A FIGHTING KNIGHT FAMILY AFFAIR
Students Athletes Come To Lynn To Play Sports With Their Siblings

Above: Sibling athletes Kyle and Eric Schindler and Summer and Kirstie Shults share everything together including the field. LU Photos.

By AMANDA FELDSTEIN
Staff Writer

Summer Schults, junior, and Kirstie Schults, senior, are a year apart but have been playing soccer together for as long as they can remember. They are roommates and best friends but plan to take on different career paths. Summer is a criminal justice major and Kirstie is a graphic design major.

"Going to school with Summer was actually a surprise since we never planned it this way," said Kirstie. "The coach recruited me and then, since she is a year younger, he found out about my sister through me and then recruited her for the following year."

Summer is pleased with her decision to sign to the Fighting Knights after her sister had gone here. She was able to hear all about Lynn and the team through her sister, so it was an easy decision.

"Having Kirstie around is awesome because I always have an outlet if things aren't going my way and we get to make memories during the best part of our lives," said Summer.

Kyle and Eric Schindler are identical twins in their junior year and compete together on the baseball team. Both are biology majors and hope to become physical therapists in the future. For them, going to school together was the plan all along.

"We wanted to go to school together. We knew us separating was a definite possibility," said Kyle. "If we could make it work out where we went to school together then it was ideal."

Both the Schults and Schindlers are guilty of the classic sibling arguments and it is never anything serious, just the occasional harmless bickering.

When it comes to sharing, Kirstie and Summer can fit into the same clothing and live in the same room therefore most stuff is shared, but are independent when it comes to food and make up. The Schindlers share basically everything.

"We don't share toothbrushes though and personal items like that. We wear different socks but I still wear his and he still wears mine," said Eric.

Although each pair does their own thing and has multiple friends besides their sibling counterpart, they tell each other everything and experience it all together, especially their athletic experiences.

Some people would think that being around their siblings 24/7 would be too much since college is the time in one's life where they want to mature, but for the Schindlers and Schults it is a blessing. They have always shared their accomplishments and failures and would not have it any other way.
APD WORKING HARD ON CAMPUS
The Fraternity Alpha Phi Delta is Attempting to Improve Their Reputation

By TIARSHA HARRISON
Staff Writer

The fraternity that has been on the Lynn campus for the most time is Alpha Phi Delta since 2002. "We started out as a strictly Italian fraternity but later became something more," said Adam Okun, senior. "We have 18 brothers, ten from last year and eight that were inducted just this past weekend and we also have a spring recruit-
ment coming up."

This fraternity tries to take a step above the rest however considering they are very involved and included in other events on Lynn besides their own. "We support the university and its groups such as BSU, Hillel and athletics," said Okun. "We host our own campus events such as giving out root beer ice cream floats and even milkshakes."

APD strives to make involvement their core. "We even run food, clothing and toy drives and help the local community charities such as Helping Hands," said Okun.

The fraternity always makes sure to put brotherhood above all and build life long bonds that last after four years of college. They intend on going by their name Delta Psi meaning "our chapter name." They have always gone by the motto "Earned not given."

Just recently, APD celebrated their 100th year anniversary and are now training for the Greek Olympics game against the other Greek life hosted by Lynn and open to all. "We have been undefeated," said Okun.

So the fraternity not only provides brotherhood and fun events. But it also provides jobs in the fraternity to teach you responsibility.
KIDNAPPED WOMAN IS RESCUED
Viral Video Of A Kidnapped Philadelphia Woman Helps Authorities Find Her

Above: The alleged kidnapper has been arrested following the viral video of him attacking a woman in Philadelphia. Stock Photos.

By ISABEL Membreno
Staff Writer

A video that had been widely seen online shows how a Philadelphia woman struggles to free herself from her abductor. Carlesha Freeland-Gaither, 22, was abducted in Germantown, Philadelphia as she got off a bus and was walking toward her home.

"The abduction video went viral online. A lot of people were commenting on it," said Isabela Leal, freshman.

The surveillance video shows her abductor, who was driving his own car, stopping and confronting her, while trying to get her to move into the car. Freeland-Gaither can be seen trying to fight off her abductor as she breaks the passenger car window as she struggles. Dwayne Fletcher, a witness, did not hesitate to call and alert authorities after witnessing the horrifying abduction.

"I think the police were really lucky to have found that surveillance video," said Ana Saavedra, junior.

A car dealer who had just recently placed a GPS device on Delvin Barnes' car due to his bad credit identified the suspect in custody, Barnes, from the surveillance video. Car dealers often place these GPS devices on customers as an attempt to alert them when they are behind on payments or for them to track down the car and stop customers.

Barnes was also caught on tape at a convenience store as he was using the victim's credit card to make a purchase. The suspect allegedly used Freeland-Gaither's card at an ATM machine in Aberdeen, Maryland. Both transactions were caught on tape.

"The video was really hard to watch. I can't imagine what that woman had to have felt like," said Dominique Marinkys, junior.

Police authorities found the suspect's car in Jessup, Maryland, just three days after the abduction took place. Freeland-Gaither was rescued and briefly hospitalized for minor injuries.

Barnes, who is now on suicide watch due to certain remarks he made, is now at the Riverside Regional Jail in Prince George, Virginia. He is waiting to be charged.
FIGHTING KNIGHTS SCHOOL SPIRIT
Students Showcase Their Support For Athletics By Attending Their Games

Above: Students attend one of the men's soccer games this past semester and support their fighting knights. Staff Photo/ D. Rodriguez.

By PERRY HIRSCH
Staff Writer

If students were around campus last year they would have returned expecting the familiar banners lined up around campus that showcased Lynn’s multicultural atmosphere.

Upon returning to Lynn however, students were surprised to find the new banner advertisements which vary from “Spirit,” “Strength” and “Service.” These “three ‘S’s’ summarize the attitude of Lynn’s dedication to the athletic programs.

This change in direction was sparked by the need to change Lynn’s Fighting Knights logo to a more sharp image featuring a shield behind the outline of a knights helmet.

This new logo was voted on by students last year. “I think the new logo is awesome,” said Huntington Septien, sophomore. “It shows how Lynn is expanding into a more serious school.”

There are noticeable signs around campus of the expansion.

The International Business Center is up and running, and there is already considerable construction on the new Snyder Sanctuary in front of the Lynn Residence Center. Not to mention the newly finished Bobby Campbell Stadium, completed this past March.

Other changes have occurred in recent years such as the initiation and reconstruction of the school’s 24/7 dining commons.

“I didn’t see any other schools with a 24/7 hour cafeteria when I was in the decision process,” said Brett Ferber, senior. “I have even asked my friends who all go to different schools and they said they’ve never heard of anything like that. They are definitely jealous.”

All students enjoy the ever-available opportunity to grab a bite to eat.

All these changes are happening fast with the growth of the university skyrocketing. Lynn will only continue to grow larger and more significant in the future, and students will express nothing but excitement.
GRADUATION DEADLINE IS NEARING
Applications for Graduation 2015 Are Just Around the Corner Now

By AMANDA FELDSTEIN
Staff Writer

Many students either did not know graduation required an application or are not aware of the upcoming deadline. Although an initial email was sent out in the beginning of October containing the information, eligible students have overlooked it.

When the various seniors were asked if they were aware of the application deadline, all responded saying they did not know.

“I plan to pass my classes to stay eligible, and over Thanksgiving break I am going to sit down and do the application with my dad so he is aware too,” said Albert Lefran, senior.

The graduation link can be found on MyLynn under the academics tab once signed in. It provides all the information needed.

“Now that I understand the process and know where to go I plan to take care of the necessary paperwork since the deadline is coming up,” said Meghan Dolan, senior.

The deadline for the May graduation is the first week of January. Graduating students are amazed at how fast their college experience has passed by and are getting ready for their final semester here at Lynn already.

“I’m finishing up my degree in the summer and then I am probably staying in Florida,” said Ben Schwanberg, senior.

So regardless if the seniors know about the process or not, plans seem to be developing one way or another.

“I’ve looked over the application and it is pretty simple and won’t take long,” said Lefran. “It just consists of personal information like your name, ID number and then some details about graduation like the date and diploma specifics.”

Time tends to go by quickly in students’ senior years. Some advice for the upcoming graduates would be to complete the form as soon as possible and perhaps during the upcoming breaks with so much time off.

Above: Graduation is just around the corner, and students need to start preparing. Stock Photos.
AMAYA PREPARES FOR THE NEXT STEP
Senior, Stephen Amaya Reflects Back To His Very First Moments At Lynn

Above: Stephen Amaya is more than ready to complete his bachelors degree at Lynn and take the next step towards his future. LU Photos.

By REBECCA FREEMAN
Staff Writer

As December approaches a handful of seniors are ready to finally graduate.

Although these students will not walk until May 2015, they are ready for the next chapter of their lives.

Looking back on the past four years, Stephen Amaya, senior, certainly has a story to tell from experiences at Lynn.

From being an anxious freshman, to becoming a founding father of a fraternity, he certainly has much to be proud of.

The moment Amaya walked onto campus his freshman year, he certainly was not at ease. Considering he was the first student from his high school in Maryland to attend the university, it was difficult adjusting to a place with entirely new faces.

"I was so anxious to start in a new place and so nervous of the workload," said Amaya.

Many freshmen may also experience this as college is a higher level than high school. Students may possibly not know what to expect, but can be resolved as their semester progresses.

In order for him to combat these issues, Amaya became involved with the university which allowed him to achieve many goals.

Amaya became a founding knight for Knights of the Round Table, a founding father for Sigma Alpha Epsilon, a staff writer for iPulse, as well as a tour guide for admissions throughout his four years at Lynn.

As a result of all of these factors, Amaya has been able to learn from his fellow peers and professors who help guide his accomplishments. His plans for the future include graduate school here at Lynn as he plans to pursue an MBA in international business.

"I feel Lynn really has prepared me for the professional world," said Amaya.

"I've grown up quite a lot and truly have discovered who I am."
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Adam Simpson Plays an Integral Part in Lynn's own Drama Program

By ROBERTA ZACCAGNINO
Staff Writer

Professor Adam Simpson has been a drama professor here at Lynn for almost ten years now.

Before Lynn, Simpson taught at Florida Atlantic University, as well as Nova Southeastern and G-Star School of the Arts. Professor Simpson has been teaching for a total of twelve years.

Simpson graduated from Florida Atlantic University with his Bachelors of Fine Arts in Theatre also from Florida Atlantic University. Simpson has been involved with the theatre program at Lynn since the day he became a member of the Lynn faculty. He has been involved with a variety of impressive productions while at Lynn. Students know him as the faculty advisor of Lynn's Drama club for six years.

"I've led many study abroad trips," Simpson said. "I've led many theatre trips to England, Scotland, Ireland, Italy, and so many more places."

Not only has Simpson worked with theatre but he has also been featured on various television shows including "Burn Notice," "Magic City," and "The Glades." He has also made appearances in a variety of TV commercials.

Simpson greatly enjoys the thrill of being in front of an audience, but he also enjoys working with his students even more.

"I get to know my students beyond the classroom," said Simpson.

Simpson directs many plays performed at Lynn, including the recent Good People, which was performed Nov. 12 through 14 in the Wold Performing Arts Center.

Simpson loves to be involved with drama students at Lynn by helping them build their careers.

"We performed a show on Broadway, during the first J-term," said Simpson. "We took twenty students to New York City, rented out a theatre on Broadway and we performed our show for an entire week."

From teaching and acting to working on technical design, Simpson is not just an average professor but one who can do just about anything when it comes to the exciting field of drama and film.
THE SOUND OF STUDYING TO MUSIC
A Boring Study Session can Become More Productive With Music

By GRACEANNE TRUMPFELLER
Copy Editor

The scene is the same - books spread open, notes all over the table and a very unhappy student. Ever notice "studying" sounds oddly like a conjunction of "students-dying?"

When prepping for finals, it seems like there are a million other things that one could be doing that would be ten times more enjoyable. However, there are a few ways one can make the studying process a bit more pleasant. One key trick: music.

Music sets the tone for any study session; whether it is a huge test, a final project or an essay. The easiest way to get started is to have a playlist ready for the occasion.

"If I know I have a major paper to write I immediately put together a playlist of my favorite songs at the moment," said Sydney Trezza, sophomore. "Everything seems a lot more bearable if I have a good soundtrack."

Create a playlist with all of one's favorite songs in advance to avoid having to search for a new track every few minutes. Create a playlist that can last for 40 to 50 minutes - this will save time, create a schedule for how long the study session will last and will act as a reminder to take a short break when the playlist has finished.

Another bonus of pre-made playlists is avoiding annoying interruptions. "I cannot stand when I'm trying to get into the zone and suddenly a commercial comes on in the middle of my music," said Salomey Owusu, junior. "The announcer's voice always makes me lose my current train of thought and interrupts my study session."

Moral of the story: do not listen to music on the radio when studying. The dialogue of DJ's and advertisements will distract from the task at hand. When studying, the student should have complete control of their music.

While composing a playlist, keep in mind which genres will aid the situation, not disturb. Remember - the library is not a rave. If heavy bass lines are what keep one concentrated, then all means create a playlist of completely dope beats. However, bear in mind that other students are also trying to study, and each individual's music should be kept at a respectful volume.

"One of my least favorite things in the whole world is when people keep their volume on blast in the library," said Carlos Rodriguez, sophomore. "It's really annoying and then I feel like I have to make my music louder just to hear it. It becomes a huge distraction."

The main purpose of listening to music is to improve the studying experience, so a moderate volume is always preferable. Likewise, whatever one listens to should be background noise for the study session, so feel free to listen to more ambient sounds.

Something peaceful and harmonious is desirable, so classical or instrumental music are great options to set the tone. Similarly, natural sounds such as rain or waves can be excellent whilst studying. Though not exactly music, these soundscapes are relaxing and allow one to remove themselves from the hectic environment they are in for something a lot more soothing.

Aside from its ability to calm and concentrate a listener, the repetitive quality of music is incredibly beneficial (Continued on page 3)
when studying.

"Human memory researchers have identified so-called 'slave systems' in our short-term memory, components of the mind which capture sights and sounds," reported Tom Stafford to BBC.com. "One slave system is the 'mind's eye,' capturing visual information, another is the 'inner ear,' the part we use for remembering phone numbers, for instance. Rather than rehearse our plans for the day, idle thoughts, or lists of things to remember, the inner ear gets stuck on a few short bars of music or a couple of phrases from a song."

This addictive quality can be manipulated when studying. By associating a song or soundscape with a certain bit of information gives the brain something to cling to when memorizing material.

Studying does not always need to be a dreadful experience. With the right soundtrack, a study session can be equally productive and enjoyable. So, before that feeling of "students-dying" creeps in, find the right tracks to keep one on track whilst working on homework or studying.

PUBLIC SPEAKING CAN BE SIMPLE
Be More Confident When Presenting With the Help of These Easy Tips

By MARIA JOSE CARDENAS
Staff Writer

Public speaking is listed as one of the most common phobias among young Americans, therefore it is an important issue to discuss and tackle.

It is truly silly to think that as soon as college is over, one will never have to present in front of an audience again. Chances are one will always have to give presentations to a public throughout their lives. From job interviews to leading a conference, public speaking is an important component of the professional world.

"Whenever I know I have an oral presentation in a class, I always prepare by practicing multiple times," said Estefania Perez, sophomore. "First I do it on my own and then I present in front of a friend."

Through practicing many times one can understand the subject they are speaking about better and also familiarize oneself with speaking for a prolonged amount of time.

Another important tip is keeping a guideline that will make one's presentation effective, to the point and keeps the audience's interest.

"An outline that I use for my presentations is starting with a hook intro that includes a quote or a fact that catches the audience's interest," said Jessica Beugen, senior. "Then I use supporting evidence like statistics or personal stories that convince them of what I am trying to get across, and I end with a powerful conclusion."

Keep in mind that public speaking is not only about what is being said, but also about how it is being said. Body language plays an essential role is a presentation. After all, one's nonverbal communication is more powerful than verbal communication. Maintain a good posture by standing naturally to show the audience that oneself is confident and in control.

Unless the occasion calls for a serious presentation, try to engage the audience by not reading directly off the cards and occasionally asking them a question or telling a joke.

Being a confident speaker takes practice, so start by applying these methods during the next presentation.
The Women’s Cross-Country Season Comes To An End This Fall

Above: The cross-country team strongly competes for the third year in a row with six additional members that joined. LU Photos.

By CLAIRISSA MYATT
Staff Writer

This is the third consecutive year that Lynn has had a competitive cross-country team. The progression that the team has made this season has been remarkable.

With the addition of six new girls to the sport, and only one returner, the team has virtually started from scratch.

With the addition of four student-athletes coming from both swimming and softball backgrounds, fitness was not an issue, but a virtue.

"I feel like my legs are in much better shape this swim season due to the training we’ve done in cross-country," said Savannah Maier, sophomore.

Sophomore Sara Northup set the tone for the season when the team made their debut on Sept. 12 at the University of Tampa Cross Country Classic. The team placed seventh out of nine teams and Northup set a personal record by coming in at 19:57.5 for the 5K race and earning a spot in the top-ten.

The rest of the team only improved from there. Times were dropping as they raced into the second meet of the season. Both softball players, senior Cydney Schmidt and senior Missy Montgomery came in with best times at the Embry-Riddle Asics Classic.


As the season went on, the Blue&White had added more runners to the team. They welcomed freshman Ailie Muhammad-Menzies, as well as graduate student, Rebecca Matthews, with open arms to trying new things. With being another new cross-country runner with no past experience, it is clear the team looked up to Northup for guidance to this new adventure.

(continued on page 2)
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(continued from page 1)

It was the Disney Cross Country Classic in early October that the team really seemed to gel well together. Six of the seven girls ran the race and all placed their best times.

"They worked together today, all set personal records and achieved a new team low average time. The Disney Cross Country Classic is always a fun meet and I am really happy we were able to come here and have fun while reaching our goals," said head coach Niki Alvarez.

With the team working together and reaching their goals, it was no wonder that their final conference race went so well.

"It's exciting to see such a young team learn to work together," Coach Alvarez commented.

While Lynn Alumni Gabriella Wuyke holds the school record SSC Championship with times of 22:35 and 22:54.90, Northup came very close logging in a time of 23:27 qualifying her to move on to NCAA South Region Tournament in Alabama on Nov. 22.

Above: The ladies of the cross-country team had a successful season of full of personal records LU Photos.

SMALL CLASSES LEAD TO SUCCESS
Students Love That They Are More Than Just A Number At Lynn

By KEELEY SHIELDS
Staff Writer

At Lynn, students are more than just their I.D. numbers.

Now, there are no longer lecture halls that students sit in without any attendance taken and one on one time with a professor is not a problem. Neither is visiting his or her office hours if students need help on a certain assignment.

With the 15:1 student/faculty ratio, individuality is encouraged and noticed.

"I love how the professors at Lynn take the time to make sure they help you if they see you are in need of it," said Sara Harmouch, junior. "I actually have some of my professors phone numbers, so if I’m stuck on an assignment they tell me to call them and they can fix my homework problems quickly."

At Lynn it becomes fairly easy to make friends as they walk to their classes, or even chat with a professor in the cafeteria. There are approximately 2,400 students at Lynn making it fall in the middle among the 28 private colleges and universities in Florida.

Lynn makes sure that it is a fun, interactive and unique place to learn.

The handpicked highly experienced professors at Lynn enjoy the small classrooms, and the ability to have the option and time to help out his or her student. "I get to know the students personalities better," said Professor Florence DaJuste. "If someone asks me something about a student I can actually tell them something truthfully."

Professor Mark Cone spends most of his class time walking around the classroom, helping students with any questions or concerns they are experiencing during class time.

"It really is an advantage and allows me to help students who need a little more time and help on a certain project than others," said Cone.

Like DaJuste and Cone, all of the professors at Lynn use this small and individualized setting as a chance to connect with the students on both personal and intellectual levels ultimately looking out for the better of the student body. Lynn is not too big or too small, it is just right.

Above: Lynn focuses on the importance of small classes. LU Photo.
Above: Shopping for others may be difficult, but with tips on how to pick the perfect gift, one will not fail this season. Stock Photos.

By BRIAN MARTIN  
Staff Writer

With the holiday season arriving, everyone is expecting the intense amount of shopping when looking for presents for loved ones. There are many ideas of where and how shoppers can get the perfect gifts.

Stores offer customers great deals such as discounts and sales for different types of products, especially during the holidays.

"[People can] buy stuff 50% off at any store they shop at," said Tracy Ann Thomas, freshman.

A clothing store is the perfect example of finding a sale or discount being held such as, "buy two, get one free."

Video game stores such as Gamestop offer deals on used and new games, as well as gaming consoles such as, discounts for trading in old games and earning their store points to have the chance to redeem the points for even better offers.

With offers such as discounted Xbox Ones and new game releases such as Assassin's Creed Unity and Call of Duty: Advanced Warfare, the gaming market will have a busy holiday this season due to a high demand of these products.

Movies and television shows are another popular item that buyers tend to purchase.

Now film and television companies are releasing products in multiple editions upon release such as, Blu-ray and Digital HD or Blu-ray, DVD and Digital Copy as a way for customers to decide which formats they want to purchase.

"Look at the local ads that come in the news paper to find the best deals," said Andrew Sofman, senior.

Noteworthy film finds for this holiday season include "X-Men: Days of Future Past" and "The Hobbit: The Desolation of Smaug Extended Edition." TV shows to also keep on eye includes "The Walking Dead," and "Game of Thrones."

Music has become mainstream among consumers through music services such as iTunes and Spotify. Stores will offer gift cards to spend on buying or streaming music digitally.

iTunes also offers gift cards in stores with prices ranging from $10 to $100. Music albums are also being offered in stores such as Best Buy at prices as low as $9.99 depending on the product.

"It depends on what each individual likes," said Jaci Tempkins, junior. "If they like getting their products in a days worth of shopping, then they should do that. If they have very little time in their busy lives, then online shopping is the thing for them."

A perfect website to go to is Amazon, as it offers everything from video games to movies and offers its products at incredible discounts. Users can choose between getting new or used products depending on the price they are willing to pay.

Used or pre-owned products are usually cheaper if one does not wish to spend much money on an item.

Gamestop and Amazon are perfect contenders because they offer these types of products at reasonable prices.

Online shopping does not take stores out of the picture when it comes to holiday shopping. If one still prefers getting a product in-store, he or she can shop online on the store's website and reserve for the package to be picked up in-store.

With the holiday season only a few weeks ahead, families should start finding presents with these shopping tips and hope for a successful endeavor.
IPULSE ENDS ON A HIGH NOTE
A Look Back At The Paper's Changes This Semester

Exclusive:
PARENTAL LOVE
A Student's Outlook on Needing Parents
THE REVIVAL OF PEACE IN YOUR LIFE
If People Forgive One Another, Then They Can Achieve Peace

By ADIRA KESSLER
Staff Writer

A glorious morning to you, I say. May you have a wonderful day! With the morning light and the sun so bright, enjoy this new day!

Sometimes, friends and siblings get into arguments. It is perfectly normal, but what is not normal is when those arguments create a rift in the relationship. The saddest part is when the rift feels normal.

Do not wait until it is too late to mend the relationship. It is not necessarily easy, but it is important to create peace within and among yourselves.

The Revival of Peace

Apologize not to her grave,
But to her very face.
Don’t wait for peace,
(To come to you),
Create it yourself.
Right and wrong sides
Have no place, no meaning.
It matters not who was right,
For in the end,
It is the friendship
That will suffer,
Not your opinions.
Let this moment be
the turning point,
Let this moment be
your opportunity
to fix your mistakes.
Let this moment be
an instant of forgiveness.
Let this moment be
The revival of peace

Above: Friends are what really matters in life, not fights. LU Photos.
Student Life

WALKING IN A WINTER WONDERLAND

Everyone’s Homes Look A Little Bit Different Throughout Wintertime

By KEELEY SHIELDS - Staff Writer

Above: No matter where you live, the winter season holds a special place in your heart because of the holidays. Stock Photos.
IT IS ALL ABOUT SELF CONFIDENCE
When One Likes Themself, Others Are More Likely To Like Them As Well

Above: Celebrities like Scarlett Johansson, Seth Rogen, Tyra Banks and Chris Hemsworth prove that self confidence is sexy. Stock Photos.

By MARIA CARDENAS
Staff Writer

Having low self esteem can affect one's happiness and health, so it is important to find ways to improve one's self-acceptance. “People with low self esteem not only affect themselves but also people around them," said Alexandra Bello, sophomore. "Some might bring others down with their negativity while sometimes their aggressive defense mechanisms can hurt people.”

Boosting one's self-esteem can not only raise one's confidence but also give one the courage to try new things and the power to believe in oneself. There are little changes that one can make as a first step to deal with low self esteem. These actions can lift one's mood as well as self-perception. Start by doing something that one has been putting off. Low self esteem is characterized by reluctance to accomplish tasks. However, once the task is completed one will feel lighter, less stressed and better about oneself.

“I have heard that saying ‘thank you’ to others can make one feel more happy and healthy," said Camila Hadad, junior. Studies have shown that gratitude can make one feel better. Try it out by starting to be thankful to others and actually saying “thank you” to them. Once one starts it will become a natural and at the same time healthy action.

A major obstacle in a good self esteem is treating one self badly and accentuating the negative. No one, including oneself, has the right to bring one down.

Stop thinking one is not good enough. If someone gives one a compliment, accept it, thank them and believe it is true. If one is feeling down about something, try to focus on the positive things instead of the negative. If one accomplishes something, do not be afraid to brag a little bit. A change in attitude and keeping in mind these tips can help one appreciate oneself and improve one's self esteem.
WHY WE STILL NEED MOM AND DAD

Sure We’re Independent, But It Is Still Nice To Have Your Parents On Hand

By CLAIRISSA MYATT
Staff Writer

It is easy to take them for granted. Everyone is guilty of it, and while it may seem shameful, it happens to the best of us. Truth is, when you are used to having someone in your life like that, it is easy to forget just how great they really are.

Growing up, I have always seen myself as a very independent person. I basically created the phrase, “I don’t need no man,” well maybe that phrase, but with better grammar given that I am a communication student.

However, living off campus in an apartment this year has given me a good ole’ slap in the face. Turns out, I need my parents way more than I thought I did.

1. Cooking
   Already disliking cooking, this has become a major issue in my house. Measuring, tempering, questioning if its pink or not, expiration dates, seasoning, the list can go on forever. These are the things that haunt my mind while I cook.

   On the once or twice occasions that I do prepare an actual meal a week, you better believe I call home asking a million and one questions on what to do. The risk of salmonella poisoning is at an all time high for me.

2. Finances
   Next time you frown at someone for not donating money to charity at the supermarket, think to yourself if they have children. Let’s face it: we are charity cases, one that they have been donating money to for 18 plus years now.

   Despite having a job of my own now, I still look to my parents for financial assistance and I am eternally grateful for all the help that they have offered to me.

   They have some experience under their belts, so do not forget to ask for some advice on how to make money of your own, despite wanting to figure it out on your own, save the eye roll and just ask. Chances are they are biting at the bit waiting to share with you.

3. Moral Support
   This may not be parent specific, but it can certainly be family specific. The definition of family much reminds me of wedding vows, “through the good times and the bad times, through sickness and health,” family is there for you.

   It may not always seem that way, but it is true, they have your best interest at heart. So tell them you love them or give them one of those nods that say, “Hey, I appreciate you.” Chances are, they would appreciate that.

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

Above: Parents can be some of the best friends you can have. LU Photos.
By KEVIN STUDER
Editor-In-Chief

As we come to the end of another semester, so comes the end to this volume of iPulse. Though, what a semester it has been for iPulse.

After losing our beloved editors last year, the editors this year knew the game had to be stepped up. Their shoes were big to fill and fill them we have.

The first big change of the semester was the implementation of our app. While we only print 120 copies of the daily issues, over 2000 people have downloaded the app and are reading it daily. Even President Ross mentioned the app at his State of the University address in October.

"The app has made it easier for the entire Lynn community to stay up to date with what is happening on campus even if they are not physically on campus with us," said Meaghan Boutwell, Graduate Advisor and former Editor-in-Chief.

We have also changed the font and design of the print edition to make it more modern. The colors and font now fit with the rest of Lynn's marketing design. Those who have seen it in past years love the new look.

"It's modernized the paper more than anything," said Boutwell. "It is more appealing to students and keeps everything in uniform with marketing."

People will also notice that the covers of our Friday editions are livelier with big graphic on the cover. The editors thought it would be nice as a special edition for Fridays and readers have embraced it.

"Once we changed the cover to a
GAME THIS SEMESTER
The Came A New Style And Several Changes

Many activities on and off campus, which included interviewing various celebrities. LU Photos.

Then in November, three of the editors were able to go to the 2014 MTV EMA Kickoff and interview Nick Cannon, Jake Miller, Fifth Harmony and Molly Tarlov. Two editors also attended a pre-screening of “The Hunger Games: Mockingjay - Part 1” in order to write reviews of it for students.

“I have gotten the opportunity to do so many amazing things through my role as Managing Editor,” said McEntegart, junior. “From covering the MTV event to being published by national news outlets, it’s been so exciting getting a taste of the professional world of journalism.”

Next semester, students will see many new and exciting things come from iPulse with everything that is happening around campus. But for now, iPulse wishes everyone luck on exams and happy holidays.
Entertainment

IS "DEAR WHITE PEOPLE" APPROPRIATE?
A Satirical Film That Discusses Issues Of Race And Identity In The Obama Age

By HAUWA INDIMI
Staff Writer

"Dear White People" is the story of four African American students at Winchester University where a riot breaks out over a popular 'African American' themed party thrown by white students.

The Black students at Winchester University have the same opportunities as the white students, however in any case they are compelled to manage their assumptions of how they ought to act.

At the "respectable" end is college brilliant, Troy Fairbanks, who is dating a white young lady Sofia Fletcher, and is in all regards the best picture of a helpful, non-undermining black guy.

On the other hand is Troy's ex, Sam White (actress), a so called activist extremist who is plan is to shake up Winchester's white student body by utilizing her radio show using the phrase "Dear White People" to issue what she recognized as problems like "please stop dancing."

These strains reach a crucial stage when Sam suddenly dethrones Troy as student head and focused on "bringing black back."

The movie gives a satirical look at black and white race relations on a college campus. Black students at UCLA agreed upon the message of this movie where they made a video decrying the lack of black male presidents on campus. The atmosphere was ready for such a movie.

Although the movie claims not to be on racism, "My film isn't about 'white racism' or racism at all. It's about the difference between how the mass culture responds to a person because of their race," said Justin Simien, director of "Dear White People."

The constant wit between the white and black students with repeated reference to racial differences might mean otherwise; it could be racist in a world that claims racism has been overcome.

Although this movie affirms real life drama, it could be argued that it is inappropriate as some portrayals are extreme. "Dear white people, black face is not an appropriate costume, nor is it an appropriate theme for a party," said writer, Jenn M Jackson.

Some viewers expressed how they felt about this race disparity laden movie. "As a white audience member, I missed the lesson about racism that I was looking for," says Alex Van, film attendee. "The film seems to say, "Dear White People, some of you are idiots, rather than, 'Dear White People,' here's what you can do to help. The film tried to say too much and, in doing so, said very little at all."
THE WONDERFUL WORLD OF DISNEY
Adults Just Need Some Faith, Trust And A Bit Of Pixie Dust To Have Fun

Above: Going to Disney World is more than just a trip, it is revisiting your childhood and getting away from the world. Staff Photos/K. Studer.

By KEVIN STUDER
Editor-in-Chief

Tale as old as time. Tune as old as song...we all know what it is like when you go to Disney World.

Though, it seems that some people give up going to Disney World after a certain age because it is no longer fun or they seek more thrills. But, this is not the case. Disney World lets you reawaken the child in you.

From Lynn, Disney World is only about a three and a half hour drive making it a perfect trip for the weekend. Yes, it is expensive, but we will get to that later. Once you enter the gates with Mickey and Minnie on top, there is a certain joy that fills you.

It is very different being in Disney World as an adult. There are aspects that are not as magical anymore, but there are many aspects that you did not realize were magical until you get older.

When there is a character walking down the street, we now understand that is not the character straight out of the movie, but there is still something about them that makes them real.

When I went to Disney recently, my group of friends and I ran into several characters including the Evil Queen from “Snow White and the Seven Dwarfs.” Now, I have had a fear of this character – mostly when she is in the old hag form – since I was three and I cannot even watch the movie anymore. I decided to approach her and tell her about my fear, and even though I knew that was not the actual queen, I still felt scared and started to have a higher heart rate and a shortness of breath.

There is nothing else like this feeling that a character is real even though you know they are not. The fact that these characters are whom we grew up with makes them so real.

Going to Disney also lets you forget the real world for a bit of time. Walking through the parks and going on rides makes you forget that you have all these responsibilities when you get home because you are so caught up in the moment and the magic.

It also was not until my most recent Disney trip that I realized how much parents love their children. Parents are the superheroes of the trip as they wait in line for almost two hours to let their kids meet the characters.

When there are little shows for children and the parents have to participate, they do go all out. We watched this father rock it out dancing with his son at an event in Downtown Disney. You could tell that the dad was wondering what he got himself into, but he never slowed down and did everything he could to make sure his son would have an amazing time.

When you do get older, you realize how expensive everything is. Just getting into Magic Kingdom for one day is $99 per person ages 10 and up. So you do have to learn how to budget and spend your time wisely, but do not be afraid to treat yourself.

Walking into Magic Kingdom and seeing Cinderella’s Castle still takes my breath away at 20 years old. There is so much to do and see that it really does not matter what age you are, you can still have fun.

So go to Disney and let it go for a weekend because there is always a whole new world waiting out there for you to explore.

Kevin Studer is a senior majoring in multimedia journalism. This column does not represent the opinions of iPulse, but his personal thoughts and views.
Kevin Studer

That awkward moment when you go to class and have no pen because you're so used to using your laptop and iPad. #lynprobs #wearelynn

Like Comment Share

Marlena Ballard Coco, Theresa 'Gallo' O'Conor, Betty S. Quesenberry-Tomko and 15 others like this.

Joanne Karabec Studer This says a lot about the success of the iPad program - pens not needed for the most part 😄

13 hrs Unlike 1

The 2015 Class Gift is fulfilling what Brianna wants for Lynn University... what else would you like to see with the gift? #wearelynn #2015classgift

Like Comment Share

Angela Barretta likes this.

Above: Photos shared on social media websites this week that used the hashtag "WeAreLynn." Share yours now and see it here! LU Photos.
Today is Transgender Day of Remembrance, an annual observance on November 20th that honors the memory of those whose lives were lost in acts of transphobic violence.

#TDOR #TransgenderDayOfRemembrance #GSA #lynn #wearelynn
#BeTheChangeYouWishToSee

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
Above: It is important to watch what you eat this holiday season to keep healthy and fit for the new year. Stock Photos.

By SYDNEY GORDON
Staff Writer

Eggnog, gingerbread, pastries and pies are just a few of the many traditional holiday dishes. Many tend to break through their diet or healthy eating habits during the holidays but are not required to.

Many try to completely disregard all sweets on the holidays but that tends to end in failure. Dieters who do not allow themselves to eat their favorite holiday dish will end up splurging by eating large amounts. More frequent and smaller portions are key to even eating things such as cookies.

"Eat that cookie but break it up into four pieces," said registered nurse, Maria Gordon. "Have one piece right away and save the rest for other times, therefore you feel like you aren't missing out but you also do not feel guilty about eating it."

Many people who are on diets are always sure to eat at home to avoid temptations, but during the holidays, it is more difficult.

"We can't measure or count calories all the time, but we do have our hands with us," said licensed dietician, Melissa Peters. "An appropriate size of a [portion] would be the size of our palm and an inch high. The fats and oils should be smaller, more like [one's] thumb size."

Not only is portion control a huge factor when eating during the holidays, but the time one takes when eating is too. Your body needs time to realize that you are full or had enough to eat.

It takes 20 minutes for hormones to signal our brain that the body does not need any more intake of food at that moment.

"Make sure you are taking time to chew your food and allow the enzymes to do their work so that we are actually digesting and [stimulating] those nutrients that actually are in those foods," said Peters. As dieters are eating smaller portions and taking time with their holiday treats they must stay hydrated.

"Take half of your body weight and that is how many ounces of water you should be drinking everyday," said Peters.

Alcohol does not need to be completely avoided during the holidays, but drinking a cup of water in between alcohol, coffee and other caffeinated beverages is important.

"If we drink an eight ounce cup of coffee, we need to add eight ounces to that number of water intake so we can replenish the fluids in our body," said Peters.
Season's Greenings: Vegetarian Holidays
Make Your Holiday Meals Meatless This Season With These Recipes

Above: Spin things up this holiday season with a twist on a traditional dish. Stock Photos.

By BARBARA CALIXTE
Staff Writer

Having trouble coming up with what to make your family this year, or just looking for something different to add to your table? Well 'tis the season to celebrate a holiday the vegetarian way.

Of course when you hear vegetarian the first thing people think about is salad, but there is definitely more than salad that meets the eye. Salads are more than just lettuce and tomatoes. Mix it up a bit with variety; try making a kale salad with pomegranate and maple pecans for a sweet taste; sizzled spinach with white beans and mozzarella for a salty mixture; or curried quinoa with blueberries and snap peas for a spicy starter.

If your family is not into salads, you can make special appetizers to soothe the palate. Spinach stuffed empanadas, or maybe a chicken substitute appetizer may create meatless dips such as the Vegetarian Buffalo "Chicken" Dip.

Following these flavorful dishes should be the main entrée. You can still have the turkey taste, but simply substitute it from a vegetarian friendly supermarket such as Trader Joe's or Whole Foods. Quorn and Gardein sell already made tofu turkeys for vegetarian families to enjoy. These same companies sell ham, chicken and beef too!

Side dishes – do not let your plate be left alone without a side dish. Different pastas are a nice side; you can have a vegetable lasagna, zucchini Alfredo or traditional macaroni and cheese. You could also have a quinoa and black bean side, or be creative with a vegetarian casserole.

Students at Lynn had much to say about spending a holiday this way. "I think this is really unique, I'm not vegetarian but I'd be willing to try this," said Romina Benzeray, [year].

"I've tasted the vegetarian substitute meals and they taste just like the real thing! Just healthier for you," said Calvin Jordan, [year].

Desserts are the sweetest part of the holiday, and believe it or not there are a ton of options to choose from. Oreos are vegan-based products, so you can make creative desserts with them. "I love the dessert side of what vegetarians eat, but personally I need meat in my life," said Harris Sickles. More popular desserts include pies, cupcakes and ice cream. So this holiday season, try something new or add these dishes to your table for a fun-filled holiday, the meatless way.
KEEPING THE BIG PROMISE IN 2015
How To Stick To Your New Year’s Resolution For The Upcoming 365 Days

By DEA PERO
Staff Writer

A New Year is a chance for new beginnings. Some people may even like to refer to it as a clean slate.

New Year resolutions should not be thought of as a way to change your entire life, but rather as a goal to improve something in your life.

Many of us tend to think that our New Year resolutions can change overnight. In reality, we all know that will never be accomplished. Here are some helpful tips to help one stick with this year’s New Years resolution!

When choosing a resolution, make sure to pick a realistic goal with a reasonable time frame. Setting a time period is important, because it will help motivate a person, and keep them on the right track.

“My New Year’s resolution this year is to get good grades in this spring semester,” said freshman, Kaci Mirusso. Mirusso has given herself a specific time frame and plans on using her Lynn iPad Mini to keep herself organized.

It is helpful when a person discusses their resolutions with family or friends in order for them to help encourage and keep that person accountable. This year former Lynn student, Brittany Fiottto said that her New Year’s resolution, “Is to make more time for family.” She has made a plan to host Sunday dinner every week in order to see her family more.

When picking a resolution, it is vital to make sure it is realistic and detailed so that one has a specific plan to follow. Making a plan and writing it down somewhere will help a person keep track of your progress. This will be encouraging and help them stick to their goal.

Remember to take one day at a time and not to get discouraged if there is a slip up. It’s also important to remember that everyday may not be perfect. No matter what the resolution may be, these tips can and will help people to have a positive and successful change!

Above: Sticking to New Year’s Resolutions can be difficult. Stock Photos.

THREE KINGS DAY: EL DIA DE LOS REYES
This Festive Catholic Holiday Is Celebrated By Latinos All Over the World

By DANIELA PAPADAKIS
Staff Writer

December 25 is always the day many people around the world get together with their families and celebrate. Kids wait for presents, the adults share the love and people just feel happy.

For Puerto Ricans this is a prelude for what really is the most important day of the holiday season. This holiday started in Puerto Rico, but has spread throughout the Latin World.

The Three Kings give a spiritual and faithful representation of the birth of Christ instead of the typical Santa Clause, who is portrayed in his red suit. Regardless of their religions, most Americans seem to know the story or at least some part of it.

The night Christ was born the three kings were in the Western Sky which was impacted by a mysterious light. This light eventually became a beautiful and bright star and they followed it to Bethlehem. Even though they arrived late, it was to honor the fact that Christ was finally born. When they arrived, they gave bearing gifts such as gold, frankincense and myrrh.

The twelve days of Christmas begin on December 25 and culminate on January 6 with this holiday. Traditionally, most of the Latin world celebrate this bearing of the children and family members with meaningful gifts. The gifts include things that are needed and not a luxury.

Since they arrive on camels, the children have to prepare a show box with grass on it and leave it through all the night. In the morning if you have been good, you will get candy and presents, bad kids will get charcoal or even dirt.

Today, children get their main presents on the 25th and on the 6th they get humble, smaller and more rewarding gifts.
AN INTERNATIONAL WINTER BREAK
How the Holidays Will be Celebrated by International Students at Lynn

By ENERGY MABURUTSE
Staff Writer

For the holidays, most Lynn University students get to go home to spend time with their families. For the large number of students from other countries, however, visiting family is not usually a viable option.

"Impossible," is how Tafadzwa Matewe, senior from Zimbabwe, described it. "It takes nearly three days to travel home and two days to come back. Plus, the trip requires a price tag of around $1,500-$2,000 and that is just too much for a short break like the one coming up." A smaller amount of international students in this aspect end up relying on their friends, who in most cases will invite them to join their families.

"Going to boarding school made me toughen up a bit; it feels different when I go up north and have snow fall. It's kind of like the movies since it doesn't snow back home, so I do like it to some extent." Teddy Babanao, senior from Ghana. "On Christmas day, we do call each other and exchange warm wishes."

For the first time, Lynn University is giving those students that cannot travel to their countries an opportunity to stay on campus during the winter break. "The winter housing option for students that have applied to stay on campus during the upcoming break is mainly for the convenience of those students who it might be too difficult to travel home for the break season," said Liz Raffa, graduate student and community advisor for HRL.

"At Lynn, we have more than a fourth of our students who are international, and they need a place to stay here in the States instead of going home. It's overall just more convenient for them, which is a goal for housing on campus: to make life a little easier for students."

Alejandra Berrios from Panama says, despite friends, she always feels melancholy this time of the year. "At this time of the year it's always sad to not be around my family; however, I am very lucky to be surrounded by an amazing group of friends who open up their houses and treat me as their own."

As the winter break comes to fruition, many are excited to remain on campus. It will be a nice change for those students that live afar.
IT’S ALL ABOUT GIVING, NOT RECEIVING

How Fighting Knights Can Give Back To The Community This Season

By VICTORIA ALVAREZ
Editor-In-Chief

With all of the sales, long lines in department stores, shiny wrapping paper and lists of gifts this season, it's easy to forget what the holidays are all about. When there are so many bows to tie and so many presents to open, many people put aside the fact that the holiday season is all about giving back.

Giving back does not necessarily mean buying presents for the people that bought you ones (although it does seem nice to return the favor). Instead, giving back over the winter season has a much deeper meaning than some jewelry or perfume here and there.

"I think that giving back over the holidays means giving and helping people that really need it," said freshman Alison Fox. "For example, right now there's so many people in the world out there without a place to spend the holidays. They have no warm home to sleep in and no hot food to eat, and around the holidays I truly believe it's important to help those people out."

According to the National Students Against Hunger and Homelessness Campaign, more than 3.5 million people experience homelessness each year in the United States. That being said, 35% of the homeless population are families with children, which is actually, and surprisingly, the fastest growing segment of the homeless population. Although it is impossible for one person to

Whether it be helping to feed the homeless each day through soup kitchens, or helping to house them on the holidays through places that have warm beds to sleep in, there are plenty of ways that one person can help.

"Each year it gets harder and harder to see people live without a home and on the streets," said junior Stephanie DeMartino. "Knowing that the money I raise goes towards not only research, but also different programs for cancer patients and their families to be a part of is the most gratifying feeling I could ask for," added O'Connell. "There really is no better feeling than seeing that the money we raise puts a smile on someone's face."

An important thing for all to remember this holiday season is that there are more than enough ways to give back this season. Whether it be through helping the homeless, aiding the elderly, donating to local charities or even just volunteering at a local event, going out of one's way to help is the perfect way to give back.

"There is definitely so many things that you can do to give back," said freshman Tyler Bean. "No matter what you do, as long as you're trying, giving back is giving back."
FLAVORS OF THIS HOLIDAY SEASON
Students Enjoy Tasty Drinks Around Campus During This Time of Year

By JESSICA BURKE
Staff Writer

Winter is a favorite time of year for coffee drinkers, especially those who take advantage of Starbucks' seasonal drinks. Whether their popularity is based on a craze or a craving is the real question.

Just at Lynn alone, the seasonal coffee drinks take the coffee shop sales by storm.

"We sell a lot, so much that I couldn't give you a number," said Perper Coffee House barista Maria. "During this time of year most of our sales come from holiday flavors. Our other coffee sales go down significantly while the limited time flavors sky-rocket."

Currently, three main flavors are being served in Starbucks and at Lynn's own coffee houses, Christine's and Perper Coffee house. These three main flavors include Caramel Brûlée Latte, Gingerbread Latte, and Peppermint Mocha. Each have their own unique taste and fans across campus including students and staff alike.

"I like the Peppermint Mocha," said Student Accounts Specialist, Samantha Scapusio. "It's the season to drink Starbucks holiday drinks as new flavors such as Caramel Brûlée Latte hit the stage. Stock Photos.

Even those who have yet to try it agree that they look delicious and are willing to give them a try.

"I ordered a cappuccino, but now that I see they have all these new flavors, I'd be willing to try them," said sophomore Hanning Xiao.

The positive reaction to limited edition drinks also seems to reflect the view coffee drinkers have on the Starbucks company itself and the desire to have these flavors during the holiday season.

"Students look forward to this time of year for these flavors. Sometimes I hear students say 'Finally this is out! I've waited all year, long for this,'" said Maria.

"You look forward to this time of year, and these things are only released this time of year, so naturally you also look forward to drinking these flavors," said Scapusio. "Just because the flavors are out there and a lot of people drink them, doesn't mean you have to go get them. The coffee doesn't make your holiday, it just becomes a part of the holiday."

Many agree with Scapusio's idea that coffee is something to enhance the experience, not make it, but some see the other side represented by the Starbucks brand.

"If these flavors were available during the rest of the year, I probably wouldn't give them a second thought," said Student Accounts Billing Specialist, Michael Sands. "There are people who go to coffee shops to be a part of that culture."

Regardless of their reasoning, Starbucks customers seem to enjoy the benefits of drinking a festive coffee and they will continue to be sold for many holidays to come.
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