FROM PLAYER TO COACH:
ADAM HUTCHINSON

By CHRISTINA DIABO

ALSO:
WHERE SHOULD THE WORLD GO FROM HERE?

By VICTOR BATISTA
LYNN EXPANDS THEIR HORIZONS

Lynn Partners With General Assembly To Give Students Experience Abroad

By BRIAN MARTIN
Staff Writer

Lynn recently partnered with General Assembly, a study abroad program with locations around the world, to give students opportunities to gain real world job experiences.

Through General Assembly, college students can learn essential skills such as digital marketing and web development. If students were to participate in this program, it would benefit them immensely and help them establish a career in the long run.

"These programs will supplement Lynn’s liberal arts foundation with industry-specific and just-in-time job skills as students will learn about user design experience, digital marketing and project management," said President Kevin M. Ross. "Students in the 16-week program will also spend their last six weeks interning on a digital product team and will end up with two or three pieces of strong work for their portfolios."

The program has two different options in regards to how long students can participate in the program. Depending on which program students select to take, they will have a variety of locations available.

“Our collaboration with General Assembly will allow Lynn students to participate in a 16-week technology program in San Francisco and 10-day boot camps during the January Term in Sydney, London, San Francisco or New York," said President Ross.

In addition to the location choices, students will also earn academic credit which can be applied to their degree at Lynn.

While participating in the program, students will meet for class every weekday, limited to a size of 25 students. Considering the merits of this program, Lynn was more than happy to partner with this program.

“We met the founder in February and were impressed with the program that they were offering," said Gregg Cox, vice president of academic affairs. "We also recognized that partnering with a company known throughout the world would be a benefit to our students."

With this new program kicking off in January, students will have the chance to experience what this program offers and take advantage of its benefits. If students were to partake in this initiative, they would be helping themselves get a head start on their future careers.

“The basic concepts of formulating and eventually launching a new product are in many ways like formulating and launching an idea," said Cox. "Employers are eager to hire people who can formulate new ideas and carry them to fruition and the j-term course will provide a great opportunity for students to experience this first hand."

Those interested in partaking in this initiative should meet with their academic advisors as soon as possible to sign up for the program. For more information, students can visit generalassembly.com.

Above: General Assembly allows students to study abroad in a variety of different destinations. Stock Photos.
RELISH & MORE IS SHAKING THINGS UP

Restaurant Expands To Boca, Bringing Gourmet Burgers And Shakes

By CHRISTINA CANARY
Staff Writer

Relish & More is reinventing the burger experience. Their first location in West Palm Beach opened about 5 years ago and their Boca Raton location, in the 5th Ave shopping center recently opened.

The burger possibilities are endless, including a dozen types of patties offered, from wild boar to grouper to wild mushroom. The restaurant specializes in gourmet burgers, specialty salads, over the top shakes and hot fresh donuts.

"I heard about Relish because someone told me they had the best donuts," said Steph Leighty, senior. "I was there within the first week of them being open in Boca."

Their shakes are sure to leave even the biggest critics speechless. They vary from chocolate truffle to espresso bean and peanut butter cup.

"I was craving a milkshake last week, so I stopped by Relish," said Tess Keegan, senior. "I have never tasted anything so delicious in my life."

When a restaurant truly cares about the quality of their guests, meals and experience, it improves the quality of the restaurant entirely. When arriving at either of their locations, the employees make all guests feel welcome.

"One of the things that Relish is most known for is their big portions," said Maxwell Johnson, senior. "There are a lot of people I know that are willing to pay the extra buck for a good meal."

So when the Monday blues hit during a stressful week, indulge in some comfort food at Relish & More. This restaurant is truly one of Boca's best and worth a visit.

Above: Relish & More has a variety of shakes for anyone with a sweet tooth. They recently opened a new location in Boca. Photo/C. Canary.
After being medically redshirted for the 2015-16 season, Adam Hutchinson, senior, was able to take his soccer skills on the field and apply it to coaching the Men's Soccer team during this season.

Hutchinson was expecting to achieve big things during his final year on the field. Sadly, his injury interrupted his plan.

"On March 20, we had practice during spring training and I went in for a challenge with one of my teammates. My leg got tangled between one of the other guy’s leg," said Hutchinson. "He turned left while my knee went right and next thing you know, everything popped."

Although not being able to play was unfortunate enough; the thought on having to wait months to heal was devastating to Hutchinson.

"When this happened it was probably the most depressing time of my life because it’s the one thing that [I] love more and it was taken away from [me]," said Hutchinson. "I tore my ACL and my medial meniscus, so the waiting time for recovery was between six to eight months. The plan of action was that I would medically redshirt and come in as an assistant coach at the same time and help the squad during the fall season."

Hutchinson has been helping the team during practices by leading them in basic routines that they follow on a daily basis, as well as making plans with the coaches for the team.

"On a day to day basis, I’ve been helping out during practices and helping players, developing them through coaching verbally and physically telling them where they should be on the field... I’m [also] involved on a day-to-day basis with the coaches," said Hutchinson. "I sit down and plan sessions with them."

From learning to contribute to the team in a new capacity, Hutchinson has a new outlook on the game of soccer.

"I’ve learned a lot about coaching as well as playing from being on the sideline. You take a step back and you look at the bigger picture and you start to see things that you don’t see as a player," said Hutchinson. "When you are on the field you only see what’s in front of you, whereas when you’re out on the sideline, you analyze different areas of the game and get a better understanding of how players play together."

With the soccer season now over, Hutchinson is entering his seventh month of recovery and hopes to be able to play the sport he loves in the near future.
NJURY INTO A NEW COACHING JOB

njury As Well As Contribute To The Season By Coaching His Teammates
WHERE SHOULD WE GO FROM HERE?

After The Attacks In Paris, Many Are Left Wondering What Will Come Next

By VICTOR BATISTA
Staff Writer

On November 13, 2015, a day that started off just as any other day, turned into a day of loss and devastation. Paris, the capital of France and city of lights, was the stage for horrific terror attacks at the hands of Islamic State (ISIS) sympathizers, claiming the lives of 129 people. Although many are left wondering why then, why now and why Paris, there is still one question that remains. How should the world respond to these deadly attacks?

Following the night of terror in downtown Paris, French President François Hollande stated France would respond "mercilessly." By Monday, French fighter jets had dropped more than 40 bombs in the ISIS-controlled Syrian city of Raqqa, destroying jihadist training camps and living quarters.

After investigation, at least one of the attackers was determined to have entered Europe as a Syrian refugee through Greece, earlier this year. This sparked serious discussion on the future of refugee policies around the world.

Following this discovery, Poland was the first country to say the country would no longer be accepting refugees. Shortly after, several American states declared that they would not accept Syrian war escapees either. But does this serve any purpose?

The mainstream outcry on the refugee crisis focuses on those seeking asylum. Some people believe they pose a threat, saying that accepting them into their countries would be dangerous. However, there is a bigger picture to be considered.

An emotional response of hate toward those of Arabic origin and the Islam religion is not only no guarantee of protection, it is also a repetition of a mistake already made. The notion that leaving people in a war environment, where they can grow antipathy toward western civilization for its lack of empathy and support only strengthens the likes of ISIS.

In the 1940s, it was America's decision to say no to Jewish refugees from Germany and other European nations. The general assumption was they could help the Nazis from within. If only we knew how wrong we were. And that's what we might not be considering right now: how wrong we may be.

Personally, I don't agree with taking in large numbers of refugees. But not because of their faith or ethnicity - some lawmakers have released statements to the effect of "let in the Christians, not the Muslims" - but because there is no one to contact to perform routine visa screenings. There's no government authority. No foreign department.

On top of tightening or outright eliminating the access of those seeking asylum, France is already moving to put in place new surveillance policies, similar to those used by the United Kingdom and the United States.

Following the Paris attacks, CIA director, John Brennan, stated that mass surveillance has had an impact in preventing terror plots since 9/11, when, in my opinion, it hasn't done much in that sense besides obscenely violating the privacy of millions of American citizens and the U.S. Constitution.

Regardless of what is said and done, it is certain that France will endure. The West will endure. But only if it does not give in to the fear terrorists provoke. We must not sacrifice our beliefs for safety.

President Dwight D. Eisenhower said, "If you want total security, go to prison. There you are fed, clothed, given medical care and so on. The only thing lacking is freedom."

If the western world undermines its values and principles of liberty and justice in the name of security, by annihilating citizen's rights and freedoms, by condemning those rights and freedoms, by condemning them to live in a constant state of fear, it will have sent a message to the barbarians who commit these atrocities, to all of those who wish for its downfall: that they have won.
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TIPS FROM AN
IPULSE EDITOR
E. COLI HAS AFFECTED CHIPOTLE
The Fast Casual Restaurant Has Encountered Major Health Safety Issues

By VICTOR BATISTA
Staff Writer

Chipotle, the vastly popular fast food chain specializing in Mexican cuisine, was founded in Denver in 1993 and became a huge success due to their business model of not using any genetically modified (GMO) ingredients and focusing on quality rather than speed. In early November, however, it appeared those fresh ingredients became a nightmare.

Earlier in the month, 30 people in Washington and Oregon were diagnosed with an infection caused by E. coli, a bacteria that can cause bloody diarrhea and urinary tract infections. Upon investigation, officials found the victims all had one thing in common: they had all eaten at Chipotle Mexican Grill prior to falling ill.

Following the announcement from the Washington State Department of Health and the Oregon Health Authority, Chipotle proceeded to close 43 of its locations in the Pacific Northwest until the definite source of the outbreak was identified, even though only eight of the restaurants were proven to be affected. "It's a strange situation for me since I love Chipotle so much but am now scared of eating there because of this," said Jessica Quigley, sophomore.

Chipotle is known for sourcing ingredients regionally instead of using a single national distributor in order to provide the freshest food ingredients possible. This being the case, the Center for Disease Control and Prevention (CDC) stated in a press conference: "there is no information to suggest that [Chipotle] locations in other states are affected by this outbreak."

It remains unclear as to which specific ingredient caused the outbreak, but E. coli generally originates in poorly cooked meats and raw dairy products. It may also occur in fresh produce.

"I find it extremely ironic that we are constantly pushed toward healthier choices in eating, especially fast-food...while Chipotle is known to be healthier than say, Taco Bell, the latter hasn't been experiencing all these issues with their heavily processed food," said Joey Hefferan, graduate student.

2015 has been very rough for Chipotle and this is not the first time throughout the year the chain has been affected by health-related concerns. As a result, the company's stock has fallen over eight percent, which has made investors anxious about what lies ahead.

So far, all of the reported victims have been successfully treated, but the CDC reports that others might not seek health care so there is no certainty about how many customers were affected. It is unquestionable now that Chipotle was, indeed, offering extremely fresh ingredients.

Some of them maybe even a little too fresh.
Entertainment

YOUTUBE UNVEILS YOUTUBE MUSIC
The Video Site Has Rolled Out The New Service In Response To Demand

By GRACEANNE TRUMPFELLER
Editorial Support

It is a struggle every smartphone user has come to loathe: locking their phone while a YouTube video is playing, assuming the audio will continue and becoming incredibly disappointed as they hear nothing but silence. Luckily for those sick of this dilemma, YouTube has come up with a solution - YouTube Music.

YouTube Music is a subscription service that allows users to enjoy music on YouTube ad-free, for a fee of $12.99 a month. This music-streaming app could pit YouTube squarely up against rival services like Spotify and Apple Music. YouTube Music will allow users to listen to their favorite music tracks even after the somewhat bulky app is minimized.

"I think I might have to invest in this app because I can never find music I want on Spotify but can find it on YouTube," said Cary Rucker, junior. "I always get so frustrated when my music stops when I lock my phone, so I definitely have to look into YouTube Music."

YouTube Music, like various other popular streaming apps, does offer a free version for those unwilling to pay the fee of $12.99 a month. Using the free version, YouTube Music holds a strong likeness to what is currently available on the primary YouTube app, complete with advertisements.

YouTube Music features a simplified interface dedicated only to music. There is a discovery section meant to show what the user might want to listen to, a "What's Trending" global section and a section which collects all previously liked music videos.

In comparison, the paid version of YouTube Music will stream music without ads and allow songs to be saved for offline listening. This feature in particular is what makes the app most appealing. Even without internet connection, listeners can still enjoy their favorite tracks.

"We're seeing an evolution where people are willing to pay subscriptions to avoid listening to ads and receive offline listening. Companies need to find out what music lovers want and how to deliver it to them at the most reasonable price," said Professor Gary Carlin. "I think that whoever wins this race is going to be the company with the most music, the ability to add the most bells and whistles such as offline listening, and original content."

Dubbed the "Offline Mixtape," YouTube Music allows users to create a playlist that can consist of up to 100 songs, including previous likes and suggested songs. The app can also generate a playlist based on any artist plugged into the search bar.

Though one may argue alternate streaming applications such as Spotify or Google Play Music function almost the same way, YouTube does have a leg up on the competition - it features a much wider selection of music.

"YouTube has a huge and eclectic collection, including live performances, and remixes that can't be found on any other fully licensed platforms," said Brendan Klinkenberg, a Buzzfeed news reporter. "If YouTube can keep the labels happy — no small feat — the company could distinguish itself from rivals with a substantially different offering."

For those interested, YouTube Music is available for download now in the app store. Unfortunately for competing streaming applications, YouTube is seriously stepping up its game.
STUDENTS ARE WORKING WITH THE
Lynn Students Are No Strangers To Gaining Experience Both On

By JENNIFER AYALA
Staff Writer

Each year, a select group of students have the opportunity to develop their professional skills by working with the Athletics Communications Department.

Under the direction of Chad Beattie, director of athletic communications, students have the chance at a hands-on learning experience. This, like many other opportunities at Lynn, offers students a new experience to help them in their future endeavors. Involved students will be able to add this experience to their resumes and have the opportunity to apply what they learn in the classrooms to real life situations.

"Working with athletics has helped me learn a lot," said Christina Diabo, sophomore. "It is great to have Chad as my boss, he helps me though this learning process."

Diabo is responsible for the photography at games used to compose highlight reels later on. Responsibilities like these have helped her to improve her skills.

"Like any job, at the beginning it is challenging, I think getting in the swing of things and learning some of the programs was tough at first," said Diabo. "But, once I got the hang of it, it's like second nature."

Another student working under Athletic Communications is Briana Randall, sophomore. Her dream is to become a successful broadcast journalist and this opportunity has served to help her pave the right path to accomplish that dream.

"This work has different components: there is advertisement, social media operations, film and editing between other components that force me to learn from everything," said Randall.

This opportunity offers an incredible and enjoyable learning experience. Students develop a deeper connection with their passion in addition to gaining the knowledge that the students acquire from being around the other staff in the department.

"Having the opportunity to witness real time action, just because of the intensity of the games is so much fun," said Diabo. "I also love being able to work behind the scenes of all the sporting events."

With the responsibility of keeping a strong connection between fans and the athletics-related activities, the students are grateful for this opportunity and are looking forward to continue learning and improving their skills as much as possible.
ATHLETICS DEPARTMENT DURING FALL
And Off Campus, And The Athletics Department Is Happy To Help Out

Above: Christina Diabo works in the communication department of Lynn Athletics to gain experience in the field. LU Photos.
DEC. 4, 2015 - IPulse - Page 6

ORGANIZING AN OVERBOOKED LIFE
Editor Calvin Jordan Details How He Manages To Survive His Schedule

By CALVIN JORDAN
Assistant Editor

Whenever friends notice me zooming around campus, I'm often faced with a simple yet loaded question.

"How are you able to keep up with everything?"

Of course, I'm typically in a rush so I usually respond with a shrug, smile and laugh while I freak out about potentially being late to my next meeting.

In reality though, my system is pretty easy to follow: I make generous use of my handy-dandy monthly planner, I never forget to add new tasks to my to-do list and I always prioritize my schoolwork over events even if it kills me on the inside.

I think that planners are grossly underrated because without my personal one, I'm almost 100 percent certain that my life would have fallen apart by now.

I have a Cambridge monthly planner and it is my best friend regarding my work schedule, so I make it a point to never commit to an assignment, meeting or other task unless I can adequately fit it somewhere in there. It has become so much of a habit that I instinctively reach for my bag whenever someone mentions a date. God forbid I leave it at home when I have school or else I will have extreme anxiety all day.

People call me old-fashioned because I don't assimilate to the digital calendars others use on their phones, but I truly am one of those people who needs to write times and dates down in order to make them "real" in my mind.

On top of that, I know that nine times out of ten when I pick up my phone with one intention I will start to do something else without realizing it. This needlessly takes up time that I could otherwise be putting to use.

Moving on to the (again) underrated to-do list.

Now, my list is not anything fancy. It literally is a sticky note that lives within the aforementioned planner and is updated constantly.

Got a new assignment? Put it on the list.
Got a new task for my job? Put it on the list.
Got a new event? Put it on the list.

Might I add, there is nothing more internally satisfying than seeing my completed to-do list go in the trash.

Lastly, you just have to set priorities for what is really important. It would be nice to say that you got to party every single weekend while you were here at Lynn, but it would be even better if you can say that you actually got something more profound.

Above: The current month of November has been somewhat of a breeze to get through so far, thanks to a planner. Staff Photo/C. Jordan.
BEING ENTRANCED BY BORA BORA
Beyond The Island Of Tahiti Lies A Place Where Dreams Meet Reality

By ANTHONY CARABETTA
Staff Writer

Just northwest of Tahiti lies the French Polynesian island, Bora Bora; the destination is an excellent place to get away from the stresses that are hosted on campus. The sight alone will offer a sense of peace and serenity to its visitors.

Above: With its incredible landscapes and turquoise waters, Bora Bora is a perfect destination to get away from stress. Staff Photos/A. Carabetta.
REBECCA MATTHEWS
STRIVES FOR SUCCESS AND IS READY FOR NEW CHALLENGES

ALSO:
SEA WORLD ENDING ORCA SHOWS IN CALIFORNIA
December 7, 2015 - iPulse - Page 2

World News

AN END TO SEAWORLD ORCA SHOWS
The Controversial Organization Has Been Under Pressure Worldwide

By VICTOR BATISTA
Staff Writer

SeaWorld recently announced plans to phase out killer whale performances in its San Diego park by 2016. This plan will introduce a more humane program that will display the natural behaviors of killer whales, ending heavily choreographed routines. This big announcement is great news for environmentalists and animal rights groups who have been campaigning to end these shows for years.

After the release of the 2013 film “Blackfish,” which heavily criticized SeaWorld, public opinion turned against SeaWorld, with many people boycotting the parks in protest of keeping these highly intelligent creatures in cramped conditions and forcing them to perform daily.

According to SeaWorld, the move is a result of customer feedback. Although it is not an ideal situation and many argue that the whales should be released to the wild, people are happy to see the whales in a more natural setting.

In the past year, attendance at the San Diego park dropped over 15 percent, a revenue loss of more than $10 million. This is the company’s attempt to repair its reputation and regrow its attendance rates.

“We are listening to our guests, evolving as a company,” said Joel Manby, the company’s CEO in a press conference.

SeaWorld’s decision comes less than a week after a heated debate regarding legislation prohibiting the captivity of orcas, which broke out in Congress.

“We cannot be responsible stewards of our natural environment and propagate messages about the importance of animal welfare when our behaviors don’t reflect our principles,” said Adam Schiff, congressman.

Originally, SeaWorld planned to double the size of its killer whale tanks, but the plans were set back by California regulators, who decided the company could only proceed with such plans if they put an end to orca shows, as well as breeding programs.

“I think it’s great that SeaWorld is moving toward better treatment of the animals [and creating new programs] that [show] what they are,” said Jessica Quigley, sophomore.

However, the theatrical killer whale performances will continue at SeaWorld’s Texas and Florida locations for now. Many people are hoping that killer whale shows will be phased out in these locations in the near future.

“It’s a step. Hopefully the policy will expand to all the other parks,” said Andrew Bucknam, senior.

Pressure put on SeaWorld by protesters and filmmakers, as well as groups such as PETA, have contributed to this recent decision to end the orca shows in California.

This goes to show that direct activism can indeed make a difference and that companies are constantly evolving to accommodate customer’s desires.

Above: SeaWorld ends whale shows in California. Stock Photos.
A BLOW TO FANTASY SPORTS FANS

New York Declares Popular Betting Companies Illegal To Limit Gambling

By ALEX TURNER
Staff Writer

The popular fantasy sport betting companies, FanDuel and DraftKings, are no longer considered legal in the state of New York.

New York Attorney General Eric Schneiderman declared fantasy sports betting to be illegal gambling in the state and ordered both companies to cease accepting any bets. Federal investigators are deciding if the two companies are violating any federal gambling laws.

The order could be a major blow to the betting industry, as these two companies introduced online fantasy sports betting to the younger generation and have many endorsement deals with professional teams.

DraftKings and FanDuel are leaders of the growing multi-billion dollar fantasy sport betting industry and are viewed as another fun and entertaining way for people to enjoy their favorite sport.

Fantasy sports betting companies argue that betting money on fantasy sports teams should be allowed because it involves skill and is not based on luck.

"Fantasy sports is a game of skill and legal under New York state law. This is a politician telling hundreds of thousands of New Yorkers they are not allowed to play a game that they love and share with friends, family, co-workers and players across the country," said FanDuel, in a statement to The Boston Globe.

For these companies this could mean a massive loss of income and may even lead to their eventual demise.

"Being from New York and having friends that play [fantasy sports], it is a sad thing to hear [betting is now illegal]," said Nicolina DiZenzo, freshman.

New York is one of the largest cities in the United States for fantasy sports and for betting companies to lose out of such a profitable state is truly devastating for their businesses.

Above: Fantasy sports betting is now illegal in New York and is a massive blow to the fantasy sports betting industry. Stock Photos.
Above: Rebecca Matthews, graduate student is a highly valued and very dedicated member of the Women's Swimming team. LU Photos
National Champion Rebecca Matthews Prepares For A New Swim Season

By JENNY AYALA
Staff Writer

Graduate student and member of the Women’s Swim team, Rebecca Matthews, has set records for both Lynn and the NCAA. With this season in full swing, Matthews is more than ready for what is to come.

Last year, the swim team had the best addition in program history. By the end of the season, Matthews had improved her previous record in the NCAA by three seconds and was the national champion in the 100 and 200 meter breaststroke. In addition, she was named the Sunshine State conference swimmer of the year.

Matthews began to swim because her mother was also a swimmer. Matthews loves being in the water and has developed a deep passion for the sport.

“I’ve always been comfortable in the water, I love the sensation that I get when I swim,” said Matthews. “It is where my confidence is at its highest”

Matthews has demonstrated excellence in her sport and is grateful for the support that is offered by Lynn, her teammates and the swim coaches. She believes the swim program will continue to grow and the team will continue to win at meets.

“I’m very proud and grateful to have had the opportunity to reach excellent performances through the program here,” said Matthews. “I truly believe that as it grows more great things will come from the Lynn swim team.”

Matthews’ constant success is just an example of how dedication pays off. Before this year’s season started, she suffered a tibia stress fracture, but this did not stop her from training for the upcoming season.

“I had to adapt my practices and focus on different aspects of training and techniques, but I didn’t stop training during my injury,” she said. “In the long run I found it to be beneficial as I gained a lot of strength and a great feeling of my upper body in the water.”

Matthews feels prepared for the upcoming season and confident the team’s hard work will pay off. In her final year, she wants to have fun and enjoy every moment.

“I want to enjoy swimming as much as I did last year and I want to continue to grow as a swimmer and as a person by the side of amazing teammates and coaches,” said Matthews.

Matthews is ready to face any challenges that might come her way. Her favorite quote reminds her to always keep a positive attitude and to enjoy each moment. The quote reads, “You can’t control the waves, but you can learn how to surf.”

Matthews, along with the entire swim team, is ready to start this season strong. Students can follow updates on the Lynn Fighting Knights website as well as on their various social media platforms.

Above: Matthews received many awards during last season. LU Photos.
Entertainment

LIFE ON BOTH SIDES OF THE ATLANTIC

Saoirse Ronan Impresses Audiences In Her Newest Movie, “Brooklyn”

By AISLING MCENTEGART
Editor-in-Chief

Irish people have been making the voyage across the Atlantic ocean in hopes of finding a better life in the land of opportunity for decades. This theme is explored in “Brooklyn,” a must see new film based on a novel of the same name by Colm Tóibín.

“Brooklyn” follows the journey of Eilis Lacey (Saoirse Ronan), a young woman who has aspirations beyond what her small Irish town can provide her with. Eilis’ beloved sister, Rose (Fiona Glascott) manages to organize a job for Eilis in New York City with the help of a New York based Irish priest, Father Flood (Jim Broadbent).

Once she sets out on her travels, the realization hits Eilis that she may never see her family or her homeland again. When Eilis finally makes it to New York she takes up residence in Brooklyn, living with several other Irish expats.

Although she is surrounded by her native people, Eilis experiences homesickness and finds it difficult to keep her composure while working, much to the displeasure of her supervisor. Homesickness was something Ronan herself experienced while filming and allowed her to emphasize with her character deeply.

“I had moved away from home and was living in London. I was going through homsickness myself and still trying to figure out where I stood in the grown-up world,” said Ronan. “It’s a very daunting feeling I think and I was right in the middle of that while we were making the film. So it meant that every kind of stage that we see Eilis reaching and overcoming, I was going through myself.”

However, this changes very quickly when Eilis meets a charming young Italian American man named Tony (Emory Cohen). Although they are as different as night and day, the two instantly forge a connection.

As Eilis’ relationship with Tony blossoms and she adjusts to life in the Big Apple, thoughts of her small Irish town begin to fade. That is, until tragedy strikes the Lacey family and Eilis is called home.

“She grows into this amazing young woman because the people around her have been kind to her and they’ve helped her and they’ve shared advice and wisdom,” said Ronan.

As soon as Eilis returns to the Emerald Isle, her mother (Jane Brennan) does everything in her power to persuade Eilis to stay at home and abandon her life in New York. Eilis is introduced to Jim Farrell (Dominic Gleeson), a young man about to inherit his parent’s estate. Jim represents a life of stability that causes Eilis to question her feelings for Tony.

“As soon as she comes home, her mother automatically starts to take ownership over plans with her friends and the job that she's going to take up and things like that,” said Ronan. “She can see that that’s starting to happen, but doesn’t necessarily do anything about it because she's home and she’s kind of falling back into [a] fantasy.”

Eilis experiences fierce internal conflict as she is forced to choose between the comfort and familiarity of her ancestral home or the thrill of her life in the United States.

“Ultimately these two men are representing two different worlds and two different lives that [Eilis] could have,” said Ronan. “I could completely justify her staying in Ireland over New York, even though New York ultimately would be the braver and probably better choice for her.”

Through her participation in this film, Ronan made some important realizations that audience members can also learn from.

“It taught me that everyone goes through [homesickness]. Everyone has this feeling and it won't always feel like this. It will get easier,” said Ronan.

This film deals with the subject of immigration and the themes of homesickness and love in a beautiful manner. It is impossible not to be moved by this film and the masterful performances by Ronan and the rest of the cast brings this film to the next level.

“Brooklyn” is open in theatres nationwide now. Make sure to check out this truly inspiring film.

Above: “Brooklyn” is a movie everyone will enjoy. Searchlight Photos.
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STANDING AGAINST TERRORISM

By Aisling McEntegart and Calvin Jordan
RUSSIA'S ACCIDENTAL BROADCAST
A Russian Television Station Accidentally Leaks Nuclear Submarine Plans

By VICTOR BATISTA
Staff Writer

The world of news reporting in modern day is fast-paced, instant and delivered in real time. This is especially true in broadcast news. Sometimes editors make mistakes in pieces due to the short amount of time they have to produce a breaking news segment. In early November, Russia was the victim of such a mistake.

On occasions when reporters are briefed on sensitive information by the Department of Defense (DOD) on developing military strategies or new technology, they are usually allowed a "hear only" status, meaning they can voice record and listen to the release, but no cameras are allowed.

This procedure is standard across the globe, but it appears that someone forgot to tell a few Russian state television companies. During routine news bulletins, National Television (NTV) and Channel 1, two state-owned Russian news channels aired a story on President Putin's military, which then cut to show soldiers performing several activities.

One of these activities, however, turned out to be a soldier looking at top-secret plans for a new kind of nuclear torpedo being developed by the Russian Federation. The plans were broadcasted in a few "frames, showing the blueprints for the new weapon, which is a self-propelled nuclear torpedo that is capable of navigating itself. Essentially, a submarine "drone" missile.

"In the future, we will undoubtedly take preventive measures so this does not happen again," said Dmitry Peskov, spokesman to Vladimir Putin.

The Pentagon has confirmed they have seen the document, but directed reporters to the Russian Federation to confirm its authenticity and provided no further comment.

"I honestly think it's quite funny until you realize someone probably lost way more than their job because of it," said Ben Flaum, junior.

The weapon seems to be designed to destroy the area it is targeting and contaminate the surrounding zone with high levels of radiation.

"It is quite scary to think that the world is still in the stages of creating even more devastating nuclear warheads," said Jerry Collender, senior.

It is unclear as to whether or not the "discovery" of this new weapon by Western officials will stir up any discussions in Washington or among NATO members, but it is clear that whatever stage the development of this weapon is in self-defense is not Russia's goal at the present moment.
A LOOK AT THE BLACK STUDENT UNION

This Year's Black Student Union Aims To Diversify Their Ranks On All Levels

By BRIANA RANDALL
Staff Writer

There is a common misconception that the Black Student Union only consists of people of color. However, this year's BSU members are pushing to change those assumptions with a new executive board and diverse body of club members.

"My executive board and I believed that Black Student Union was an organization essential to a flourishing society. BSU was created in order to allow the minority community to feel included and help make their opinions matter in a predominantly Caucasian community," said Charmahan Webbe, sophomore and president of BSU. "While doing so, we have made a huge effort to not discriminate on the foundation of race, religion, gender, etc., but we accept and encourage others' opinions as a way to excel and evolve as an organization."

This year, BSU has gathered a plethora of members. New and returning club members are creating countless friendships and gaining the trust of many students on campus through their presence and involvement. Together they work as a team and have participated in multiple events to create more awareness.

Although they are proud of all of the events they have been a part of, BSU's most memorable moment this year was when they won first place in the annual golf cart parade for Founders Day.

As the year goes on, BSU members will be overseeing exciting events including the annual BSU fashion show. The members of BSU have announced that this year's show will be bigger and better.

"I'm excited for the BSU fashion show this year. We'll be celebrating all types of culture on campus since it is during Celebration of Nations Week. We hope a lot of people come and give us support so we can have a successful fashion show," said Kartiana Desir, sophomore.

Through major events like this, the organization can showcase all of the other cultures and ethnicities on campus. After all, Lynn is truly a melting pot.

BSU is working hard to make a difference on campus, but more importantly they are creating real bonds between all different types of people, no matter their race, ethnicity, religion or gender.

"I feel like BSU is a really fun club to join because the people are really nice, the events we have planned and have already been apart of are entertaining. I look forward to seeing more people of different races and cultures to join BSU, because it's making changes for black people as well as all cultures and races," said Sonia Broman, freshman.

Black Student Union is excited to remain as a thriving student organization. To get involved, students can come to BSU's general meetings on Friday nights at 7 p.m. on the fifth floor lounge of EML residence hall.

Above: BSU members are excited to get together and get involved in various events on campus. LU Photos.
TWO STUDENT RESPONSES TO THE

The Recent Acts Of Terrorism Around The World Can Be Ended If

By AISLING MCENTEGART
Editor-in-Chief

Every time reports of a mass shooting begin to surface online, I experience the exact same sequence of emotions. First comes shock, then despair and sorrow, followed quickly by utter disgust for the people who commit such heinous acts.

However, the aftermath of such events always confuses me. Rather than focusing on finding a way to prevent such tragedies from occurring again, people try to find someone else to blame. Republicans blame the democrats and the democrats in turn blame the republicans. Should everybody have a gun? Should no one have a gun?

Rather than arguing among ourselves, we should be focusing on one thing and one thing only: standing united in the face of all acts of terrorism. There is strength in unity, not division.

The most prevalent topic in the media today seems to be ISIS. As we try to put a stop to the hateful ideals this group represent, we must also make sure to differentiate between Muslims and extremists. ISIS may claim to be Muslim, but as a bystander yelled following a terrorist stabbing in London, "you ain't no Muslim, bruv."

Members of ISIS are not followers of Islam. Plain and simple. The only religion they follow is hate. Islamophobia must be avoided at all costs. It is not fair to blame an entire group of people for the actions of deranged individuals.

Being Irish, I understand what it is like to be unfairly blamed for the violent actions of a group of insane individuals. When my parents lived outside of Ireland in the 1980s, they were subjected to harassment and verbal abuse, because of the actions of the Irish Republican Army (IRA). My parents, along with most Irish people rejected this terrorist organization's ideologies and considered them deplorable, yet they still found themselves being blamed by strangers for things they were opposed to and events they had no role in. This, as I'm sure you can agree, was not fair and neither is blaming all Muslims for the actions of terrorists.

Every mass shooting is an act of terrorism, no matter the specific motive. The aim is the exact same each time, to frighten people and create an atmosphere of uncertainty and unrest. Terrorists want to use the threat of violence to prevent people from expressing their freedom and living their lives normally.

For the loved ones of people whose lives have been cruelly ripped from them, do you think they care about the deranged ideologies of whatever lowlife tore their loved one from them? No.

We need to abandon the habit of giving an identity and a story to the person responsible. Who cares about what the terrorist looks like? Who cares about their name? Who cares about their childhood and that time someone made fun of them? I know I don't.

Anyone who turns a gun on an innocent person in some vile attempt to gain attention does not deserve a name, a face or a past. They should not have their story broadcasted to the world. Their reasoning and past story should be tossed to the side and forgotten. They want the world to know them and we should not allow that to happen.

We should not grant them infamy. We should not give them hateful cause publicity. That is what they want. At the end of the day, all types of terrorism are the same whether it is religion based political based or otherwise. They want to use violence as a means of gaining attention and power within society.

Instead of wasting any time giving terrorists a spotlight, we should divert all attention to preventing such violence from erupting in the future. That is a matter that matters.

By painting all terrorists with the same brush we do not allow their ugly messages to be spread. We do not let them control the game. We must stand together in solidarity and let them know that violence will never, ever give them a platform for their madness.

Terrorists want to achieve hate. They want us to hate them and they want us to fight among ourselves. They do not want us to rise up and unite against their evil. Instead of posting their pictures, childhood stories and reasoning behind their attacks all over the media, we need to change the conversation from who these people are to promote such violence to how we can stop them in their tracks. That is the only thing that matters.
Story

RECENT OUTBREAK OF TERRORISM

The International Community Work With Each Other And Cooperate

Above: People around the world must stand together in solidarity to show that violence will not be tolerated within society. Stock Photos.

CALVIN JORDAN
Assistant Editor

When the shooting occurred last Wednesday in California, headlines began to appear, 'elt my heart drop into my stomach.

I am not going to use any clichés that are overdone and fall on deaf ears, so all I want to do is start by asking a question:

Do you want to live in a place where you feel like you must be on alert all the time in order to be safe? That's what we are headed if people do not get their heads out of the clouds and address a problem that is clearly affecting our entire nation.

I do not want to "take all of your guns" or infringe upon your second amendment rights, but something's got to give when a large portion of the citizens feel afraid for their lives.

And no, I do not want to purchase a firearm. I really should not have to in a modern 2015 society.

The San Bernadino shooting was an absolute tragedy and it should not be used entirely as ammunition for the gun control camp, but there are some parts of it that should be thought about before writing it off as irrelevant.

How did these attackers get these weapons? A lot of people will argue that criminals will get illegal arms regardless, but it makes no sense to provide them an easy legal avenue through which deadly weapons can fall into the hands of deranged lunatics.

The system for obtaining guns needs to become more stringent and require a higher level of accountability that will prevent firearms from falling into the hands of the mentally ill, the untrained, or the intentionally malevolent.

The next focus I'd like to shift to regarding the massacre is the surging Islamophobia that is beginning to show its ugly head.

ISIL (as many have said over and over) is not representative at all of true Muslim culture and beliefs. They are called radicalists for a reason-- it is not as if Islam itself is inherently violent.

In fact, some of the nicest individuals I have ever met were Muslim and I never thought anything of it. That is why it frustrates me to no end when I see people on my very own Facebook timeline spewing hatred and prejudice.

I understand that as Americans, we have a very strong sense of national pride and we love to let others know that we are not to be messed with. However, we are supposed to come from the founding fathers, who themselves were religious refugees seeking a safe haven to live in peace.

For that reason, I cannot bear to hear some of my peers telling other innocent civilians that they should "go back to where they came from."

The nation that I know and love welcomes people with open arms when they are fleeing oppression. Freedom is the cornerstone of our society, after all.

I encourage all readers to evaluate the stereotypical views they might hold against Muslims because I fear that if ISIL does grow stronger, the hate at home could possibly become worse. We cannot be torn apart and made to see foreigners as "the enemy."

Love your neighbor as the wise Jesus Christ once said, and I'm positive we will all have a great time here in the country that I am proud of.
GETTING READY FOR THE FIRST PITCH
General Managers From MLB Teams Meet To Discuss 2015-2016 Season

By ALEX TURNER
Staff Writer

As the MLB season comes to an end, free agency and trades have become the talk of the town. The winter meetings are an annual event held in December where representatives from all 30 MLB teams and 160 minor league affiliations gather for four days to discuss baseball business such as off-season trades and other professional transactions. Those in attendance include team general managers, league executives, coaches, team scouts and even people that are seeking employment from a minor league affiliation.

For any professional team, there is a general manager who is responsible for creating the best roster possible. In baseball, there are two rosters. The first one being the 40-man roster allows a big league team to promote a player from their minor league affiliate to the major league club without having to purchase their minor league contract. There is also the 25-man roster, which is the normal club that travels with the major league team.

From Nov. 9 through Nov. 12, the MLB general manager meeting was held in Boca at the Boca Resort. This brought much business and excitement to the area.

“I've been to the winter meetings before and the atmosphere was amazing. I wanted a front row seat of how baseball transactions go down in the offseason,” said Alex Reiner, graduate student.

In these meetings, trades are being made right on the spot and general managers consider swapping some of their top prospects and top players on the big league club. The general manager meetings used to be where everything was set up for the winter meetings, but now those are for everyone to catch up on the conversations they have been having during the season.
MAKING CHAMPIONS OFF THE FIELD
Student Athletes Learn Valuable Lessons In The “Life Skills” Course

By JENNIFER AYALA
Staff Writer

Lynn is committed to the development of athletes on and off the field and through the Life Skills course, Lynn prepares the champions that represent the school in athletic activities.

Every first year athlete at Lynn is required to take the Life Skills class. In this course of 15 weeks, Life Skills aims to make an impact and aid in the development of the newest additions to the Fighting Knights family.

This year, alumna Kara Bailey is the coordinator of the course and with the assistance of coaches, the course helps athletes engage with the school and their teammates. The purpose of this class is to encourage the athletes to become leaders at the university.

"This course is designed to help athletes grow, to really represent Lynn in a positive manner and for them to learn sportsmanship on and off the court and field," said Bailey.

This class teaches students about leadership, commitment, composure and confidence, along with other skills that create champions on and off the field, court and pool.

"Every athlete is different on the teams and by discovering their style they can positively impact their teams," said Bailey. "Hopefully this will help to bring more National Championships to the university."

The class offers an enriching experience and allows athletes to connect with each other. The experience and leadership skills developed during this course are highly appreciated by student athletes.

"This class is worth taking because you get a perspective from sport related minds," said Alex Turner, junior. "I've learned how to represent myself when I'm being interviewed and I've learned a lot about leadership."

Many of the students enjoy learning from those who work in the athletic department.

"I have learned from all of the topics that coaches and staff have done," said Krissi Ortiz, freshman. "Many of the skills they taught have helped me to be a better person and leader for my team."

The athletic department at Lynn focuses on growing the potential of every athlete on campus. The coaches and staff strongly believe in helping student athletes develop skills for lifelong success. This class prepares students for athletics and all other aspects of their lives.

"My favorite part of teaching this course is to be able to have an interaction with student athletes and see them grow as young adults from the first day to the last," said Bailey. "Hopefully I also get the chance to see them grow on the courts and turf and at the end of it all see them walk across the stage for graduation."

Developing the potential of athletes is a priority for the athletic department. Teaching and passing along the values of teamwork, integrity and leadership are part of creating champions.
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WHALE’S RIB
Is Turning Heads With Their Unique Style

BLOODY CRIME SCENE
At Art Basel in Miami Beach

CLAIRISSA MYATT
Is Running Toward a Larger Purpose by Giving Back to Those in Need
News

A STABBING WAS MISTAKEN AS ART
Art Basel in Miami Beach Was Quickly Turned Into A Crime Scene

By BROOKE RUDISILL
Publishing Editor

Many were left to question whether or not they were caught in the middle of a performance art exhibit or a bloody crime scene last Friday night at Art Basel in Miami Beach.

24-year-old New Yorker Siyuan Zhao was one of many in attendance at the highly anticipated art fair and was quickly perceived as one of the artists as the night carried on.

With the use of an X-Acto knife, Zhao stabbed and sliced a woman who approached her in her arms and neck after being accused of following and bumping into her. Considering this transgression happened in the middle of Art Basel's main exhibition space in the Miami Beach Convention Center, many assumed that it was just part of a performance in the art exhibit.

"In installation and performance art, the lines of art and reality are always blurred," said Kip Miller, professor of digital art and design. "A real attempt at murder is often reenacted in different ways to portray life in a philosophical way. In this case, it was a real attempt of murder and misunderstood as art."

According to many theories in the study of art, attraction-repulsion is a common way that artists capture the attention of their viewers, recreating gory moments within their work. In this case, many bystanders assumed that it was fake blood coming out of the victim.

"This is a real example of life imitating art," said Miller. Many artists believe that life imitates art, as well as art imitating life. It is a constant debate on how art and real life events are connected with one another. Whether or not Zhao tried to, she left her own form of art that night by stabbing the young woman in front of an audience, putting on her own performance. This really showcases how blurred the lines truly are when it comes to the reality of art.

"After I heard there was a stabbing, I was on high alert during my walks around Wynwood Walls at Art Basel on Saturday," said Tyler P. Babcock, senior. "I think it's absurd that people can mistake a stabbing for imitational art. If this happened at any other place than an art fair, bystanders would not have questioned the attack."

Zhao has since been charged with attempted murder and is held on a $25,000 bail.

Above: A woman in attendance at Art Basel in Miami Beach quickly became a victim to a stranger carrying an X-Acto knife. Stock Photo.
WHALE’S RIB WELCOMES LOCALS

Featured On The Food Channel, The Nearby Diner Is Impresssing Students

Above: Whether a foodie or not, diners of all stripes will find something to suit their tastes at The Whale’s Rib down in Deerfield. Stock Photos.

By CHRISTINA DIABO
Staff Writer

Most students at Lynn often fall into the monotony of dining at the same restaurants with the same plain touristic atmosphere. However, here in South Florida, finding a restaurant that adds a new twist to a local feel can enhance one’s dining experience greatly.

The Whale’s Rib, located south of campus in Deerfield Beach, sits directly across from the beach. This means that the restaurant has a steady flow of beachgoers and residential families alike.

The ambience is inviting and friendly with license plates and ocean trinkets hanging from the interior walls. Many tourists that come to visit will get a sense that this restaurant is a local hangout spot for the locals in the area.

“Every time I have come to this establishment, I was greeted with a hello by the workers,” said Brian Schopp, local diner. “I always have a sense of comfort when dining here.”

Being right next to the beach, The Whale’s Rib is known for its variety of seafood options that are freshly delivered to this establishment daily. It is so well-known that television host Guy Fieri featured the location on the Food Network show “Diners, Drive-Ins and Dives.”

One of the most distinctive menu items served at The Whale’s Rib is their signature honey mustard—otherwise known as “Whale Juice.” While regular restaurants serve their guests bread and butter, The Whale’s Rib serves its customers whale fries and whale juice.

“I wasn’t expecting the whale juice to be so yummy,” said Gaffney Tucker, sophomore. “I put that sauce on everything.”

Along with the freshly cooked seafood, there is an option of sitting at the raw bar and enjoying some of the ocean’s tastes straight from the water. Some of the options at the raw bar are oysters, clams, shrimp and snow crabs.

“One of the things I enjoyed about this restaurant is the raw bar,” said Gioia Sacco, junior. “I am a big time foodie so this restaurant really tickled my seafood fancy.”

Diners should be sure to get to Whale’s Rib early to enjoy Florida’s old-style seafood. The restaurant is often packed and has very limited parking space, so it can become a mission to get in when all a person wants is some quality whale juice.
WHEN PASSION REDEFINES ONE’S PURPOSE IN LIFE

22-Year-Old Clairissa Myatt Runs With A Desire To Help Others

By BROOKE RUDISILL
Publishing Editor

Birthday wishes are usually spent on hopeful ambitions that are to be met within the following year, but for Clairissa Myatt, graduate student, she wished for something far beyond a selfish need the moment she blew out her 22 candles.

After spending the past 13 years of her life dedicated to competitive swimming - four as a Fighting Knight, Myatt felt as if she had lost her purpose the moment she traded in her swimming equipment for a diploma. As she nervously walked across the stage at her undergraduate commencement ceremony, she accepted the fact that she was saying goodbye to a part of her life she significantly identified herself with.

Now, completing her MBA in mass marketing and communication in the College of Business and Management, Myatt became determined to make this next chapter of her life one that would not only impact herself, but a larger community of individuals.

It was in the moment of blowing out her 22 birthday candles where Myatt closed her eyes, desperately wished for a full year of happiness motivated by constant drive, and before she could exhale, a single, but impactful strain of thoughts came to mind.

She questioned where exactly she could see herself within the next 12 months and realized the fresh start she was longing for was to make a challenging goal of running 22 rigorous 5K races before she hits the age of 23. Yes,
she was doing this to get in touch with her inner-active self again, but she also thought that for every race she would run for herself, she would also be running for those in need of a helping hand by fundraising and giving all proceeds to a variety of different charities.

With thoughts of clarity streaming through her mind, she had once again felt the fire ignite within as she realized she had found her next purpose in this life.

"I decided that I didn't want to spend my next year on myself," said Myatt. "I wanted to spend it helping others. I wanted to feel like I had a bigger purpose and make an impact on other lives."

Myatt's friend and fellow Fighting Knight Tyne Potgieter, graduate student, had been raising money for a hometown friend, Amy Jane, back in South Africa. Jane currently works at an underprivileged hospital that has been in need of supplies and remodeling that must be done for their patients. This inspired Myatt to create her own website to start fundraising for every race she would run in.

"It feels refreshing to give back because we always spend so much time focusing on ourselves and not so much on other people," said Myatt. "It really gives you a breath of fresh air to put your energy toward something much bigger in life."

After placing third in her age group with a time of 28 minutes during her first race, Myatt could not settle the rush of gratitude that had surfaced from not only reaching a goal she set out for herself, but for those she had raised money for.

"This goal is much bigger than just a one-and-done donation," said Myatt. "My mission is to make a difference 365 days of the year by helping others as much as I possibly can."

During her training and leisurely runs, Myatt makes sure to turn on one of her most used apps on her cell phone. Charity Miles has become a platform for Myatt to generate her own personal donations when not competing in her many races. This free app empowers users to generate and earn money for the charities of their own selection. Bikers earn up to 10 cents per mile while walkers and runners can earn up to 25 cents by the many sponsors affiliated with Charity Miles.

"You don't have to be the fastest runner or even finish a race," said Myatt. "As long as that timer is on, you are making a difference."

When it comes to making a change within this world, Myatt is one of the many individuals who sees the importance of helping others. When people start to adjust their own personal lens and shift the idea of what their purpose can not only do to benefit themselves but those around them, they will understand how impactful one single act of kindness can drastically change someone else's world.
BIDDING A FINAL FAREWELL TO BRYANT
The NBA Begins To Say Goodbye To One Of The Era's Greatest Players

By BRIANA RANDALL
Staff Writer

Lakers fans can begin saying their farewells now, because champion player Kobe Bryant is leaving the ball on the court. On Nov. 30, The Players' Tribune website published a poem from Kobe announcing his impending retirement following the current season.

In the poem, Bryant shares his love and appreciation for the game of basketball and the opportunities it has offered him since he was just six years old. He expresses how he's given the game his all and although his love for the game will never end, he knows his body needs rest.

Bryant is a fan favorite for many Lakers fans and NBA supporters period. According to an ESPN article, "Why Kobe Bryant was so important to the NBA," Bryant was NBA's most important player from 2000 to 2009.

Many of Bryant's fans see him as the bridge player from majors like Michael Jordan to LeBron James. So it seems like Bryant was an idol to not just the fans but also the league players who grew big after him.

"The league will be different without Kobe Bryant. He brings a different swagger to the game no else in this era can. He will go down as one of the greatest," said sophomore Roland Morrison.

After Bryant's announcement, there was a rise in ticket sales for the remaining season games all over. Ticket prices have now risen 50-100% and brokers are cashing out.

Freshman Christian Roland said, "I don't think doubling ticket prices are a big thing because Bryant is still one of the greatest players of the game and face of the Lakers organization. So people are going to want to witness this farewell season."

Kobe Bryant is a prime example of what a sport means to an athlete but also what a sport means to a fan base. Throughout the 20 seasons that he played with the Lakers, he grew up with both the franchise and with the people of Los Angeles. After contributing to the city and the sport overall, fans can say farewell and thank you to one of basketball's most memorable players.
Athletics

TWO ATHLETES OVERCOME INJURIES

Seniors Thornton and Shaver Review Their Final Days On The Field

By CHRISTINA DIABO
Staff Writer

As a senior, playing on that collegiate field is more than just blood, sweat and tears. Instead it is filled with joy, sadness and preparation for the team to go on after the seniors leave. Caitlin Shaver and Jessica Thornton both experienced these emotions with having to stop playing their favorite sport during their senior year of college.

The 2015-16 Women's Soccer team had to begin their season with 20 new girls as well as the few returning players.

"[In] the second game in Georgia we were playing well but hadn't connected yet, there was a lack of communication and it prevented us from scoring and [left us] giving up the opportunities we had during the game," said Caitlin Shaver, goal-keeper.

As returning players, Shaver and Thornton felt pressure to teach the newcomers how to belong to a collegiate team.

"[Our coaches] wanted us to start changing the program because we were going to set the tone in a sense," said Jessica Thornton, outside back player.

"So that's a lot of pressure for us because we have to make sure that we're up to par, that we're in shape and that we're doing everything that's asked of us, so once the [newcomers] saw they would be like, 'oh okay this is how it's supposed to be.'"

Unfortunately for these two seniors, their last year on the field did not end as they hoped.

Shaver had experienced an injury to her jaw during the team's away game at Saint Leo.

"It was a breakaway and I went out to get the ball and the girl tripped and her knee went into my jaw," explained Shaver. "When I found out I broke my jaw the doctor told me I could no longer be a goal keeper and it was heartbreaking."

After losing one returning player, the team did not think they were about to lose another one.

Thornton during practices began to feel weak and even getting sick during the team's regular practice drills.

"I found out that I have a hyperactive thyroid," said Thornton. "What it does is that it makes my metabolism go into over-drive so if I just warm up it seems like my body just ran a mile already, so it took a lot out of me."

Even though these two girls were not playing during their final games as Lynn athletes, the support they received from the team was something they will not forget.

"Once I found out, it was heartbreaking to tell the girls that I couldn't play anymore," said Thornton. "They were very supportive and that's what is so great about our team. They are some of the nicest people you will ever meet. They surrounded me and gave me the biggest hug when I told them the news."

"[The team] still checks up on us to this day and I love the girls," said Thornton. "I'm going to miss them. It's just hard that it didn't end the way we wanted it to."

At the end of the season, the girls were even recognized during senior night to remember the times they both had on the field.

"Our coaches made our senior night very special," said Thornton. "They got us on the field and we were able to touch the ball and have our name called one last time. I'm always going to remember my time here at Lynn."
A Knight To Remember
Lynn Students Are Giving Back By Helping In The Community

JOURNALISM 1 SPECIAL EDITION
Lifestyle

THE SPIRIT OF THE HOLIDAY SEASON
Trade Gifts Under The Tree For Those Who Are In Need Of Help

By C. Corey Capel
Staff Writer

Few things have the ability to light up the faces of children like the joy of opening a present.

In my own life, I remember with great fondness sitting at the top of the stairs, waiting for Mom and Dad to call us down to the Christmas tree. At the sound of their voices, we rushed down together to share in what had to be the best day of the year.

Then, one Thanksgiving, all of that changed.

Driving down a dirt road toward the county prison, we wondered aloud to each other: weren’t we supposed to be gathered around the dinner table, admiring a turkey? And where was Mom’s famous pumpkin pie?

As we carried the Thanksgiving dinner through barbed wire gates, our questions only multiplied. But then we met Jesse, an inmate who had not had a single visitor in over five years. To this day, I have never seen a smile beam more brightly.

Spending Thanksgiving with Jesse turned out to be one of the best gifts my parents have ever given to me, my brothers and my sisters.

Sharing in Jesse’s joy left each of us with an indelible appreciation for the happiness that comes from helping others.

In this issue of iPulse, you will find wonderful stories detailing how the Lynn family will be celebrating the season around the world. In the same vein of celebration and giving, we would like to take a moment and encourage you to join us in making a difference in our community.

To help you get started, we have researched three local charities that could use your help.

Each charity is within one hour of campus. Equally important, each is rated four stars by Charity Navigator, the largest independent charity evaluator in the world.

Adopt-A-Family, located in Lake Worth, is “dedicated to restoring families in crisis to stability and self-sufficiency by providing access to all-encompassing services.” You can meet the families that need a hand at Adopt-A-Family’s website, http://www.adoptafamilypbc.org.

Peggy Adams Animal Rescue League, located in West Palm Beach, cares for lost, homeless and unwanted animals. In 2014 they placed 3,936 animals in new homes and reunited 269 lost animals with their families. From donating money to becoming a guardian angel, many different opportunities to help are detailed at the organization’s website, http://www.peggyadams.org.

Wayside House, located in Delray Beach, was founded in 1974 as one of the very first addiction recovery programs for women, by women. Wayside House’s mission is to provide a safe and supportive haven for women grappling with drug or alcohol addiction. More information is available on their website, http://www.waysidehouse.net.

To all of our readers we wish you a wonderful and joyous holiday season.
Entertainment

GAMING AWAY THE WINTER HOLIDAY
The Top Three Games To Play During The Upcoming Holiday Season

By CHRIS DANIELS
Staff Writer

With the holidays approaching, some people will be finding the need to avoid their families and spend quality time with something that truly loves them, video games. So, in no particular order, here are my recommendations for the three must-buy games of 2015.

If I was trapped on a desert island and I could only bring one game it would be “Fallout 4.” Massively immersive and addictive, “Fallout 4” is a game that can easily turn a quick 20-minute gaming session into an all night marathon. Set in a post-apocalyptic, retro-future version of Boston, players set out into the world to do whatever they want. Player freedom is at the upmost in this game.

As a welcomed return to the series, many gameplay mechanics have been updated. Most noticeably, the openness and expansiveness of the ruined city of Boston is the most satisfying. Unlike other Fallout games, the city is wide open and can be fully explored above ground, immersing players in the gaming world.

With more than 200 hours of gameplay, “Fallout 4” can be played from the start of winter break until the ball drops in Times Square at midnight on New Years Eve.

Another game that a player can get lost in is the open world stealth game, “Metal Gear Solid 5: The Phantom Pain” (MGS5). This is the last “Metal Gear Solid” game that legendary developer, Hideo Kojima said he would develop. What he has delivered is already being considered a modern classic. What makes MGS5 so special is when you start a mission, the only thing the game tells you is where your main objective is. How you complete that objective is completely up to you. Whereas in other games, many do not expect much creative thinking, MGS5 respects the intelligence of its players by giving them a tool box of gadgets to make every mission and every experience unique.

Another game this season is, “Hotline Miami 2.” The game combines all the things I love most in the world: addictive gameplay, a 1980s Miami setting and an amazing techno-synth soundtrack.

An independent title, “Hotline Miami 2” is an ultra violent, eight-bit, top-down, “beat em up” game. With the setting offering bright colors and an up-beat soundtrack, “Hotline Miami 2” creates a fast-paced game that keeps the heart pumping with fast and frantic gameplay.

The soundtrack of “Hotline Miami 2” is comprised of different tracks from a collection of diverse artists. Each song has its own vibe, enhancing the brilliant level design through each song. It should be warned that this game could be incredibly frustrating to some due to its difficulty. This game is not meant for beginners. Unlike other games, there is no time in between respawns. The second a character dies, they are back in the game. The best part is it can be downloaded on a PlayStation Vita for playing on the go.

With those dreadful layovers during the holidays, all of these games can help make the time pass by in a bright techno-haze.

THE WEATHER OUTSIDE IS DELIGHTFUL
A Closer Look At Holiday Activities When There's No Snow On The Ground

By LUKE SCHACHTER
Staff Writer

Over the holiday season, many Lynn students travel around South Florida searching for ways to celebrate, despite a lack of snow. Many typical holiday traditions consist of ice skating, building snowmen or frolicking in the snow. However, in South Florida there is not much snow to play in. Although there is no snow, students and locals find their own ways to celebrate.

In South Florida, many towns and cities host events to create some holiday spirit. For example, Boca recently held their 45th Annual Holiday Street Parade, along with their holiday tree lighting. Delray Beach and City Place in West Palm Beach host events similar to this. “I love getting a nice cup of Starbucks and listening to the carolers at City Place,” said Tiffany Gordon, freshman. “It gets me in the holiday spirit.”

Many people seem to enjoy the holiday events in South Florida, but for others, there is no comparison to the snow. Stephen Breitman is a residential student from Westchester where there is plenty of snow and holiday spirit. “Without snow it doesn’t feel like the holiday season,” said Breitman, freshman. “This will be the first holiday season that I won’t be spending in New York,” said Marley Deutchman, senior. “I’ll miss the smell of the crisp air and my family.”

However, if staying in the Sunshine State during the holidays, another fun sight to see while looking for spirit in Florida is The Osborne Family Spectacle of Dancing Lights at Disney’s Hollywood Studios. This is a bit of a trip from Lynn, but it is definitely worth the car ride. Another reason to go see these incredible lights is the fact that this is the last year the lights show will be displayed.

If one is feeling a bit lazy over the holidays, there is nothing wrong with relaxing by the pool. Not many people running around in the snow can be by a pool in their bathing suit. Although it may seem like not much of a holiday, this is one of the many luxuries of a snowless holiday.

“I love getting a nice cup of Starbucks and listening to the carolers at City Place.”
- Tiffany Gordon, freshman

Above: Some fun winter activities to do in Florida where there is no snow during the holiday season. P. Ellenson and L. Schachter.

Above: The Deutchmans. M. Deutchman
THE MOST GIVING TIME OF THE YEAR
The Holidays Are A Time For Giving Back To Those In Need of Help

By MICHAEL TAVERAS
Staff Writer

As the holidays roll around, it is a good time to think about giving back to those in need and who do not have food, a family to be with or a home. The holidays are a time to be with family and be grateful. However, for some families it is not the most smooth time of the year due to economical difficulties or not having a family to be with.

As a member of society, it is important to take a stand and try to help those who are not so fortunate in any way. Whether it be a meal or just time to spend with them.

Coming from the Bronx, where poverty is something that is seen very often and as someone who grew up experiencing it, helping others was an instinct. From a young age I always enjoyed making someone else smile.

St. Mary Recreational Center is a place that has held a special place in my family's heart for many years. This place is like a sanctuary for kids to go and have fun when they have no other place to go and for me it was no different.

Playing basketball there as a child and then being a coach for younger children when I was a teenager was an amazing experience. The center is even open during the holidays for all the kids who do not have much to look forward to.

On Thanksgiving, there were flyers all around the park to try to get as many kids as possible to come. The day before it snowed and covered the roads and sidewalks and we feared that the result would be slim. However, the park had about 130 kids that attended the open gym.

The day consisted of learning proper drills, followed by playing 5 on 5's and having a coach prep the teams. It was amazing how much of an outcome we were able to get on a holiday and how many teens and children actually had nothing special planned with their families.

"It's crazy to think none of these kids have anything to do with family or something. Glad we were able to make something of their day," said Coach Love, who organized the event. Sometimes the little things do the most for those who do not have much.

"Coming from the Bronx, where poverty is something that is seen very often and as someone who grew up experiencing it, helping others was an instinct.”
-Michael Taveras

Above: Bronx youth participates in various activities available at the rec center including swimming and pickup basketball. Staff Photos.
EVERYBODY WANTS KUNG PAO TONIGHT
Graphic Novels Club Carries On Chinese Food and Movie Night Tradition

By VICTOR LAZNIK
Staff Writer

It was the last week before finals at Lynn and members of the Graphic Novels Club ordered Chinese food. They also planned a movie called "Chronicle." The reason was to celebrate a Chinese Food and Movie Night.

What is Chinese Food and Movie Night? Well, back when everything would close down on Christmas Day, those who were not celebrating Christmas would eat Chinese food, as Chinese restaurants were the only restaurants open in New York City.

Some of the movie theatres noticed this and had the idea to stay open for those not celebrating Christmas to gain more profits. Hollywood saw the profits the theatres were making and then started to create movies that would be released on Christmas Day, in order to gain the most viewings possible in one day.

"The movie was amazing," said Ben Flaum, junior. "The Chinese food that went along with it made the movie even better."

The Graphic Novels Club held this event early so that they could have fun with everybody, before they all left for winter break.

"I never experienced Chinese food and Movie Night in Boca Raton," said Jaci Tempkins, senior. "It is actually kind of sad not having the snowy environment."

Chinese food and Movie Night was a success in the end. All that is left, is for students to finish their finals.

"The experience was a

“I would definitely do this again next year.”
-Carolina Amorim, freshman

Above: Members of the Graphic Novel Club enjoying their Chinese food while watching the scary movie "Chronicle". / V. Laznik.
"IMAGINE A NIGHT WITHOUT A HOME"
St. Laurence Chapel Homeless Shelter Positively Impacts The Community

By Rob Gentile
Staff Writer

St. Laurence Chapel Homeless Shelter provides food, clothes and hygiene kits for 65 to 85 homeless people on a daily basis.

This ray of hope is located nearby, at 1698 Blount rd, in Pompano Beach. They fulfill their mission by developing partnerships and working with community organizations and churches across non-denominational lines in Broward, Palm Beach, Miami-Dade and Monroe counties.

Day shelters supplements homeless people when the shelter they are staying in only offers shelter overnight. They provide case management, counseling and specialized support services.

Volunteers like myself make ham and cheese sandwiches and hard boiled eggs for this shelter. My local parish, St. Paul the Apostle Catholic Church, has a partnership with St. Laurence shelter. I drop the sandwiches off at the church so that they can set them up for delivery.

Volunteers at the shelter serve the food daily and special dinners are provided on holidays. I have been privileged to serve in this ministry since high school.

Broward County has a homeless population of 2,700 people. St. Laurence shelter also serves those who do not qualify for services at Broward outreach and other shelters. They also care for the homeless that are mentally ill or veterans. This continual care is very important in the local community.

It is a 501C non-profit ministry that was started in 1988 by lay people and clergy, concerned about the homeless. For 27 years this has been a vital support for the local homeless community.

The shelter is open from 8:30 a.m. until 12:30 p.m. If you want to provide love and hope in a non-judgmental environment, new volunteers are always needed. For volunteer information, call 954-972-2958.

Above: A team of local volunteers smile after a long days work.
By ALEXIS WOODYARD
Editor-in-chief

As a very self-driven entrepreneur, Lynn Alum Haley Marguerite Mariano is not new to the writing world. Marguerite has spent several years writing for Toastmasters International gaining experience while also writing a Social Inspired Leader blog. She graduated from Lynn in May of 2013 and now holds a Bachelor's degree in multimedia journalism. One of her several accomplishments, includes a new children's book titled Charlie Takes an adventure.

The famous Charlie Takes an Adventure is a children's book about an adventurous penguin who is bored in his hometown of Pickering Warf, Antarctica. Charlie has no one to play with and nothing to do, and winter lasts a real long time. Charlie then sets off on a plane to Florida hoping to find the missing piece of his happiness. The starry-eyed penguin encounters more than a few hurdles once he gets to his dream place, however. Charlie finds out that in his search for paradise, his heart will guide him somewhere unexpected.

Marguerite got her inspiration from her mother who loves penguins and tells her everyday how majestic they look. “She told me that when she was younger, her father would take her to see the penguins at the local aquarium,” said Marguerite. “Each time they arrived at the exhibit, all of the penguins would be standing shoulder to shoulder, all looking at the wall. My grandfather would tell my mom that, “All the penguins were in a time out.”

She hopes that the readers of Charlie Takes an Adventure will take away the message that “sometimes you need only to look in your own backyard or your own neighborhood to find that piece of paradise that you thought was missing. Family and friends are very important. Also, you do not need to run away from your problems but rather face them head on. Why leave when you have everything in your own backyard?”

The book made its digital debut on November 30 when it officially went on sale on Amazon for online orders only. “Dream big... believe... and never give up. If you have a dream and want to fulfill your dream... make it happen... Keep on going until your dream becomes a reality.”

Above: Cover and Back of Charlie Takes An Adventure. Stock Photos.

Above: Cute and adventurous character Charlie doing his famous little dance and various action scenes from throughout the book. Stock Photos.
EIGHT NIGHTS OF HOLIDAY TRADITION
Students Reach Out To Each Other To Celebrate The Festival of Lights

By PAIGE ELLENSON
Staff Writer

The evening of Sunday, Dec. 6, Lynn University students gathered together to light a single candle in their menorahs to commence the eight-day celebration of the Festival of Lights also known as Hanukkah.

Many students that live on campus unfortunately were not able to spend Hanukkah with their loved ones this year being the holiday fell exceptionally early. As this dawned on the students they realized they had to find other enjoyable ways to spend this time with people close to them. This was friends, relatives in the area, professors and anyone else the students felt they had connections with.

“For Hanukkah this year my two roommates, (one is Jewish), and lit the menorah outside our window every night,” said LeeTal Shefet, freshman. “I also was with my grandparents, who live in Boca, for some of the nights.”

While most students had no relatives close by, others were fortunate enough to be able to spend the time with their families. A small percentage of students at Lynn are made up of commuter students. These students were able to go home and spend their holiday with the ones closest to their hearts.

“I’m lucky because I’m a local student so I am able to go home for our traditional family dinner,” said Ben Fagan, freshman. “This is where I get together with my immediate family, my cousins and my grandparents.”

Over the Jewish holidays, students that are fortunate enough to live close by welcomed their friends over for this time of celebration. With a copious amount of food to be passed around, it was hard to refuse the offer. With this, students from all over the world shared their traditions hopefully inspiring other students to do the same one day.

A few traditions students were apart of were lighting the menorah every night in the window, decorating a Hanukkah bush, decorating cookies, having dinner with friends and doing a huge feast on the eighth night.

“I light the candles with my parents every night,” said Luke Schachter, freshman. “On the eighth night we had dinner at the Polo Club.”

Though most of the students at Lynn University did not have their immediate families near, they were still able to celebrate this time with people who care.

On the second day of the Hebrew month of Tevet-Monday, Dec. 14, Hanukkah came to an end as all the students gathered once again. Not to only light one candle but to light all nine candles.
Life At Lynn

SO MUCH WATER, SO LITTLE TIME
Surviving The Holidays as An International Student Athlete Gets Tough

By KAITLIN ARMSTRONG
Staff Writer

Originally from France, Thalie Carmigniani is one of many Lynn athletes who will be spending most of her holidays training while the rest of the students can go home. "I will probably stay in the US during the winter break," said Carmigniani, grad student. She has been part of the Lynn Swim team for the past three years and will finish up her career this year. Being the fourth year on her team, she knows exactly what to expect for the winter vacation.

"When you travel you have to pay for the ticket, it's expensive, especially as an athlete the break isn't long enough to go home, plus the travel time is a day and the time change between France and the US and France is 6 hours ahead."

It is extremely difficult to be an international student athlete away from family (her parents and five siblings) during the holiday season but luckily Carmigniani has family her in Boca Raton, Florida. "I have my sister and my nephew and her husband and her family in law live here in Boca Raton and they are family away from home," said Carmigniani, grad student.

Carmigniani also shared some family traditions that she does in Boca Raton. "On Christmas I go to my sister's parents in law live here in Boca Raton and they are family away from home," said Carmigniani, grad student.

Carmigniani also shared how eating meals in the US differs from her island home. "At home we eat a special smoked ham but in the US we eat both turkey and ham," said Carmigniani, grad student. "My family doesn't cook as much at home in Martinique because we don't like to have leftovers but if we do have leftovers we eat them the next day."

Finally, Carmigniani was able to share her New Years plans since she will already be back in the pool training by that point. "For New Years Eve I go to sister's house," said Carmigniani, grad student. We all have friends over, put on the TV, listen to music, bring drinks, games and have a great time and try not to think about having practice the next morning."

Above: Thalie Carmigniani and the other members of the 2015-2016 Lynn Women's Swim Team. LU Photos.
MEN'S BASKETBALL TEAM TAKES OVER

These Lynn Athletes Are Working Hard Together For A Successful Season

Above: The players on the Men's Basketball Team are striving to win games in the Sunshine State Conference. Photos/V. Alvarez
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