A SWEET START TO THE HOLIDAY SEASON

Students spread some holiday cheer with their favorite staff, students and peers by sending candy gram invitations to the Holiday Gala tonight at 8 p.m. in the Wold.

LU Photo.
MEET THE iPULSE STAFF

LYNN'S NEW WEBSITE
The University's Online Presence Has Been Updated, Making It Easier to Use and Navigate

CAMPUS SAFE SPACE
The On-Campus Counseling Center is Available During Week Days To All Students

EVOLUTION OF ATHLETICS
The Athletic Department Highlights It's Athletes Through Social Media And Other Platforms

HADID AND HILFIGER
The Collaboration Between The Two Fashion Icons Causes Major Uproar About Body Shaming

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Above: It takes time to see other's perspectives. Being patient is the only way to understand the views of others. Staff Cartoon/ Allison CM

FIND US ON
Ringing in the New Year with a New Website

University Website Gets A New Modern, User-Friendly Upgrade

By MARK KENNEDY
Associated Press

The Broadway megahit "Hamilton" has already spawned a best-selling cast album, a PBS documentary and a book about its creation. Now it's spinning off a CD by fans who happen to be some of popular music's biggest stars.

The 23-track "Hamilton Mixtape," set for release Friday, features covers by such artists as Usher, Kelly Clarkson, Nas, Ben Folds, Alicia Keys, Ashanti, John Legend, Sia, Common, Wiz Khalifa, Queen Latifah, The Roots, Jill Scott and Busta Rhymes.

It was unveiled Thursday during a four-song performance at the Broadway home of "Hamilton" at the Richard Rodgers Theatre, which was packed with those who had won an online lottery. A live stream also captured the event.

Tariq "Black Thought" Trotter of The Roots served as host, and he helped open the show with his version of "My Shot." There were also performances by Ashanti and Ja Rule ("Helpless"), Andra Day ("Burn") and Regina Spektor ("Dear Theodosia").

The album features songs from the show that have been reworked with new arrangements and new lyrics, as well as demos that never made the show, remixes and new songs like "Immigrants (We Get the Job Done)."

Highlights include Legend reimagining "History Has Its Eyes On You" as a gospel anthem, Clarkson turning "It's Quiet Uptown" into a power ballad and TV host Jimmy Fallon channeling his inner-Broadway with "You'll Be Back."

Joell Ortiz, a New York rapper who is featured on the mixtape, said he thinks the new album has more appeal to a non-Broadway audience. "I have friends who have never been to Broadway," he said. "I realized they're just scared of it. The buildings seem big and the elevators seem like places they don't belong."

Lin-Manuel Miranda's hip-hop-flavored biography about the first U.S. treasury secretary has become a hot ticket on Broadway and has birthed a production in Chicago, with plans for others for San Francisco and London.

The mixtape is in many ways a return to the roots of the project, which began as a collection of songs inspired by hip-hop artists. When Miranda was writing "Helpless," he admits he was thinking of Ashanti and Ja Rule singing it.

Ja Rule went to see the show without high expectations, fearful the mix of rap and Broadway wouldn't work. He left "blown away" and a Miranda fan. "This is the beauty of what he did: He took something so left and fused it with something so right and made it so right," he said before hitting the stage.

The mixtape arrives after the cast album has sold more than 2 million copies and won a Grammy for best musical theater album. It debuted at No. 12 on Billboard's album charts - the highest for a cast album debut since 1963. The new mixtape is executive produced by Miranda and Questlove of The Roots.

Producer and DJ Illmind, who produced four tracks on the mixtape, said the biggest challenge of putting together the new album was maintaining the integrity of the original songs while also making them new and fresh.

"Trust me, it was definitely a challenge," he said. "Sometimes it was like 'OK, we're on our 15th revision' and then we end up going back to the original one. That's just the nature of music but it was a hell of a lot of fun doing this."
As the semester comes to an end, students are scrambling to work on assignments and any other final projects their professors throw at them. This may cause students to feel extremely overwhelmed and stressed out. Thankfully, Lynn’s very own Counseling Center is here to help.

Located inside a corner of the E.M. Lynn Residence Center, the center is here to help students with any problems they may be experiencing in their daily lives. The counseling center’s services are catered to help students with whatever problems they may be going through.

“We provide services [that are] free of charge to currently enrolled students,” said counseling center director, Nicole Ovedia. “We provide individual and group therapy sessions on a weekly basis.”

The counseling center is a place where students can talk about any issues they are going through.

The problems this on-campus center deals with are not just limited to school-related issues.

“IT’S BETTER TO SEEK HELP WHEN YOU START TO DOUBT YOUR ABILITY TO COPE.”
- Nicole Ovedia, Counseling Center Director

“Issues dealt with in the counseling center include, but obviously are not limited to, depression, stress, anxiety, relationships, alcohol and drug abuse, emotional support, family issues, eating disorders, [etc.]” said Ovedia.

The counseling center is devoted to helping students deal with any personal issues that are affecting them. In addition to its on-campus services, the counseling center also provides students with treatment options located off-campus.
"We offer off-campus referrals for local treatment providers to any client who feels like they’d like to get services off-campus," said Ovedia. "We have a psychiatrist that comes once a week for a limited amount of time, but that can be arranged through their therapist and [the psychiatrist] can provide an evaluation and/or medication management."

If students are feeling as if they need help, they can schedule an appointment one of three ways. They can visit the counseling center to schedule an appointment from the hours of 8 a.m. to 7 p.m. Monday through Thursday, and 9 a.m. to 5 p.m. on Fridays.

However, if they cannot visit the center, they can always call (561) 237-7237. If both options do not work, students can always email a member of the staff to make an appointment.

Visiting the counseling center may be a helpful experience to those who feel they cannot deal with their problems on their own. It is highly recommended if this is the case.

"Sometimes students will ask ‘do I need to be in a crisis to come to counseling?’ and I usually say no. It’s better to seek help when you start to doubt your ability to cope," said Ovedia. "And people will think ‘well should I be able to solve my problems on my own?’ no not always."

The counseling center is here for students who need help coping with problems that are too big for them to handle on their own.
LYNN ATHLETICS SHINES THROUGH INNOVATION
The Athletics Department Expands Its Reach In Different Ways

By CHRISTINA DIABO
Staff Writer

With the many achievements Lynn has accomplished, some of the most impressive are winning 23 National Championships, 38 Sunshine State Conference Championships and expanding Lynn’s Athletics program.

“Lynn University has advanced in immense ways since 1991, it is known as a leader for innovation, a leader for diversity and also a leader in terms of just overall cultural [integrity] of the institution,” said Devin Crosby, Athletic Director. “Lynn University promotes a culture of care, a culture of trust, a culture of honor that is very consistent that is part of our brand attributes, and that’s what’s very important about Lynn and why it is different compared to a lot of institutions.”

Since 1991, Lynn Athletics has added men’s and women’s sports, gained talented young athletes and has become a strong recognizable athletic program.

“To be part of the Lynn Athletics program means a lot for me because we athletes have the feeling that people really care about us,” said Luca Puster, junior.

“In my opinion, Lynn has one of the best athletic programs in Division II, especially this year [since] the school made a huge step forward [with their] social media and with their live streams which also motivates us athletes.”

Many professional and college level teams showcase their athletes through their social media efforts, but Lynn is consistently seeking out new methods of showing off university talent.

“It is great knowing we are so innovative with showing some of the talent we have,” said Morgan Garrison, junior. “It is cool having publicity in so many different ways like our commercials and live coverage.”

In the past year alone, Lynn has signed with Adidas to become the official sportswear for Lynn’s Athletics, added women’s track to the 14 existing athletic programs and picked up two Sunshine State Conference Championships.

“I really look at Lynn coming from President Ross, simply just meeting the needs of students, and by focusing on people and by focusing on our students that creates the innovation,” said Crosby. “So I think that’s a very awesome thing about Lynn University; our success is simply a by product of who we are, it is a by product of our culture.”
HADID LATEST TARGET OF UNREALISTIC STANDARDS
Supermodel Collaborates With Hilfiger Despite Controversy

Hadid has become the new face of Tommy Hilfiger brand despite claims by the casting directors at the fashion company that the supermodel is too fat and short. The comments bring light to the serious issue of unrealistic body standards and the impact they have on young women.

By MICHELE VARON
Staff Writer

Body shaming has become a more frequent occurrence due to the massive use of social media. Everyone from celebrities to normal people have experienced this in one form or another.

Tommy Hilfiger recently told Yahoo's Style editor-in-chief, Joe Zee, that in 2015 he wanted to cast Gigi Hadid in his show, but the casting directors believed she was too fat and short.

Hilfiger still wanted her in his show, so they decided to hire her and just put her in their loose fitting poncho for that season. The article of clothing ended up being one of the most sold pieces from the collection, which led Hilfiger and his team to question their original decision.

"The casting people put Gigi in the poncho, and I was not happy," said Hilfiger to CBS. "I was saying 'don't hide her body.' The suggestion that I thought she wasn't thin enough upsets me to no end. Gigi is the epitome of perfection."

In their spring/summer 2016 fashion show, the casting director believed Hadid finally had the right body type to represent their bathing suit line. The brand began to popularize after Hadid finally had this positive association with the brand, leading to their decision to collaborate together for a clothing line.

"She would not be the Tommy girl if I didn't think she was perfection, the 'It Girl' of today—not just because of her face, not just because of her body, but because of who she is," continued Hilfiger to CBS.

Hadid is one of the most sought after supermodels currently and if she is body shamed imagine how many more people are. She is the perfect example of taking the high road when something bad is said about you, and changing it for the better.
### ATHLETICS

### WOMEN’S

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<th>UPCOMING MATCHES</th>
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<td>BASKETBALL vs. Nova Southeastern</td>
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### MEN’S

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<td>BASKETBALL vs. Nova Southeastern</td>
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*While other states are experiencing cold weather and snow this winter, Florida is still nice and sunny. Enjoy the warm weather while it's here before going home for winter break! Stock Photo.*

### UPCOMING EVENTS

- **Conservatory Student Recital**
  12/2 @ 2 p.m. | AG Concert Hall

- **Breakfast With Santa**
  12/3 @ 9:30 a.m. | Elmore Dining Commons

- **Monday Night Football**
  12/5 @ 8 p.m. | Student Center Lobby

- **Relay For Life Tabling**
  12/5 @ 11 a.m. | Student Center Lobby

- **Dance Class**
  12/5 @ 6 p.m. | Lynn Dance Studio

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GETTING TO KNOW ADAM SIMPSON

PERFORMER, PROFESSOR AND MENTOR

ALSO IN THIS EDITION: A CALL TO REJECT THE DAKOTA ACCESS PIPELINE
THE ARRIVAL OF THE SMART HOME
MEET THE STAFF

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7 EMERGING SMART HOMES
Using Technology To Control Daily Tasks at Home Is Becoming More Of A Reality

Above: As faculty, staff and students prepare for winter break, the weather remains nice and warm here around campus. Stock Photo.
Since April, the Standing Rock Sioux tribe has been protesting against the construction of the Dakota Access Pipeline. Now, the Sioux people and Native Americans from tribes across the country are standing together to preserve their water supply, cultural resources and their overall welfare.

The pipeline’s route was originally supposed to cross the Missouri River near Bismarck until the decision was made to shift the construction of the pipeline just a half a mile upstream of the tribe’s reservation boundary. This decision meant the pipeline would pass through sacred sites and burials that federal law seeks to protect.

When the Sioux tribe took this issue to court, the judge had dismissed their case. According to the Standing Rock Sioux website, the federal government did not consult with them prior to the decision of the route of the pipeline.

The number of those seeking to prevent potential devastation of Native American lands has reached into the thousands, and many have suffered consequences as a result.

As the protests have gone on, protesters have been targeted with rubber bullets and tear gas. Additionally, they have been doused in cold water, which is extremely dangerous in the cold winter weather.

Being a member of the Kahnawake Mohawk tribe, I along with many other members of my tribe, have stood with the Sioux people and participated in our own protest. A small group of Kahnawake Mohawks set up a camp in the middle of our reservation and had a teepee that read, “Water is our first medicine,” showing a sign of solidarity and hope for what is to come.

Native Americans have shown to stick together through traitorous and testing times. Amidst the turmoil that engulfs daily society, several outlets shine light on how deeply rooted the Native American culture is and how it is being affected by the attempts corporations make to take advantage of already-depleted territories.

Being a full-blooded Native American I have taken the pledge against the construction of the Dakota Access Pipeline, and I hope you will too.
Professor Adam Simpson is one of the primary faculty members at Lynn who teaches drama courses and oversees the theater program. He has still worked as an actor for different projects including “Burn Notice”, “The Glades” and “Magic City”, but the instructor has continued to teach at the university for over 11 years.

“I had a choice between a few different universities, but I really liked the size of the classes, the student body and the people here,” said Simpson of what drew him to Lynn in the first place.

On campus, he teaches a full roster of courses in addition to maintaining the set shop tucked away in the back of the Wold Performing Arts Center. He is often found spending much of his free time planning shows and designing sets in his office there, but the time spent results in many of the large set pieces audiences see at student productions.

“I look forward to coming to work every day,” said Simpson of his role on campus. “My job excites me, [and] I truly enjoy the work that I do.”

From elements such as cascading walls of fabric used in Celebration of the Arts to the two-story house set to be used in this week’s premiere of “Noises Off”, his creative imagination meets his background as a carpenter to yield inventive stage designs across a variety of different productions.

The construction of these pieces could not happen alone, however,
which is why he teaches shop classes in which students learn to build set pieces with him. Additionally, other student actors and crew members will dedicate their time to the process just to help out.

"I spend a lot of time with Adam, whether it’s in class, at rehearsal or in the shop, and I’m really grateful to have him as a professor and a friend," said Torsten Rowell, senior and actor in “Noises Off”.

Aside from teaching and building, Simpson also directs many of the university productions. This includes “Noises Off”, a show which he hopes audiences will enjoy as much as his cast has while learning it. To help his cast achieve the best performance possible, he has used his extensive background in theatrical performance to provide high-level advice, guidance and critique to the developing actors.

“My favorite part of being a professor is the students; their success is my ultimate accomplishment.”

Students can come out this Wednesday, Thursday and Friday to the Wold Performing Arts Center to see “Noises Off” at 7:30 p.m. if they are interested in seeing an Adam Simpson-directed production. A matinée show will also be performed on Thursday at 12:30 p.m., and tickets are free for all Lynn students, staff and faculty.

Above: Lynn Drama students begin the bare bones of the “Noises Off” set. It is one of the largest sets ever produced for a student show. LU Photo.
Hot, sticky and sweaty, rapper Kendrick Lamar performed Thursday night inside a spaceship-looking dome on the beach as part of the Art Basel Miami Beach festivities.

During the intimate 75-minute show, Lamar first took off his outer shirt and continually wiped sweat from his face, jokingly complaining that if he had to sweat all night long that the crowd better show him some love.

Midway through the show he took several water bottles from the stage and passed them out to the audience. By the end, the Grammy-award winning rapper thanked the crowd of about 400, guessing that some had “lost 10 pounds in sweat.”

“That’s enough (expletive) sweat to last a lifetime,” he said sincerely, thanking the crowd for not caring about mussing up their “cardigans” and fancy clothes so they could jump and dance during the close-quartered show.

Alicia Keys had the same problem during her performance here last year when the humid South Florida weather kept fogging up her sunglasses.

Lamar interacted frequently with audience members, at one point grabbing a woman’s hand saying she had made his night. He stopped the show more than once to sign shirts, shoes and other trinkets.

"Your energy is what I pull from when I go into the studio and write what I write so I gotta show back the love," said Lamar, who performed hits including “m.A.A.d city City,” “i” and “B----, Don’t Kill my Vibe”.

As he rapped, black-and-white images played across the walls and ceiling of the dome.

Some were mundane - telephone operators, money counting machines and a space shuttle. But other images included political and pop culture figures. Bill O’Reilly’s famous meltdown on “Inside Edition” played repeatedly during one song, and later showed Dick Cheney and President George W. Bush and Muhammed Ali.

The ethereal looking pop-up dome that hosted Amex Music Meets Art outside the Faena hotel looked as if it had dropped from the sky and was just steps away from the waves. Artist Shantell Martin live sketched a massive mural mapped to the beat of the music just outside the dome. The concert was just one of many parties to celebrate the prestigious art fair, which draws a heavy celebrity crowd.

Noticing some writing on a fan’s clothing that said “Places and Faces,” Lamar said he had just written a song with those words and sang a few bars “from a Swisher Sweet to a hotel suite” to an enthusiastic crowd.

“"We are on the same wave," he said.

Earlier this year, Lamar helped President Barack Obama celebrate his final Fourth of July at the White House. The president has repeatedly said he is a fan of Lamar, saying “How Much a Dollar Cost” is his favorite song of 2015.

Lamar saved “Alright,” a song that has become a sort of theme for police brutality protests, for one of his last numbers, telling the crowd “we celebrate love tonight, not hate."
With new technologies constantly evolving and introduced in a wide array of markets, increasing numbers of people have begun to adopt them into their everyday life. Smart home technologies have been growing and continue to make the lives of individuals easier because they automate monotonous tasks once often done by hand.

Nest, a recently started technology automation company, is just one of these smart home product providers with technological devices. Nest Learning Thermostat, a digital thermostat for home use that learns its user's patterns and habits, allows the head of the household to save money while being accessed and controlled remotely.

“I believe that [smart home] technology is a phenomenon that is constantly advancing with all [of] the new research and products that come out, [it is] only logical that these advances will simplify our way of life, even at our homes,” said Oscar Falcone, graduate student. “I believe that we can be more eco-friendly when we apply solar energy to our homes as a way of saving energy and also saving our planet.”

Amazon Echo, another innovation in the pantheon of smart home technology, is a voice activated speaker now available in a full size (Amazon Echo) or small size (Amazon Echo Dot) option, depending on space availability. Using the command, “Alexa,” users may ask questions ranging from how the weather is today, to commands like turning off the lights or changing the temperature settings.

“I think that [it is] definitely a really interesting field of technology. It feels that it is still in its infancy,” said Javier Arbona, junior. “Personally, I have been looking into purchasing a smart lock, but there are a lot of options out there. I really like the Amazon Echo since I can talk to it anytime I am in my house and it is really natural to ask any type of question.”

On its own, Amazon Echo works as a smart entertainment system, allowing its users to request music from services, such as Pandora, Spotify and TuneIn, but it also has extended abilities such as taking notes with voice input or ordering Uber rides easily. All the user needs to do is ask “Alexa” and she will work for them.

“Smart technology allows me to not think about all of the daily tasks in life, making life easier, more productive and more efficient,” said Daryl Ehrentreu, homeowner. “Smart products allow me to run my home efficiently, without having total knowledge in today’s technological world.”

While the idea of an entire smart home still continues to evolve as new forms of this smart home technology are released, all of these options are already available for those who wish to use them.

However, until the price of technology reaches lower levels, it just is unlikely many people will see an entire smart home just yet.
WOMEN’S

UPCOMING MATCHES

Basketball vs. Nova Southeastern 12/10 4 p.m.
Basketball vs. Miles 12/17 2 p.m.
Basketball vs. Benedict 12/18 2 p.m.

MEN’S

UPCOMING MATCHES

Basketball vs. Nova Southeastern 12/10 4 p.m.
Basketball vs. Miles 12/13 7:30 p.m.
Basketball vs. Pace 12/16 7:30 p.m.
Basketball vs. Drury 12/17 7:30 p.m.
Basketball vs. Florida Tech 12/30 7:30 p.m.

CSI Open Mic Night
12/5 @ 7 p.m. | Lynn Student Center Lobby

Fill The Water Tank Project
12/6 @ 11 a.m. | Lynn Student Center Lobby

Winter Fest Carnival
12/6 @ 4 p.m. | Residence Hall Quad

SAB Snowglobe
12/7 @ 11 a.m. | Lynn Student Center Lobby

Lynn Drama’s “Noises Off”
12/7 @ 7:30 p.m. | Wold Performing Arts Center

Check out the Lynn Drama “Noises Off” production, featuring 3D printed sardine props and Director Adam Simpson’s original set designs. LU Photo.

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NOISES OFF

BY
MICHAEL FRAYN

DIRECTED BY
ADAM SIMPSON

OPENING TONIGHT!
AT 7:30 P.M.

LYNN UNIVERSITY
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Best Foot Forward Helps Foster Children Realize Their Lives Are Full Of Value

4 TERESA FLOWERS, ACTRESS
One Of Lynn's Newest Drama Majors Shares Stories From Her Life, On-Stage And Off

6 CHRISTMAS EXPERIENCES
Students Look Back At Some Of Their Favorite Christmas Memories Before This Holiday Season

7 DAKOTA ACCESS PIPELINE
After Weeks Of Protests, The Federal Government Has Decided Against The Project

Above: Last Saturday, Santa Claus came down early from the North Pole to have breakfast with Lynn faculty, staff and their families. After children sat on his lap to share their wish lists, they had the opportunity to capture the moment with a photo. Happy Holidays from iPulse! LU Photo.
AROUND BOCA

HOW ONE LOCAL FOUNDATION GIVES BACK TO KIDS
Best Foot Forward Is Helping The Less Fortunate During This Holiday

By MATT MAZZAMARO
Staff Writer

While the first semester of the academic year comes to a close, the holiday season is just beginning. Ads and commercials revolving around gifts have already begun to flood popular media, signaling the emergence of a warm and positive holiday spirit. However, as most students get to go home to loving families, it is important to remember not everyone is as fortunate.

Though mention of the holidays typically elicits thoughts about family, gifts and food, this time of year is also a crucial period to raise awareness for charitable causes such as the Salvation Army. Best Foot Forward, a foundation located in Boca, is one example of a local organization working on behalf of children. They focus on children who would otherwise spend the holidays without any sort of family support.

“Best Foot Forward is an organization that strives to better the lives of foster care children,” said Paige Gilson, sophomore and volunteer at the foundation. “They help these children not only strive to reach their personal goals, but their educational goals as well.”

This organization is so special that Lynn is even getting involved. Best Foot forward will be holding a fundraiser in which a tree full of different wishes from foster kids will be placed on campus and students will be allowed to take the wishes off of the tree and fulfill them.

“This organization does something extraordinary by giving these kids and teens the tools and fundamentals that will help them achieve their goals in life,” said continued Gilson. “If you’re looking to give back this holiday season, Best Foot Forward is an amazing choice.”

If students are interested in getting involved with this charitable organization, they can give a call to (561)470-8300, visit their Boca office in person or visit their website online at www.bestfoot.org.

Above: Local volunteers helped organize the back to school drive in 2015. At the event, backpacks were collected for children in need. Stock Photos.

Above: Volunteers from Best Foot Forward participate in a fundraising event at the Busy Body Fitness Center during the Thanksgiving Holiday last year. Stock Photo.
Teresa Flowers is a second-semester freshman majoring in drama. She is also a cast member of "Noises Off," Lynn Drama's latest production.

"I fell in love with acting probably when I was in middle school. After my mom died it was my way of escaping everything around me, and then in high school I just kind of grew a love for it and wanted to do that for the rest of my life," said Flowers of her passion.

As a child coping with a devastating loss, Flowers found an escape through cinema; the more productions and movies she watched, the more she fell in love for the art of drama and what kind of life she could have.

"I think [as a result of] watching movies as a child and seeing other productions, I wanted to make other people escape from other people and create a new world for other[s]." said Flowers.

Regarding what viewers should expect from the production of "Noises Off," the actress was candid in her description.

"[There is] a lot of craziness. Some love triangles. Sardines, lots and lots of sardines and just funny aggression

Above: Flowers, along with the rest of the "Noises Off" cast and crew, has worked diligently over the entire semester to put together the massive set for the production. It is the largest set to ever be featured in any of Lynn's student shows. LU Photo.
NEWEST ACTREESSES IS TAKING THE MAIN STAGE

Her Love For The Theatre Industry And The Upcoming Play

and just a lot of fun," said Flowers. Specifically, “Noises Off” is a production about a company putting on a show while acting within the show—the equivalent of looking at a picture within a picture. The audience can expect to see all of the craziness that goes on when the actors can not be seen.

One of the characters Flowers plays is named “Vicky,” who is a tax filer. She is ditzy and just really out of it, which adds to some exaggerated comedic dialogue within her lines. Flowers looks forward to performing for a large crowd. She hopes to see all 700 spaces in the theater occupied to watch the production, though she would be alright performing for just a few hundred to start.

As well as rehearsing for her roles, she deeply enjoyed the various sets that she and the cast members were practicing on. This set that she and the rest of the cast are going to be performing on is very large and elaborate, so the eye is going to be continually focused on what is going with the props and the atmosphere around it all.

The actress is really excited about working with fellow cast member Joy Dodd in “Noises Off.” Dodd plays the roles of Belinda and Flavia.

Flowers wants to go see Europe and the rest of the world before coming back to the United States to try developing her acting career possibly in California or New York.

To come see Flowers star in this week’s productions, students can see her on the main stage of the Wold Performing Arts Center today, Thursday and Friday at 7:30 p.m., or at the 12:30 p.m. matinée to be held tomorrow.

In the future, after graduation, Flowers dreams of one day enjoying a career as a film and stage actress, which is why she currently performs with Lynn Drama. LU Photo.
HAPPY HOLIDAYS
THE BEST TIME OF THE YEAR IS ONE FOR FAMILY
Students Recall Their Favorite Holiday Memories And Desires

By SARAH BANDES
Staff Writer

December is the time of year when everyone has their own spin on how they are spending their break.

Whether it is waiting for presents, learning the stories behind Christmas or just spending time with family, it can be interesting to hear others' perspectives on the holiday.

Many people feel Christmas was a different experience as a child. The holiday used to seem a lot more exciting because of the belief that Santa Claus was going to come down the chimney and bring presents.

"One year I remember my dad going out in the snow stomping around and ringing bells outside our window to make my brother and I believe that Santa was on our roof," began Kaitlyn Frame, sophomore.

"I told my brother that we had to go to sleep or he would leave and we would not get our presents. It is one of my all time favorite Christmas memories and I will never forget it."

Other students are beginning to think about what they are wanting for the holidays. Though Christmas is not all about presents, it can feel highly nostalgic to make a Christmas wish list.

"I [do not] want much for Christmas, except a puppy," said Andrea Monica Perez, senior. "Other than that, I just like the idea of being with family on Christmas because it is about that more than anything."

While some students are excited about going home and seeing their families others are just as excited about what will be under the tree come Christmas morning.

"I want makeup," said Rachel Margolis, junior. "I [do not] really care for much on Christmas because I like to spend time with my family around the holidays [since] that is important and what counts most. But I really want some new makeup and also maybe some sweatpants. That would probably be it."

Donate $1 to fight hunger this season.

Wold Performing Arts Center,
Dec. 9 @ 7 p.m.
#DonateAPlate
By MICHAEL LIEDTKE
Associated Press

Google is crossing a milestone in its quest to reduce pollution caused by its digital services that devour massive amounts of electricity.

The internet company believes that beginning next year, it will have amassed enough renewable energy to meet all of its electricity needs throughout the world.

That’s significant, given Google’s ravenous appetite for electricity to power its offices and the huge data centers that process requests on its dominant search engine, store Gmail, YouTube video clips and photos for more than a billion people.

Google says its 13 data centers and offices consume about 5.7 terawatt hours of electricity annually - nearly the same amount as San Francisco, where more than 800,000 people live and tens of thousands of others come to work and visit.

The accomplishment announced Tuesday doesn’t mean Google will be able to power its operations solely on wind and solar power. That’s not possible because of the complicated way that power grids and regulations are set up around the U.S. and the rest of the world.

Google instead believes it is now in a position to offset every megawatt hour of electricity supplied by a power plant running on fossil fuels with renewable energy that the Mountain View, California, company has purchased through a variety of contracts. About 95 percent of Google’s renewable energy deals come from wind power farms, with the remainder from solar power.

Nearly 20 other technology companies also have pledged to secure enough renewable energy to power their worldwide operations, said Gary Cook, senior energy campaigner for the environmental group Greenpeace.

Google made its commitment four years ago and appears to be the first big company to have fulfilled the promise.

Apple is getting close to matching its rival. The iPhone maker says it has secured enough renewable energy to power about 93 percent of its worldwide operations. Apple is also trying to convert more of the overseas suppliers that manufacture the iPhone and other devices to renewable energy sources, but that goal is expected take years to reach.

Cook said the symbolic message sent by Google’s achievement is important to environmental experts who believe electricity generated with coal and natural gas is causing damage that is contributing to extreme swings in the climate.

U.S. President-elect Donald Trump dismissed the need for climate control during his campaign for office, and he has pledged to undo a number of regulations to protect the environment.

“More than ever, companies must show this sort of leadership on renewable energy,” Cook said Tuesday. “Now is not the time to be silent.”

Google still hopes to work with power utilities and regulators around the world to make it possible for all of its renewable energy to be directly piped into its offices and data centers around the clock.

For now, Google sells its supply of renewable energy to other electricity grids whenever it isn’t possible for its own operations to use the power.

Google Inc. declined to disclose how much it has spent on its stockpile of renewable energy or the size of its annual electricity bill.
ATHLETICS

WOMEN’S
UPCOMING MATCHES
BASKETBALL vs. Nova Southeastern 12/10 4 p.m.
BASKETBALL vs. Miles 12/17 2 p.m.
BASKETBALL vs. Benedict 12/18 2 p.m.

MEN’S
UPCOMING MATCHES
BASKETBALL vs. Nova Southeastern 12/10 4 p.m.
BASKETBALL vs. Miles 12/13 7:30 p.m.
BASKETBALL vs. Pace 11/16 7:30 p.m.
BASKETBALL vs. Drury 12/17 7:30 p.m.

UPCOMING EVENTS

Lynn Drama’s “Noises Off”
12/7 @ 7:30 p.m. | Wold Performing Arts Center

Matinée of Lynn Drama’s “Noises Off”
12/8 @ 12:30 p.m. | Wold Performing Arts Center

Celebration Of Light
12/8 @ 6 p.m. | Snyder Sanctuary

Lynn Drama’s “Noises Off”
12/9 @ 7:30 p.m. | Wold Performing Arts Center

To Watch Lynn Sports Live
Visit:
LYNN SPORTS NETWORK
https://portal.stretchinternet.com/lynn

Earlier last week, players of the Women's Volleyball team gave it their all against Tampa at the NCAA South Region Tournament in West Palm Beach Florida. Despite a 3-1 loss, the Fighting Knights were a representation of talent, passion and sportsmanship. LU Photo.

DOWNLOAD OUR APP
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FIND US ON
LAST CHANCE TO CATCH "NOISES OFF"
TONIGHT @ 7:30 p.m.
3 PHOTOS FROM NOISES OFF
Take A Look At Some Selected Shots From Lynn Drama’s Latest Production

4 DISCOUNTS FOR STUDENTS
With The Holiday Season In Full Swing, Students Can Save Themselves Some Money

6 AMERICANS LIVING SHORTER
After Many Years Of Increase, The Life Expectancy Of U.S. Citizens Is In Decline

7 MONSTRESS SERIES
Assistant Editor, Brian Martin, Gives A Literary Recommendation For Readers

Above: Graduate Student M. Michelle Riofrio Bravo adds the final touches on her digital painting for her Drawing and Design Theory and Practice class. Staff Photo/C. Mehu.
Lynn Drama’s ongoing production of “Noises Off” has been well-received by audiences made of students, faculty, staff and members of the greater Boca Raton community.

The show, running just over two and a half hours, has proven itself to be a fine piece of comedic theater with a large cast of talent supported by a dedicated crew.

Here are some selected shots of Lynn Drama’s production on Thursday, Dec. 9.

Staff Photos/C. Mehu & M.J. Cardenas.
DISCOUNTS AVAILABLE AT TOWN CENTER MALL
Different Offers Make It Easier For College Kids On A Budget To

By PAIGE STEGEMAN
Staff Writer

Though it is common to hear about some of the financially negative aspects of a college education, students should keep aware of the benefits available to them.

At the Town Center Mall in Boca, many stores offer great discounts for college students who present their ID at the point of sale.

"I love student discounts because I feel less guilty about purchasing more luxurious items," said Abbey Busch, senior. "Discounts just make everything easier."

Stores such as Banana Republic, Top Shop, Ann Taylor, Express and J. Crew, among many others at the mall, have 15 percent or more off on clothing or accessories.

"We want to help to give back to the teachers and students who help to develop a community by offering a discount to make their shopping experience better," said Daniel Sohlden, a sales associate from Banana Republic.

Though the discounts vary from store to store, every cent saved can make a big difference for college students on a tight budget.

"We give out discounts for students and teachers from all over the community so they can have a fair price for items and clothing at our store," said Haley T., sales associate from J Crew.

If stores do not offer discounts specifically for students, they should not feel discouraged from saving money; heading online to make purchases can be an effective way to find sales not available in-store.

"We are always running sales online as well. While student or teacher discounts cannot be accepted online, there is always a great deal waiting," continued

Above: Banana Republic is one of the more popular stores located within Town Center Mall, where there are various offers, specials and deals available to students. Staff Photo/P. Stegeman.
ALLEVIATE FINANCIAL STRESSES FOR STUDENTS
Shop Around For Gifts, Clothing And Food This Holiday Season

When heading online to the Town Center Mall's official website, a section titled "Deals & Steals" provides information all about the special offers or incentives available at certain retailers within the mall.

Deals range from a 15 percent student discount at Sperry's and Kate Spade to a buy one, get one half-off deal at Vitamin World for select products in the physical store.

Ultimately, any time a student can save a couple of dollars, they are helping themselves out. "Due to all of the high expenses college students have to take on, student discounts make shopping more appealing to people who are dealing with high costs of living associated with their education," said Stephanie Woloshin, senior.

Above: Students should take advantage of the money-saving opportunities presented to them not only for attending college, but also those surrounding the ongoing holiday season. Staff Photo/P. Stegeman.
AVERAGE AMERICAN LIFE EXPECTANCY IS FALLING
For The First Time In Decades, Expectations For Life Spans Are Declining

By MIKE STOBBE
Associated Press

A decades-long trend of rising life expectancy in the U.S. could be ending: It declined last year and it is no better than it was four years ago.

In most of the years since World War II, life expectancy in the U.S. has inched up, thanks to medical advances, public health campaigns and better nutrition and education.

But last year it slipped, an exceedingly rare event in a year that did not include a major disease outbreak. Other one-year declines occurred in 1993, when the nation was in the throes of the AIDS epidemic, and 1980, the result of an especially nasty flu season.

In 2015, rates for 8 of the 10 leading causes of death rose. Even more troubling to health experts: the U.S. seems to be settling into a trend of no improvement at all.

"With four years, you're starting to see some indication of something a little more ominous," said S. Jay Olshansky, a University of Illinois-Chicago public health researcher.

An American born in 2015 is expected to live 78 years and 9 ½ months, on average, according to preliminary data released Thursday by the Centers for Disease Control and Prevention. An American born in 2014 could expect to live about month longer, and even an American born in 2012 would have been expected to live slightly longer. In 1950, life expectancy was just over 68 years.

The United States ranks below dozens of other high-income countries in life expectancy, according to the World Bank. It is highest in Japan, at nearly 84 years.

The CDC report is based mainly on 2015 death certificates. There were more than 2.7 million deaths, or about 86,000 more than the previous year. The increase in raw numbers partly reflects the nation's growing and aging population.

It was led by an unusual upturn in the death rate from the nation's leading killer, heart disease. Death rates also increased for chronic lower lung disease, accidental injuries, stroke, Alzheimer's disease, diabetes, kidney disease and suicide.

The only clear drop was in cancer, the nation's No. 2 killer.

Experts aren't sure what's behind the stall. Some, like Olshansky, suspect obesity, an underlying factor in some of the largest causes of death, particularly heart disease.

But there's also the impact of rising drug overdoses and suicides, he noted. "There are a lot of things happening at the same time," he said.

Some years the CDC later revises its life expectancy estimate after doing additional analysis, including for its 2014 estimate. Average life expectancy declined for men, falling by more than two months, to 76 years and 3 ½ months in 2015. It fell by about one month for women, to 81 years and 2 ½ months, the CDC said.

Death rates increased for black men, white men, white women, and slightly for Hispanic men and women. But they did not change for black women.

The new CDC report did not offer a geographic breakdown of 2015 deaths, or analysis of death based on education or income. But other research has shown death rates are rising sharply for poorer people—particularly white people—in rural areas but not wealthier and more highly educated and people on the coasts.

"The troubling trends are most pronounced for the people who are the most disadvantaged," said Jennifer Karas Montez, a Syracuse University researcher who studies adult death patterns.

"But if we don't know why life expectancy is decreasing for some groups, we can't be confident that it won't start declining for others," she said.
“MONSTRESS” SERIES EXPLORES POWERFUL THEMES
The Fantasy Series Uses Storyline To Examine Real World Is-

By BRIAN MARTIN
Assistant Editor

There are wonderful stories out there in the world of comic books today that can have readers talking for years because of certain qualities it had such as its themes. “Monstress” is one of those stories.

Set in a world divided by war and segregation, “Monstress” follows the journey of a teenage girl who must traverse through a world that both despises her and wants her dead in order to uncover a mystery. The story is full of powerful themes that make reading the series all the more worthwhile.

Written by Marjorie Liu with art by Sana Takeda, “Monstress” is an Image Comics series that takes place in a fantastical world that has been sharply divided by war. The story follows Maika Halfwolf, an Arcanic, which is a human-looking species with magical abilities, who must enter the land of the Cumea, sorceresses who must consume Arcanics as fuel for their power, in search of answers regarding her mysterious abilities and the death of her mother.

The starting issue of the series is extra long in order to help readers get a better idea about the plot and the tone of the series. While the beginning is good at best, the story gets better with each progressing issue.

The story is very powerful in terms of the themes that are represented throughout Halfwolf’s journey. One of those themes is the powerful bond of friendship.

Throughout her journey to find answers, Halfwolf is struggling to keep her powers in check and relies on her friends to help make it through the hardship she alone must endure. She also remembers her friendship with her Arcanic best friend Tuya as motivation to keep pushing forward no matter the obstacle.

Other themes are perseverance in the face of discrimination and one’s own dehumanization in the eyes of others. Halfwolf and her companions are forced to be brave while facing threats and discrimination from those who would do her and her people harm.

As readers continue to follow the story, they will be provided with flashbacks into Halfwolf’s backstory and understand more about her character and the hardships she faced before the story’s beginning. These moments help the reader to better understand Halfwolf as a character and what her motivations are.

“Monstress” is a comic book series that will resonate with readers because it utilizes its fictional setting to convey very powerful themes that are reminiscent of today’s world. The series uses those themes to help create a compelling, heartbreaking story as a result. This makes the series a must read for those who want to read a wonderful tale with very human themes at its core.

“Monstress” is a wonderful comic book series because its story contains themes that make it relatable to today’s world.
ATHLETICS

WOMEN’S

UPCOMING MATCHES

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MEN’S

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UPCOMING EVENTS

Noises Off
12/9 @ 7:30 p.m. | Wold Performing Arts Center

Lynn Preview Day
12/10, All Day | Schmidt Building

3rd Annual Chamber Music Competition
12/10 @ 7:30 p.m. | Amarnick-Goldstein Hall

14th Annual Gingerbread Holiday Concert
12/11 @ 3 p.m. | Boca Raton Resort and Club

Stress Relief Day
12/9 @ 12-1:30 p.m. | Mary & Harold Perper Lawn

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JOURNALISM I
HOLIDAY SPECIAL EDITION

Happy Holidays

ALSO IN THIS
#TRENDING WINTER FASHION EDITION: STAFF AND STUDENTS' FAVORITE HOLIDAY ENTERTAINMENT
Above: During the Jewish festivities of Hanukkah, spinning a dreidel to win chocolate money is a common way to celebrate this eight day joyous holiday with family and friends. Stock Photos.
Winter 2016 is coming in hot with the coolest trends the market has seen in a while. The way people style their looks is highly dependent on where they are. A scarf in New York can be used as a skirt in Morocco; or if one is fortunate enough to travel, one can do both. Many are reducing their skirt lengths, reusing their thigh highs from the fall and recycling their grandma's best disco dress.

"One of the most popular new trends this season is definitely anything velvet," said Jelena Lovric, Lynn alumni and owner of Loverich Boutique. "The bodysuit is also a key piece to have in a hot wardrobe, as it is a great staple to wear with any outfit."

Bodysuits and velvet are flying off the racks. A velvet bodysuit is the ultimate key to success. "I love a strong capsule wardrobe and seasonally this year I would add chunky turtlenecks and plaid," said Ashley Martini, celebrity stylist and author of Styletini. "Soft bubblegum pink is a popular color right now and upscale joggers are in as well!"

Both fine-knit and chunky cable turtlenecks have been spotted worn as dresses with over the knee boots or paired with skirts or pants and layered under coats. These sweaters are coming with all sorts of embellishment, but the most unique one might be at a local thrift store.

"Faux fur and wool coats are trending this winter, especially in colors such as pink and forest green," said Isabella Hutton, merchandising intern at Alice and Olivia. "Stuart Weitzman over the knee boots are the most lusted after shoes of fall and winter."

Be sure to get a perfectly pale pink manicured hands on at least two of these items to mix and match throughout the long winter ahead. Also, there is no need to be afraid to try different styles. Stay up to date because these things can change faster than one can say "I need a new Louis Vuitton tote." Who knows? Maybe by groundhog day culottes will try to make another comeback or perhaps kitten heels will not be reserved for one's great aunt.

As the weather begins to cool down and faculty, staff and students begin to wear their winter favorites, style specialists alike have something for every individual to enjoy.

From hats, to boots, to sweaters, winter fashion is a necessity everywhere one goes. Stock Photos.
HOLIDAY GIFTS THE FAMILIES WILL WANT TO HAVE

When It Comes To Gift Giving, Making The Gifts By Hand For Those

By LAURA GARRIDO
Copy Editor

There is nothing like receiving a handmade gift from a loved one. This is why iPulse brings do-it-yourself presents, which are the perfect gift for every family member and friend.

The reality is a computer mouse is almost useless without a mouse pad. A customized fabric mouse pad is the perfect gift for someone who spends numerous hours a day on a computer. All that is needed is a black mouse pad, paint and a paintbrush. Now it is all up to one’s imagination to draw something creative or even write a thoughtful message on it.

“I love to receive handmade gifts from my children; I appreciate that they put so much time into them,” said Morgan O’Sullivan, director of financial services.

“I love to receive handmade gifts from my children; I appreciate that they put so much time into them,” said Morgan O’Sullivan, director of financial services.

“If it is something that is useful, it is even better.”

There is always someone in the family who would appreciate time to relax; this is why putting together a cute box of facemasks, bath salts and body scrubs would be the perfect gift. Whether these are homemade or not, a special someone will love the sentiment of putting them together with other pampering supplies and placed in a box that can easily be found at a stationery or craft store.

“When it comes to holiday vacations all I want to do is rest,” said Adriana Olivia, assistant manager at the Elmore Dining Commons. “This is the perfect time for me to chill and take care of myself.”

Keep loved ones always on your mind with a handmade family keychain, by affixing them to a series of keychain tabs, one for each family member. It is a handy way for them to remember their keys and always see their family members smiling back at them.

And last, but certainly not least, the latest trend this season is cakes in a jar. These filled cake jars can be given as a sweet gift in an even sweeter packaging. They look like they

“I LOVE TO RECEIVE HANDMADE GIFTS FROM MY CHILDREN”

- Morgan O’Sullivan, Director of Student Financial Services

Above: A handmade key chain is just one of the many ways to give the perfect gift to family and friends this holiday season, without going over one’s holiday gift giving budget. Stock Photo.
Above: During the holidays, faculty, staff and students can enjoy a relaxing time with their family and friends while allowing them to relax too, with a handmade relax package. Stock Photo.

have been crammed full of pieces of cake and they are perfectly portioned and ready to be eaten right from the container.

“When you choose to give a handmade gift to somebody important to you, [you are] sending them the message that they were worth the time that you spent in creating that gift,” said Jared Harrison, graduate student.

If surprising those close to one’s heart is one of the goals during these December holidays, then thinking about giving a handmade gift instead of purchasing something from the store is the way to go this year. Remember that the purpose in giving handmade gifts is to give something that is personal and individual to the person receiving the gift, so do not be afraid to put personal touches to it too, to make the holidays just one touch brighter.

Another handmade holiday favorite is cake in a jar, an easy and visually appealing way to make the holidays a bit brighter and sweeter. Stock Photo.
OVER THE LAST MONTH, STUDENTS AND FACULTY NAMED THEIR FAVORITE HOLIDAY MOVIES FROM THEIR CHILDHOODS.

WITH THE HOLIDAYS RAPIDLY APPROACHING, MOVIE THEATERS ARE PREPARING. THIS YEAR, SOME EXPECTED HITS INCLUDE 'ROGUE ONE: A STAR WARS STORY,' AND 'OFFICE CHRISTMAS PARTY.'


NOW, AS ADULTS, MANY STUDENTS STILL WATCH THESE FILMS AND CONTINUE TO ENJOY SEEING THEM.

"I LIKE 'IT'S A WONDERFUL LIFE,' IT HAD A GREAT ACTOR NAMED JAMES STEWART AND [HE IS] FACED WITH ALL KINDS OF PROBLEMS AND POSSIBLE BANKRUPTCY," SAID DONNA KAYE, TUTOR. "HE KEEPS HIS CHRISTMAS SPIRIT, PERSEVERES AND EVERYTHING TURNS AROUND FOR HIM."

"IT'S A WONDERFUL LIFE" HAS ALSO BEEN REFERENCED IN SEVERAL OTHER MOVIES AS A TRUE HOLIDAY CLASSIC FOR ANYONE TO WATCH OVER THE HOLIDAYS WITH THE FAMILY. IT ALSO COVERS THE JOY OF CELEBRATING CHRISTMAS WITH ONE'S FAMILY.

"EIGHT CRAZY NIGHTS" FOLLOWS THE ADVENTURES OF A 30-SOMETHING-YEAR-OLD PARTY ANIMAL, THAT ENDS UP WITH COMMUNITY SERVICE AT A YOUTH BASKETBALL CAMP (AFTER WRECKING A RESTAURANT AND A SANTA SIGN).

UNLIKE OTHER HOLIDAY MOVIES THAT FOCUS ON CHRISTMAS, 'EIGHT CRAZY NIGHTS' IS AN ANIMATED CARTOON MEANT FOR ADULTS, AND THERE IS A HUGE FOCUS ON JEWISH HOLIDAY CUSTOMS INSTEAD OF RELIGIOUS CHRISTIAN AND CATHOLIC CUSTOMS.

OTHER MOVIES SUCH AS "HOW THE GRINCH SAVES CHRISTMAS" AND "ELF," ALSO FOCUS ON THE NON-RELIGIOUS SIDE OF THE HOLIDAYS, FOCUSING RATHER ON THE COMEDIC SIDE OF THE HOLIDAY SEASON.

"[NATIONAL LAMPOON'S] CHRISTMAS VACATION," "IS HILARIOUS," SAID MATTHEW COLWILL, SOPHOMORE.

ALL IN ALL, THE HOLIDAYS ARE A GREAT TIME FOR WATCHING MOVIES THAT CAN EITHER BE CLASSICAL OR MODERN, DEPENDING ON WHAT IS AVAILABLE. THIS HOLIDAY SEASON, IT APPEARS STUDENTS AROUND CAMPUS PREFER THE FUNNY MOVIES TO THE CLASSICAL ONES.
Dear Readers,

Thank you for your sincere dedication and support to iPulse throughout each semester. iPulse would not be possible without all of the hard working faculty, staff, students and readers involved. From the iPulse family to yours, happy holidays and a happy and healthy New Year. We look forward to bringing more great content to you throughout the spring semester.

- iPulse Editorial Family
LYNN GIFTING

Looking for gift ideas this holiday season? The campus store offers a wide array of holiday products, from snowmen, to snow globes to bring back to family and friends nearby and afar. LU Photos.

DOWNLOAD OUR APP

As the weather outside becomes frightful, the fireplace becomes delightful and since there's no more class to go, let winter break begin to show. Stock Photo.

Find us in the app store or scan the QR code