of young hard working, talented guys on the roster who are just waiting for their time to shine. The whole [Men's Soccer Team] has always been one of the best in [Division two] and nobody has to worry that this is going to change anytime soon,” said Hellmann. “I want to be part of successful school history and I want to help with good performances on and off the field.”

Whatever is in store for the future of the soccer team, Hellmann knows that he is part of something special and would not change a thing.

“Being part of this team is just amazing. I can proudly call that team my family and we will never forget these years we played together, especially winning this double this year and maybe more,” said Hellmann. “It is safe to say I made some friends for life on this team.”

The Men’s Soccer Team starts playing for the national title this Friday, so watch out for Hellmann on the field and support your Fighting Knights.
Entertainment

"AVENGERS: AGE OF ULTRON" SNEAK PEEK
Marvel Fans Are Geeking Out After The First Trailer Was Finally Released

By BRIAN MARTIN
Staff Writer

Over the past few years, Marvel Studios has been steadily growing with the release of a number of different movies that somehow manage to tie into the universe that they are all a part of.

So it is no surprise to hear that they have new movies coming out after next year's "Avengers: Age Of Ultron" and "Ant-Man" films. However, nobody could have expected that Marvel's next phase would be so big.

Marvel has announced nine new films for Phase three of the Marvel Cinematic Universe. That brings the total number of films in this stage to 10, including "Ant-Man."

"Ant-Man" will kick off this new phase in July 2015, but "Avengers 2" will lead into the next event that comes after that film.

The first film to be released after "Ant-Man" is "Captain America: Civil War" in May 2016. The film will be based off the comic book storyline "Civil War" written by Mark Millar.

The storyline saw the U.S. Government pass the Superhero Registration Act that forced superheroes to register themselves to the government. While Iron Man supported the bill, Captain America was appalled by this act and started a resistance to oppose the act.

"I would have to 'Captain America: Civil War,'" said Cody Gold, sophomore. "I'm interested in knowing Captain America's pursuit to find and rejoin with Bucky."

After "Captain America 3," "Doctor Strange" will release in November 2016. The film will follow the exploits of Dr. Stephen Strange with Benedict Cumberbatch eyed for the lead role. This film will introduce the supernatural element of the Marvel Cinematic Universe.

In May of 2017, "Guardians of the Galaxy 2" will see the return of everyone's space outlaws. The film will reveal who Peter Quill's father is and James Gunn will return to write and direct the film.

Following in July of 2017 is "Thor: Ragnarok." Details on the story are currently unknown, but with the title, one could assume that it could spell doom for Asgard.

In November of 2017, "Black Panther" will see the titular character get his own film on screen for the first time. Chadwick Boseman, star of "42" and "Get On Up," will play the character. Marvel has stated the character will first appear in "Captain America 3."

Marvel will then kick off a cosmic event in the form of "Avengers: Infinity War." The film will be split into two parts with Part 1 to be released in May 2018 and Part 2 in May 2019.

Both films will see the Avengers go to war against Thanos, who now wields the Infinity Gauntlet. The movies are taking inspiration from Jim Starlin's Infinity Gauntlet that saw Marvel heroes and villains unite to defeat Thanos after he kills half the universe with the Infinity Gauntlet.

Two films will take place in between both films starting with "Captain Marvel" in July 2018. "Captain Marvel" will be Marvel's first female superhero movie with DC already working on "Wonder Woman" for 2017.

The final piece to the puzzle is November 2018's "The Inhumans." The film will star a subspecies of humans that were experimented on by Kree aliens and given powers 7,000 years ago. It will most likely showcase the Inhuman kingdom of Attilan and its king Black Bolt along with his companions.

"I'm excited for Inhumans because it sounds like it has aliens in the movie," said Jake Golden, freshman.

With this many movies announced, this phase will prove to be Marvel's biggest yet and will showcase more aspects of the universe.

Above: Marvel. Stock Photos.
FIVE FAMILY FILMS FOR FAMILY FUN
Movies That One Can Watch With Their Loved Ones Over The Holidays

Above: There are many films about different types of family life that one can watch with their family over the holiday break. Stock Photos.

By KEVIN STUDER
Editor-in-Chief

As the holidays approach, there are going to be many instances with family members. As with real life, films portray family relationships in many different ways.

Here are five films that relate to family life in different ways that one can watch with their family over the holiday season.

In order to make everything perfect with your family, it would seem like time travel would be the perfect way to try to make things right time and time again. The 2013 film "About Time" explores this theory. Domhnall Gleeson stars in the lead role as Tim, a man who learns he has the ability to travel back in time.

Over several years, Tim keeps going back in time to help cope with the death of his father (Bill Nighy), to protect his sister (Lydia Wilson) and to make things right with the love of his life (Rachel McAdams).

Ewan McGregor and Albert Finney share the role of Edward Bloom in his young and old age, respectively, in the 2003 film "Big Fish."

As the old Bloom is on his deathbed, he attempts to make reconciliation with his estranged son (Billy Crudup) while surrounded by their wives (Jessica Lange and Marion Cotillard). The film is also comprised of vignettes of Bloom’s younger life and his encounters with a witch (Helena Bonham Carter), a circus ringmaster (Danny DeVito) and a giant (Matthew McConaughey).

Based on a true story, Sandra Bullock won an Oscar for her performance as Leigh Anne Tuohy in 2009’s “The Blind Side.”

The Tuohy family takes in a homeless Michael Oher (Quinton Aaron) and helps him throughout his high school football career before he makes it to the big leagues with the Baltimore Ravens. The film, which was also nominated for Best Picture at the Oscars, boasts an impressive cast that also includes Tim McGraw, Kathy Bates and Lily Collins.

For those who are looking for a more conventional family comedy, 2003’s “Cheaper by the Dozen” can serve many laughs. Steve Martin and Bonnie Hunt serve as the parents of 12 children (including Tom Welling and Hilary Duff).

As the parents move their family from Indiana to Illinois, they experience some family drama. Though, hilarity ensues as the children team up to try to solve their problems. The film follows the message that family members can mess with each other as much as they want, but no one else can.

From the director of “The Fault in Our Stars,” comes the 2012 film “Stuck in Love.” Following a year between Thanksgivings in the life of a divorced family, the film explores the relationships of loved ones inside and outside the family.

Greg Kinnear stars as novelist Bill Borgens, who has been struggling since his wife (Jennifer Connelly) left him. Their daughter Sam (Collins) no longer speaks to their mother and their son Rusty (Nat Wolff) spends time away during the holidays, but still worry about their father. As their dad figures out his love life with his divorced wife and a married neighbor (Kristen Bell), the children both navigate love lives of their own (with Logan Lerman and Liana Liberato, respectively).

All of these films depict family in different ways, but all follow the same theme of the importance of family. While away during the holidays, remember that family is the strongest bond and embrace it.
The Snyder Sanctuary is really starting to take shape. It will inspire individuals to explore their spirituality, no matter their cultural background.

Above: Photos shared on social media websites this week that used the hashtag "WeAreLynn." Share yours now and see it here! LU Photos.
Above: Photos shared on social media websites this week that used the hashtag "WeAreLynn." Share yours now and see it here! LU Photos.
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SPEND WINTER BREAK IN FLORIDA

Lynn Student’s now Have the Option of Staying at Lynn Over Winter Break

By DANIELA PAPADAKIS
Staff Writer

For winter break the majority of students want to go back home and see their friends and families, but not all. That is why this year Lynn will be offering students options to save money and remain in Florida over the three week break. Now that students can stay on campus, the dining commons will also remain open.

Lynn students think it is a good idea for the campus to offer other alternatives.

"Its good for students to be able to make the choice of staying or going back home," said Tabatha Braverman, freshman.

"Winter break back home will be cold, I’d rather stay here and have the family come and visit," said Harris Corrigan, a freshman.

Letting students stay in the resident halls for winter break is an excellent idea because there is a lot to do in Florida. Most students like to go to the beach and Miami. A lot of students from Northern states are now considering staying in Boca because they do not want to go back to the cold weather.

"It’s a good idea for students to have that option but I would prefer to go back home," said Anthony Calle, a freshman from Ecuador.

Since everyone has different plans about their winter break now they can decide whether to stay or go back home.

"It’s a great opportunity, I myself want to stay. Many people can’t go back to visit for the holidays, if you have a job here and can’t leave, it's cheaper to stay here on campus than to have to spend money on an apartment," said Aquiles Kunhardt, senior and Community Advisor for de Hoernle Residence Hall.

If students wish to stay on campus during winter break they will have to fill out the winter break contract found on their MyLynn account by Dec. 1, athletes included as well.

The weekly fee for staying on campus over break is $350 and it will include the meal plan at the dining hall commons. The fee will be placed on student accounts right after the first payment.
AN INTERNATIONAL THANKSGIVING

International Students Have a Variety of Plans for This Thanksgiving

Above: International students at Lynn have a variety of different plans for this years upcoming Thanksgiving break. Stock Photos.

By AMANDA FELDSTEIN
Staff Writer

One aspect that many students appreciate at Lynn is the full week off for Thanksgiving break. Not all schools do this, so being a highly populated international school brings a variety of different activities to be enjoyed throughout the week. South Florida is a popular vacation spot, so naturally students love being here.

Silvia De Leonibus, junior from Italy, plans to do exactly that. "I'm going to Santo Domingo because one of my Italian friends has a house there so he invited us to his place so we are going to go there for the whole week," said De Leonibus.

Next week allows international students to see other parts of the world besides South Florida. The advantage of going to school in America also allows internationals to become a part of a new culture.

Lauren Handley, senior from England, plans to spend her week off with her friend and her family in Orlando. "Last year I went with a teammate of mine to her home and it was lovely to get away from school and experience thanksgiving with her family," said Handley. "This year I plan to do the same, but with my other mate so it will be interesting to see the difference in tradition and what the entire week has in store for us," she added.

Along with traveling to other countries, international students can see other parts of Florida and the United States.

In Aaron Zucker's case, it is a waiting game. He is a sophomore from Germany, but is a member of the men's soccer team. Their success this year may affect his plans for the week. No plans have been made due to their potential to go far in the NCAA national tournament, but he does know he will be with his friends.

"We probably have to stay here for post season so we are not sure yet," said Zucker. "I will probably do something with the international boys on the team. Go and have a nice dinner somewhere or something like that," added Zucker.

Lynn's Thanksgiving break may not be directed towards international students, but it does not stop them from enjoying their time overseas or in America. Thanksgiving break gives everyone a rest.
SAFETY IS ALWAYS FIRST PRIORITY
Lynn's Campus Safety is Dedicated to Keeping Students Protected

By KEELEY SHIELDS
Staff Writer

Lynn wants its students to feel safe, 24 hours a day, seven days a week, which is why the hours the security is on call and available to students on campus.

"The security shack always has its lights on and are always so welcoming," said Jordyn Turner, sophomore. "Living on campus really makes me feel safe knowing that they are always a call or golf cart away."

The student safety at Lynn includes a standing Crisis Management Team that actively monitors, measures and enhances the university's emergency response capabilities and infrastructure. This team is comprised of administrators, staff and faculty representing virtually every area of campus, including the President's office, student life, campus safety and facilities, among many others.

The Hurricane plan is another aspect of safety Lynn has done a great job with. Lynn has been awarded distinction as a StormReady university by the National Weather Service. Being StormReady certified involves meeting various requirements in campus safety and security.

"During hurricane season last year my mom called me from home to make sure I was safe because she heard it on the Lynn University alerts sent to her," said Megan Dolan, senior. "It's nice that they keep everyone in the loop."

Fire safety is also something taken seriously as routine drills are mandatory throughout the year. Missing person protocols, are another serious security feature. Lynn will provide each student with a means to register such confidential information to be used if a student is determined to have been missing for a period of more than 24 hours.

"There are always security features around campus that make me feel safe at all times," said Jimmy O'Neil, senior. "They really do know what's best for the students and we are lucky to have faculty that understands us like them."

No matter what day, or what time it is, Lynn's security works hard to make sure students are safe at all times. Lynn works hard to assure that students have a safe home where they can live and learn through its Department of Campus Safety.

Students can always contact the security by calling 561-237-7226, or by emailing any questions or concerns to securitydispatch@lynn.edu.

Above: Lynn students are taken care of and protected 24/7 on campus by the campus safety and security team. Stock Photos.
To view iPulse online, visit
www.lynnipulse.org

Download our app
It's free!

Find us on the app store or
scan the QR code
By AMANDA FELDSTEIN  
Staff Writer

Dr. Khalique Ahmed is a well-respected professor in the biology department here at Lynn. He has been teaching here for the past 14 years and has experienced many beneficial changes to the university over the years.

"Lynn has transformed. When I came to Lynn you know things were very different, but now it's totally an all together a new campus."

"It has modernized everything, the teaching, learning, building, infrastructure. Transformational changes have been made by the president and his cabinet and the advisors like Christine Lynn and others."

Originally from Pakistan, Ahmed moved to Canada and then eventually to America. He has been in North America for the past 35 years now and the United States for 15.

"I think there are better teaching opportunities here, that's why I moved from Canada. America has the largest teaching institutions in the world so I would have better horizons to look at," said Ahmed.

Ahmed's studies began in Islamabad, Pakistan and continued in Winnipeg, Canada.

He began as a researcher but when his teaching career began he knew that was what he wanted to do. He has had many acc-

(continue on page 2)
complishments in his professional career in the sciences and teaching brings him the most satisfaction.

"I think the best accomplishment I can highlight is my effectiveness as a teacher. I was a good researcher when I graduated, I had not tried teaching," said Ahmed. "As a teacher at Lynn, I hear from my students that they appreciate my teaching and that is great to hear. So making an impact on my students."

Ahmed's scientific knowledge extends beyond the subjects he teaches and loves to incorporate other information in his teaching. He primarily teaches chemistry, physics and organic chemistry, as well as oversees the corresponding lab activities.

"I love teaching basic sciences, chemistry and physics, but I do show interest in comparing basic sciences to life sciences, like how neurons work and how they can explain behavior," said Ahmed. "I think I want to understand things at the fundamental levels so the other sciences should incorporate the basic sciences."

His thoughts on the basics are why he prides himself to pass on detailed knowledge so his students can carry the basics with them as they continue on in their scientific careers.

LYNN'S NEW RADIO RECORDINGS

The Radio and iPulse Team Up In Hopes To Expand To A Larger Audience

Above: Professor Harry Murphy works with students to feature content in an on-demand audio format is just another way to increase options for news consumers," said Dean Jaffe.

Murphy will be in charge of this new and exciting project. A man who teaches radio and voice-over production, Murphy also has had quite a bit of experience in the radio industry.

"iPulse is trying to give people an option on reading an article or listening to it," said Murphy. "The articles will be sort of edited down a little bit so that you get the specific information that you need.

Murphy is looking forward to getting the project started this coming week, and would like some volunteers to read for him. If students are interested please visit Murphy in his office, located on the third floor of the library in room L304.
INTERNATIONAL THANKSGIVING TWIST

Favorite Foods For Thanksgiving Are Shared From Many Students

By DANIELA AVA
Staff Writer

With Thanksgiving quickly approaching, students are anticipating celebrating the holiday. Even though not all cultures commemorate this celebration, a big feast with amazing food is never denied.

All cultures have treats unique to their cuisine; for example, in Jamaica they enjoy curried goat, baklava is a Mediterranean treat and in Rome they enjoy Salata de Varza. Some Latin cultures cook traditional tacos and burritos, and Cubans tend to have beans and rice. Asian cultures specialize in tandoori chicken. Some individuals integrate couscous into their turkey filling to spice up the traditional American dish.

“In my family we normally don’t celebrate properly Thanksgiving,” said Nicolas Kozma, sophomore. “However, we do have a big family dinner and we have every type of seafood possible as an appetizer and then we have a type of meat, either turkey or steak, and accompany it with salads, vegetables and some kind of carb.”

For the longest time, Americans have been cooking up the same food for this occasion - squash soup, turkey with stuffing, mashed potatoes, green bean casserole, glazed carrots, sweet potato casserole, cranberry sauce, corn bread and pumpkin pie.

“In my house we celebrate Thanksgiving,” said Meyer Mishkin, senior. “Because I went to an American school and I embraced the holiday and it is the only one that we do traditionally American.”

Every American family has their own twist to Thanksgiving dishes, such as marshmallow. Many other cultures have adapted this cuisine, and make it their own.

“I like to celebrate and embrace every holiday,” said Gabriela Ibarra, freshman. “However, for Thanksgiving I was the one who had the idea to have a feast and we literally have everything on the table and make it a huge family thing. The food that I added to the dinner was cheese and meat fondue. Nevertheless, we have pasta, seafood, chicken, steak, soup, lots of desserts and more.”

For students who thought that Thanksgiving was all about the turkey, ask any international student about their food traditions this holiday. Every culture has their own twist on food, and brings something new to the table. This Thanksgiving, try adding a new dish that may start a new family tradition to make this year...
FALL SEMESTER COMES TO AN END
Freshmen Experience Their First Fun Filled Semester Here At Lynn

By RIGI ANDRADE
Staff Writer

With the fall semester coming to a close, freshmen experienced their first full semester living on campus. They have just gotten accustomed to being on their own, with no parental figures to guide them, as well as having to share a room with someone they start off being unfamiliar with. Some of those living on campus cannot wait to go home, while others want to stay.

"I really enjoy living on campus," said Pedro Resende, freshman. "The campus is not that big so getting to my classes is never a problem. It is great that the [dining commons] is open 24 hours a day. I enjoy the freedom and responsibility of being someone.

what on my own. I do not really want to go home just yet."

Some students feel indifferent about their stay at Lynn, but utilize the resources the school has to offer. With the library avail-

(continue on page 2)
able at nearly all times, along with a 24-hour cafeteria, students are kept full while completing their studies.

"Even the fact that the library is open late on some nights really helps me get my work done," said de Hoernle should be closer to the rest of the school," said Dan Colombo, a freshman.

While the weather changes from hot to cold in a single day, other students are finding that to be a problem. Some of the students at Lynn do not always expect the typical sunny South Florida weather to change.

When asked about how it is to be living on campus with other people, one student said, "I ride my longboard to class every day. I really like the Florida weather, although now it is starting to get chilly. But the campus is nice," said Arie Eskinazi, freshman.

The club will be raising awareness by having panels of discussions to highlight how the Lynn family can make a difference for the betterment of the children in need.

"The goal is to use our voices on behalf of children's rights to clean water, etc. UNICEF firmly believes that college students play a vital role in helping the world's children survival," said Linda Foinding, president of UNICEF at Lynn.

"Over 18,000 people die everyday from preventable causes, if we do not help them, who is going to do it? I think that all students should join because it will give you them the feeling that they belong to a greater cause." At the Halloween Ball, the club held the commonly known "Trick or Treat for UNICEF," which is a kids helping kids campaign. UNICEF at Lynn managed to raise $50 where students donated and received a hoodie or a T-shirt in return.

The club plans on holding panels to discuss world threats such as Ebola, hunger and important elements like education. It also looks forward to holding the UNICEF Tap Project, which is a national campaign.

"For every ten minutes you didn't touch your phone, UNICEF Tap Project donors and sponsors funded one day of clean water for a child in need," says UNICEF's website. Just $1 can provide 40 days of clean water.

Students should be encouraged to be a part of this life changing organization and help spread the word by using hashtags such as #unicefatlu, #webelieves in zero and #uniceflynn on social media sites.
By STEPHEN AMAYA
Staff Writer

This past year has been a great year for the brothers of Sigma Alpha Epsilon (SAE) fraternity. They are not only the largest fraternity on campus; but they are also the only one with a partnership with both the men's basketball team and Corner Bakery.

"We were approached by Assistant Coach Norwood during our Bid Day and he said he wanted to work with us," said Jerry Colleander, sophomore. "We sat down and thought of ideas for what our partnership would entail. In the end, we got a sweet deal."

The gentlemen participate in monthly community service projects as part of their True Gentleman Experience initiative. The men on the basketball team will also help with various community service and philanthropy initiatives hosted by SAE. In turn, the gentlemen receive exclusive personalized Adidas's shirts, a private section for all home games and pizza on select dates.

"We got to have a part in this years Lynn Knight Madness," said Scott Baldwin, sophomore. "It was a lot of fun cheering them on and welcoming them onto the court. I can't wait to cheer them on during their season."

"I was volunteering at the Children's Miracle League earlier this semester and was approached by the owner of Corner Bakery," said Robbie Mascioli, sophomore. "He said he'd like to work with us so we scheduled a meeting with him."

Following the meeting, the gentlemen came away with a great deal to help support the bakery as well as benefiting themselves. They will be hosting multiple philanthropy events at Corner Bakery in order to raise money for the Children's Miracle Network as well as the Sigma Alpha Epsilon Scholarship Fund. They will also be receiving personalized t-shirts to help promote their partnership.

"It's been a great year so far to be an SAE," said Baldwin. "With these partnerships, we're really hoping to get our name out there and promote how great it is to be a part of Greek life and bring more school spirit to the games."

The gentlemen are still recruiting new members who are interested in joining Greek life, so it is not too late for any men looking to join.
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