

iPulse

THE DAILY HEARTBEAT OF LYNN UNIVERSITY



DOWNLOAD THE ISSUU APP

4 FINDING FAITH IN TIMES OF CRISIS

Knights Under Christ Allows Students To Connect Spiritually and Socially

6 STAYING POSITIVE DURING AN INJURY

Sophomore and Athlete Aurora Good Overcomes Adversity

8 NEXT STOP, THRIFT SHOP

Recycled Clothing Store Plato's Closet Sells the Latest Looks

Above: Williams during her semi-final match against Naomi Osaka. Photo/Getty Images.

WILL THE GREATEST FEMALE TENNIS ATHLETE OF ALL-TIME RETIRE?

AFTER WILLIAMS' AUSTRALIAN OPEN LOSS; SPECULATION OF RETIREMENT BEGINS



By Jorge Herrera
Staff Writer

Many speculate that tennis legend Serena Williams will be retiring soon after she cried during a press conference and posted an emotional caption on Instagram shortly afterward.

Williams recently traveled to Melbourne for the Australian Open, hoping to win her highly anticipated 24th Grand Slam title. Williams faces intense pressure to win another Grand

Continued on page **2**



INTERNSHIPS: WHERE TO GO AND WHAT TO EXPECT

Page..... **3**

TABLE OF CONTENTS

1 WILL THE GREATEST FEMALE TENNIS ATHLETE OF ALL-TIME RETIRE?

By Jorge Herrera

3 A BREATH OF FRESH AIR

By Anthony Romano

3 INTERNSHIPS: WHERE TO GO AND WHAT TO EXPECT

By Olivia Dols

4 FINDING FAITH IN TIMES OF CRISIS

By Emily Christensen

5 WEIGHTLIFTING IS NO JOKE

By Taryn Super

5 LENDING A HELPING HAND

By Anniina Sankoh

6 STAYING POSITIVE DURING AN INJURY

By Anniina Sankoh

7 STAY-AT-HOME WORKOUTS

By Delaney Gould

8 NEXT STOP, THRIFT SHOP

By Alyssa Aviles

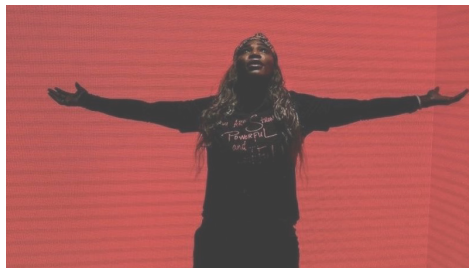
Continued from front page ...

Slam title since one more would give her 24, tying Margaret Court, the all-time leader. She has not won a Grand Slam since 2017 but has lost four finals since then. At the Australian Open 2021, Serena lost in the semi-finals against Naomi Osaka, the tournament winner.

“I played a really bad match, so many errors,” said Williams at the press conference.

Williams fell short with another opportunity to tie Court with the record of most Grand Slams titles won. Williams addressed rumors of her retirement in a press conference after losing in a match.

“When I retire, I won’t tell anyone,” said Williams with tears in her eyes.



Above: Williams says goodbye to Melbourne. Photo/@serenawilliams via Instagram.



Above: Williams leaves the press conference crying. Photo/AFP via Getty Images.

Although she stated those comments in the press conference, what got people’s attention was her post on Instagram after the loss.

“I am forever in debt and grateful to each of you today. I am forever in debt and grateful to each and every single one of you. I love you. I love you. I love you, I adore you,” Williams captioned in her Instagram post.

Many people are assuming this was an announcement saying goodbye to the Australian Open. Williams has not announced if she will play Roland Garros, Wimbledon and the upcoming Grand Slams. These matches will possibly be her last opportunities to achieve the record, which is her career goal.

20 MIN
INTENSE FULL BODY
NO EQUIPMENT

Page..... **7**

Above: Example of an at-home YouTube series with Paul Reif. Photo/P. Reif.

A BREATH OF FRESH AIR

LEARNING HOW THE AIRVISUAL PRO WILL POSITIVELY AFFECT PEOPLE'S HEALTH

The AirVisual Pro is an air quality monitor that helps consumers take precautions for both indoors and outdoors. It is available right now and may revolutionize clean air in classrooms, workplaces and more.



By Anthony Romano
Staff Writer

AirVisual Pro scans a room using its built-in laser technology. The lasers pick up air particles from 2.5 up to 10 micrometers in size, which can be dangerous to certain people. The air monitor can also detect carbon dioxide, which is important because carbon dioxide can cause illnesses to individuals.

"Particles between 2.5 and 10 micrometers are called inhalable coarse particles. These are the kinds of particles that can irritate your lungs," said TechGuru, a product review website. "If you suffer from COPD, lung cancer, or asthma, these are the particles that can set off an attack."

The AirVisual Pro works both indoors and outdoors to allow the consumer to take the necessary precautions to breathe clean air. For example, if the air outside is polluted, the monitor will alert the user how bad the air is. The same goes with

indoor air; if someone is cooking and the oils are releasing smoke, the monitor will let someone know that the air is unsafe to breathe.

"Monitoring the air quality is very important for me and my family. My sister has strong asthma, [and] it is difficult to maintain consistently clean air inside our house," said Jiri Balcar, student. "AirVisual Pro can help us to find even the smallest sources of pollution in our house, allowing all our family members to live a healthier life."

The data that every AirVisual Pro produces gets processed and is brought into AirVisual's network for everyone to see. The information is shown through a real-time 3D animated globe where someone can look at how harmful air pollution is. IQAir app is free and allows people to check the air pollution data of their city.

"The result is an incredibly powerful tool that delivers historical, real-time, and forecast air quality information," said Yann Boquillod, Director of Air Quality Monitoring, in a company video.

Air pollution causes 9% of deaths in the world. The AirVisual Pro warns everyone if the air is unsafe to breathe using its collective data and laser technology so people can take precautions based on what their monitor is showing.



Above: AirVisual Pro producing indoor and outdoor air pollution data. Photo/Smart Air.

INTERNSHIPS: WHERE TO GO AND WHAT TO EXPECT

CAREER CONNECTIONS AND INTERNSHIPS EXPERIENCES FROM CURRENT WORKER AND LYNN STUDENT

With the semester being halfway over, students can learn more about career connections and the process of getting

an internship with a current career connections worker Ben Fagan and current intern, Claire McCabe.

Career and Alumni Connections is a resource at Lynn that helps students prepare for their future. The services at Career and Alumni Connections involve resume consultations, career coaching, networking and job searches.

"Internships give you the opportunity to continue to meet people and grow your network," said Fagan, career and alumni coordinator. "[Internships] give the opportunity to show that there are many more avenues to go down than just this one route [college]."

Internships are a way to gain experiences within your undergrad or graduate education. These real-world opportunities also help students prepare for the future and get hands-on experience with their potential careers.

"First, you have to do your research and find where you want to go," said Fagan. "If you are stuck as to where to begin, [visit Career and Alumni Connection] because this is the place to go."

Continued ...

Continued from page 3 ...

McCabe has been working with the Career and Alumni Connections office since January. McCabe's internship consists of creating content and managing Lynn's alumni social media.



Above: The Office of Career and Alumni Connections is located on the second floor of the University Center. Photo/O. Dols.

"Working for Career and Alumni Connections has pushed me to be a better professional and has made me more outgoing," said McCabe, senior. "I feel lucky to work in this office under the guidance of the Executive Director Barbara Cambia."

For those interested in finding out more information about internships, Fagan is holding an internship seminar every Monday and Friday.



Above: Claire McCabe, an intern in Career and Alumni Connections. Photo/@clairemccabe via Instagram.

FINDING FAITH IN TIMES OF CRISIS

KNIGHTS UNDER CHRIST ALLOWS STUDENTS TO CONNECT SPIRITUALLY AND SOCIALLY

Lynn University believes in the power of co-existence. The school has various religious and spiritual organizations on campus and the Snyder Sanctuary, a place for students and faculty to relax in a peaceful environment and meditate on whatever faith or belief system they have.



By Emily Christensen
Co-Editor-in-Chief

Knights Under Christ is one of the most recent religious organizations on campus, which was started three years ago by student-athlete Reese Walker.



Above: Colby Keefe, Ethan Yorio, and Reese Walker attend Victory Church together. Photo/@knights_under_christ via Instagram.

Walker is a lacrosse athlete and follower of Christ. Before college, he was a part of the religious organization, Fellowship of Christian Athletes. When Walker got to Lynn, he felt called to start a similar organization, but one for the entire student population rather than just athletes.

"Anyone can come to the meetings! People with or without faith! Anyone," said Walker, founder and president.

A typical Knights Under Christ meeting starts by simply checking up on everyone and asking for prayer requests.

Afterward, Walker and the members dive into a message from the Bible and talk about it in small groups. The goal is to bring Christ into the student's everyday lives while also having a support group to lean on.

"I love getting to meet new people each week and hear their walk with Christ because everyone's story is so different," said Donya Dreibelbis, sophomore.

The group is a chance for students to meet friends that share similar beliefs and discuss personal struggles. It is a safe space where everyone can rely on one another and pray in times of crisis.

"It is a judge[ment]-free zone. We open up and get closer to one another. In times like these with COVID-19, it is important to have someone or people there for you and helping you," said Walker.

Knights Under Christ meet as a group every other Monday at 8 p.m. Additionally, the organization commonly attends church together on Sunday.

Due to COVID-19, the location of Knights Under Christ meetings varies. Interested students can check on their Instagram page, @knights_under_christ, for updates on when and where the meetings are held.



Above: Members of Knights Under Christ meet for their first women's group study on the beach. Photo/@knights_under_christ via Instagram.

WEIGHTLIFTING IS NO JOKE

LYNN'S ATHLETIC TEAMS USE WEIGHTLIFTING TO GET STRONGER

Lynn's athletic teams continue to utilize weightlifting this spring to improve as collegiate athletes and become physically stronger.



By Taryn Super
Copy Editor

Lynn's athletic teams are very dedicated to weightlifting as they know the many benefits weightlifting provides. It not only helps athletes become more robust, but it also helps prevent injuries from developing. Many Lynn teams utilize the help of Lynn's Head Strength & Conditioning Coach, Zach Rowell, so that they can weightlift to their best potential.

While some people might think that only athletes in physical contact sports need to lift, weightlifting can help athletes of any sport improve. Using different weightlifting routines, athletes of various sports can focus on strengthening the muscles used most often in their sport and traditional lifts that help make their entire body stronger.

"When the girl's golf team weight lifts, we usually focus more on the lower body. The golf swing is all about lower body movement, so it evidently makes the golfer drive longer," said Serena Nguyen, women's golf athlete. "The golf swing is very complex. Although it looks fast and simple, there are so many mechanics. Each golf swing is unique, and weight lifting provides power!"

Being consistent with one's weightlifting routine is essential for athletes to receive the full benefits of weightlifting and see improvements during competitions. Many Lynn teams have scheduled lift days throughout their week to get better at weightlifting and reap all the benefits that result from weightlifting regularly.

"The [men's] basketball team takes lifting very seriously," said Branden Ellis, men's basketball athlete. "We lift multiple times a week and lift on our own as well. My favorite lift is the medicine ball toss. I enjoy it because it works the full body and applies directly to my sport."

With Coach Rowell's help, all Lynn teams will continue to use weightlifting to become stronger athletes for this spring season.



Men's Lacrosse athlete, Justin Berg, push presses the bar to work out his upper body. Photo/T. Super.

"The idea behind weightlifting for the collegiate athlete is one based on principle and science," said Rowell. "We use the weight room/weightlifting for a multitude of reasons, with the main objective of helping student-athletes perform better mentally and physically on their respective playing surfaces. The ability to train athletes based on their sport allows for specific adaptations, with the most important of those being injury prevention."



Head Strength & Conditioning Coach, Zach Rowell, demonstrates the next lift for Men's Basketball athlete Christian Peevy. Photo/T. Super.

LENDING A HELPING HAND

LYNN SOCCER PLAYER VOLUNTEERS AT BOCA HELPING HANDS IN HIS FREE TIME

International soccer athlete and graduate student Merveil Bilomba discussed the many joys of volunteering at Boca Helping Hands.



By Anniina Sankoh
Staff Writer

Originally from Cameroon, Bilomba moved to France with his father and two brothers when he was eight years old. Since then, he has played soccer and pursued his education, which allowed him to join East Tennessee State University. After graduating, he started his master's degree at Lynn.

"I like the United States, for the fact that here people recognize hard work," said Bilomba, master's student. "When you work hard, people acknowledge it, and they will always find a way to support and help you."

Bilomba has been volunteering at Boca Helping Hands since January. Despite his regular weekly schedule with classes and soccer practices, Bilomba likes to spend his free time in a meaningful way.

"I believe what you give always comes back to you. When you help people, you basically spread positive energy, which at some point will come back at you," said Bilomba. "It is everyone's responsibility to make the world better by doing one little thing at a time."

A typical day at Boca Helping Hands for Bilomba is always different, but his work is usually related to food. He usually spends a lot of time at the warehouse packing food. A big part of his job is to pack breakfast bags for children in need.

"I always like to help people. I think in life overall if I can help you in any way, I will help," said Bilomba. "To be able to do the same thing for even more people makes me feel like I am doing something bigger than myself."

STAYING POSITIVE DURING AN INJURY

SOPHOMORE AND ATHLETE AURORA GOOD OVERCOMES ADVERSITY

After being injured continuously, Aurora Good tore her ACL in November 2020 and hopes that she will be back for the next soccer season.



By Anniina Sankoh
Staff Writer

Good was born and raised in Massachusetts, where she played soccer her entire youth until she was injured for the first time back in 2016. It was a potentially career-ending injury, and she was told that she might not play competitive sports ever again. Good struggled with news, but she did not let that end her career and started running again after eight months.

“It was the first time that I had ever faced such a big challenge to succeed in sports, and I did not want it to stop me,” said Good, sophomore.

When Good was back on the field playing, she got a chance to play soccer in Spain, where she spent a couple of months. Right before her first college season at Lynn, Good was reinjured and sat out the whole season.

“Coming to college was already such a big adjustment, and having to go through something like this again was one of the worst things of my life,” said Good. “I struggled to succeed in other parts of my life too because of it.”

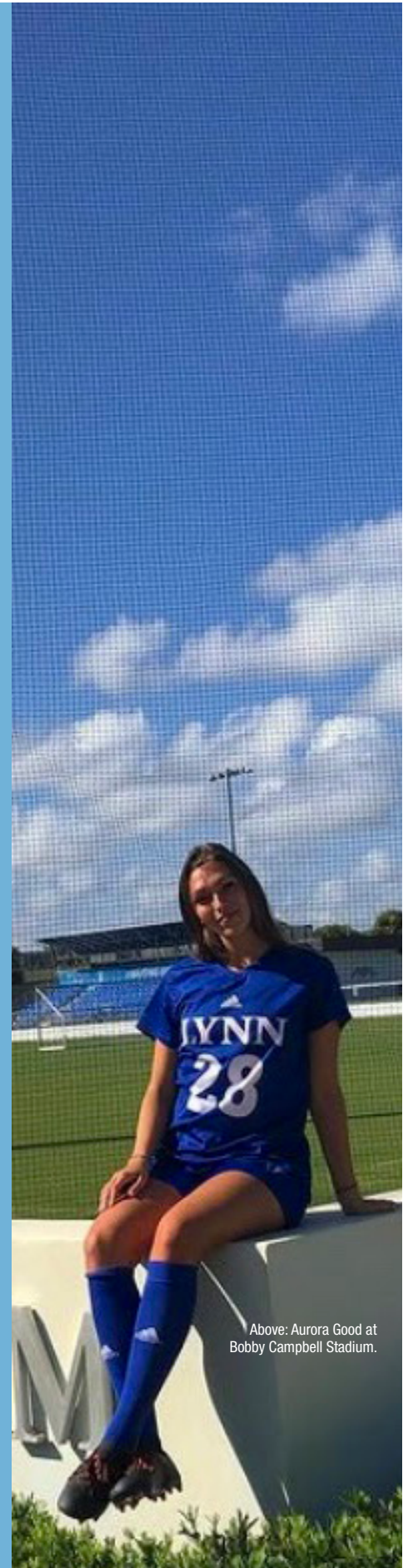
Last spring season, everything was going well. Good was back with the team, practicing and getting better mentally and physically. During COVID-19, despite the season’s cancellation, Good continued to work hard throughout the spring and summer and was excited to do what she loves. Last semester, Good tore her ACL and is now in rehab.

“This injury has been showing me how much I still have in my life even without soccer. I am so lucky,” said Good. “It feels good to work hard and to be able to hit little checkboxes while trying to get to my goal next season.”

Despite her injuries, she is well-known for her constant positivity on campus. Good is doing many things to keep her busy and happy. She is working on campus with admissions, spending time with friends, going to the beach and being a significant community member at Lynn.



Above: Lynn women’s soccer team in Fall 2019. Photo/Lynn Fighting Knights.



Above: Aurora Good at Bobby Campbell Stadium.

STAY-AT-HOME WORKOUTS

LEARNING HOW LYNN STUDENTS STAY IN SHAPE AT HOME

COVID-19 abruptly ended Lynn students' ability to go to the gym to remain fit, and many have taken to at-home fitness in their free time.



By Delaney Gould
Staff Writer

When the COVID-19 pandemic hit Lynn, many students who had regularly maintained going to the gym were unable to continue their scheduled workouts. To stay fit on their own, many students turned to stay-at-home fitness. These workouts vary from a wide range of origins, such as YouTube and TikTok.

"There is this girl who has an account called Yoga with Adriene, who I like a lot," said Hannah Boggs, freshman.

Online workouts include a wide variety of options for their participants. They are easy for athletes to complete as the creators are

focused on simple exercises for those who cannot access complete gym equipment. These easily accessible workouts are perfect for any student who is unable to go to a gym.

"When I was at home, I would do alternating days of lifting and conditioning," said Boggs.

When students could not find an online workout that best suited them, some turned to their own homes for a source of fitness. There are plenty of workout opportunities that one can find in their own home. Many students have created new ways to work out throughout the pandemic or have even built makeshift gyms to continue their workout regimens.

"When I was at home, I would try to run a mile around my neighborhood and then lift in my home gym that we put together when quarantine first hit," said Isa Clark, student.

Students at Lynn have become creative in staying fit, trying many new ways to incorporate health into their lives.



Above: Adriene Mishler and her dog, Benji. Photo/PRNewswire.



Above: Isa Clark working out in her at-home gym. Photo/I. Clark.

Co-Editor-in-Chief

Emily Christensen

Co-Editor-in-Chief

Kathryn Hubbard

Copy Editor

Taryn Super

Head Web Coordinator

Louis Eisenberg

Faculty Advisors

Sabine Dantus

David Jaffe

Martin Phillips

Stefanie Powers

Staff Writers

Alyssa Aviles

Brianna Cirillo

Olivia Dols

Matt Downey

Delaney Gould

Jorge Herrera

Sydney Lowe

Anthony Romano

Phylesha Rowe

Anniina Sankoh

Joshua Skielnik

Nadia Volkova

Anissa Walker

Contributing Writer

Xavia Williams

Faculty Advertising Advisor

Gary Carlin

Faculty Design and Web Support

Andy Hirst

Faculty Support

Mike Arsenault

Robert Leigh

Frankie Mendez

NEXT STOP, THRIFT SHOP

RECYCLED CLOTHING STORE PLATO'S CLOSET SELLS THE LATEST LOOKS

Plato's Closet is a fun and easy way to buy and sell gently used trendy clothes at an affordable price.



By Alyssa Aviles
Staff writer

If it is not a popular store such as Forever 21, H&M or American Eagle, most retail stores can be pricey. As a

result, many college students have picked up the hobby of thrift shopping to avoid high prices. Plato's Closet has a unique spin on thrifting as their goal is to sell used clothing while also keeping all the clothes up to date with the latest trends.

"We are a second-hand consignment store that sells trendy teen clothes," said Angelika Rodriguez, an employee at Plato's Closet. "We also allow people to sell us their gently used items for money."

As Plato's Closet continues to become more popular, Rodriguez frequently sees more college students going in and out of the store. A thrift store is an excellent place for people to save money while still shopping for cute clothes.

"Because we do low prices, it's a great opportunity for the environment and for my

pocket," said Rodriguez. "I love working here because it helps me save money and helps me avoid fast fashion places."

Plato's Closet also positively impacts the environment. By selling used clothing, the company is not wasting resources or supporting fast fashion. They promote recycling and encourage people to sell their clothes as opposed to tossing their clothes out.

"I think by having Plato's Closet, it is a great way to help preserve clothes as most of the time fashion is just wasted or we don't really know what to do with the clothes," said Rodriguez.

Plato's Closet values push young adults to be more cautious about how they spend their money on clothing and help the environment. Thrifting encourages people to buy second-hand clothing and motivates people to sell their unwanted clothes so that no clothes will go wasted.

Plato's Closet is an option for those looking to find trendy clothing on a budget, sell unwanted clothing to make some extra money and ultimately impact the environment. There are a few locations in Boca Raton, and the closest one to Lynn is located at 9218 Glades Road.



Above: Storefront of Plato's Closet. Photo:thesoegame.com.

**DOWNLOAD THE ISSUU APP**

Find our editions digitally using the app store or by scanning the QR code or visit:

lynnpulse.org

FIND US ON

iPulse

THE DAILY HEARTBEAT OF LYNN UNIVERSITY

4 CONNECTING WITH SOCIAL MEDIA

Communication Students Utilize Social Media to Showcase Proficiency

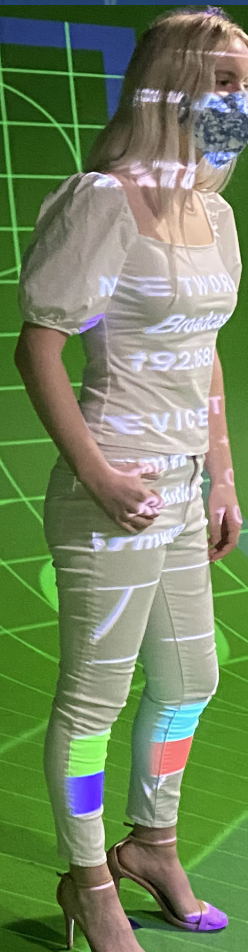
6 BROTHERHOOD FOR LIFE

Students Gain Long-Lasting Friendships from Lynn's Fraternity

8 ALL STYLES WELCOME

Lynn Students Share Their Sense of Style

Above: 3D mapping is taking place by one of the models for the fashion show. Photo/O. Dols.



DOWNLOAD THE ISSUU APP

A "SURREAL" FASHION SHOW

MAKING A VIRTUAL FASHION SHOW POSSIBLE



By Olivia Dols
Staff Writer

The fashion show's title is "Surreal" to show what the fashion industry has gone through in the past year, especially with COVID-19. "Surreal" is the second virtual fashion to take place at Lynn since COVID-19.

"I believe [the theme] was a mixture of the pandemic and

seeing where fashion designers are going forward with social distancing and the catwalk," said Traya Johnson, co-director and model committee chairperson. "[As a whole] we thought it would be a good idea to go with surreal because everything is changing."

The fashion show this year has

Continued on page

2



KNIGHT-A-THON TURNS INTO AN ALL-WEEK EVENT

Page.....

3

TABLE OF CONTENTS

1 A "SURREAL" FASHION SHOW

By Olivia Dols

3 TEMPORARY MEDICAL TATTOOS WITH TECH TATS

By Anthony Romano

3 KNIGHT-A-THON TURNS INTO AN ALL-WEEK EVENT

By Olivia Dols

4 CONNECTING WITH SOCIAL MEDIA

By Brianna Cirillo

5 A HOLE IN ONE START TO A SEASON

By Taryn Super

5 GETTING FIT WITH THE GURUS

By Delaney Gould

6 BROTHERHOOD FOR LIFE

By Louis Eisenberg

7 THE CAR THAT MAY CHANGE THE WORLD

By Matt Downey

8 ALL STYLES WELCOME

By Alyssa Aviles

Continued from front page ...

become more noticeable within different communities. With technology now, the fashion show will be made with various technologies such as virtual mapping and BEEM holograms in partnership with the College of Communication and Design.

"The fashion show is going to have all these great components of hologram technology, 3D mapping, videography, and with some of the great designers," said Burnstine. "This type of fashion show has not been done before, so it is very exciting to be a part of it."

The virtual show is significant to many people and faculty. This year is a little different, but since the virtual fashion show was so popular



Above: Three of the designers are displaying different outfits from designers. Photo/O. Dols

last year, it has become a tradition.

"[The audience should expect] nothing that they have ever seen before," said Bella Bourgerly, model & member of casting and modeling committee. [The show] is extremely different and never been done before, so just be excited and surprised."

To find more information about the fashion show, visit their Instagram page @ surrealtheshow.



Above: The clothing for the fashion show is being ironed. Photo/O. Dols.



Page..... 5

The Women's Golf team takes a team picture after winning the Saint Leo Invitational. Photo/@lynn_knights via Instagram.

TEMPORARY MEDICAL TATTOOS WITH TECH TATS

THE FUTURE OF MEDICAL MONITORING

Tech Tats are revolutionizing the way doctors and other medical professionals monitor patient's health.



By Anthony Romano
Staff Writer

Developed by Chaotic Moon, Tech Tats are designed, so patients do not have to go into the doctor's office physically. The sensors in the tattoo gather information about the user's body and send it to medical professionals. If something is wrong, doctors will call their patients and inform them what they should do next.

"The Tech Tattoos can really tie in everything in one package. So, it can look at early signs of fever, your vital signs, heart rate, everything that it needs to look at to notify you that you're getting sick or your child is getting sick," said Eric Schneider, Creative Technologist and Hardware, in a company video.

Most medical monitoring systems are extensive and take up tons of space. Tech Tats apply to the skin, so the user does not have to worry about carrying around extra weight. The tattoos work exactly like temporary tattoos, where one needs water and pressure to apply the tattoo to the skin. Other versions of the Tech Tats use electrical paint instead of the temporary tattoo look.

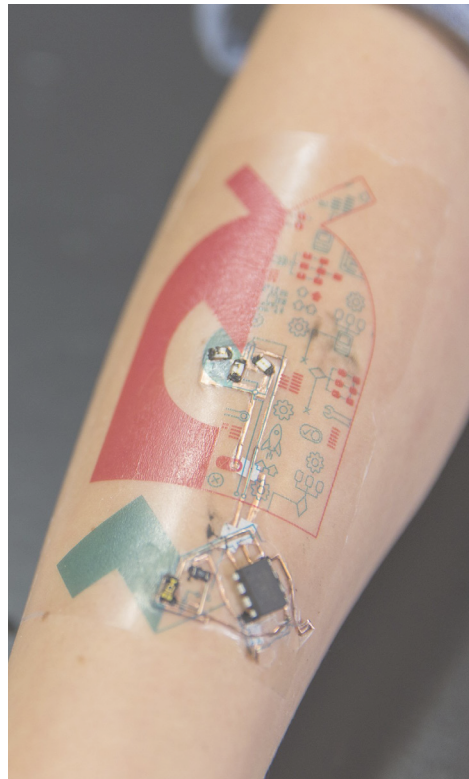
"Tech Tats are a revolutionary invention that I would really need in my life. As my immune system is very weak, I often get sick. However, it is hard to recognize when it is a day-to-day thing and when I am seriously sick. Tech Tats would allow my doctor to check me over a long distance and tell me the severity of my sickness," said Jiri Balcar, student.

Not only does the Tech Tats monitor health, but it also has bonus features. Chaotic Moon has embedded a fitness tracker and a wallet system. The Tech Tats allows the

user to carry credit card information and identification cards on their body. Now, there is no need to be carrying around a wallet that someone can steal.

"Tech Tats could benefit my life because I have some health problems with my heart. I don't have a home base, so it's hard to see the same doctors. Now they can give me a call if something looks wrong. I also want to see what security measures are in place before I put important information in these chips," said Jason Epstein, Florida resident.

People no longer have to take a trip to the doctor's office when they need a physical or feel sick. The Tech Tats apply to the body, and if something is wrong, the doctor will call their patient. Tech Tats are not out for sale yet, but Chaotic Moon wants to make the tattoos affordable so people can buy them in bulk. For more information visit: <https://www.postscapes.com/conductive-ink-tattoos-tech-tats/>



Above: Temporary tattoo-styled Tech Tat applied to the skin. Photo/ Newsweek.

KNIGHT-A-THON TURNS INTO AN ALL-WEEK EVENT

LEARNING HOW KNIGHT-A-THON IS ADAPTING TO THE NEW NORMAL

Lynn carries a fundraising event, Knight-A-Thon, every year in April to help raise money for local families whose children are battling cancer.



By : Olivia Dols
Staff Writer

The event usually takes place in the gymnasium. However, due to COVID-19, changes are being made to help make an impact. Instead of having a 12-hour dance marathon, Knight-A-Thon this year will be known as a Knight-A-Thon week from April 19 to April 24 to make a difference.

"Knight-A-Thon is an annual fundraiser that we do here at Lynn University," said Meghan Kalvey, marketing director for Knight-A-Thon. "The purpose of Knight-A-Thon is to raise funds for the Pediatric Oncology Support Team. POST (Pediatric Oncology Support Team) is a local nonprofit that helps families whose children are undergoing cancer treatments."

There had to be some adjustments in organizing the fundraiser to follow the CDC guidelines this academic year.

"With COVID-19, things have been a little challenging," said Kalvey. "We are able to have more in-person events on campus with everything slowly opening up [again]. We do follow COVID-19 guidelines and rules. Students have been coming out to

Continued ...

Continued from page 3 ...

the in-person events, which is nice to see on campus and have a fun time.”

If students would like to register for Knight-A-Thon and help make an impact with the



Above: The Easy Dunker was an event in 2018 to help raise money for POST. Photo/@knightathon via Instagram.

fundraiser, visit the Lynn page and click the link under the Knight-A-Thon tab.

“To register for Knight-A-Thon, there is a link on the Lynn page [as well as] the Instagram bio (@knightathon),” said Kalvey. “When students register, they can create their fundraising page and [make] an even bigger impact on Knight-A-Thon by helping us raise funds through their own networks.”

Students can still get involved and make a difference for the children and families fighting cancer by helping the Pediatric Oncology Support Team in any way possible.

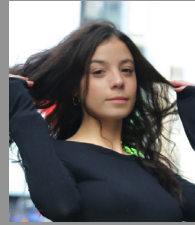


Above: A Knight-A-Thon member is making an impact by informing students how to register for the event. Photo/@knightathon via Instagram.

CONNECTING WITH SOCIAL MEDIA

COMMUNICATION STUDENTS UTILIZE SOCIAL MEDIA TO SHOWCASE PROFICIENCY

Students use social media daily to showcase their public relations and advertising abilities to connect with the press and network with businesses across the communications field.



By Brianna Cirillo
Staff Writer

“Social media should be part of any public relations campaign in today’s environment because it is critical that organizations get their messages out directly to the public and this can be accomplished in part with social media,” said Gary Carlin, assistant professor of advertising and public relations. “The same applies to business networking, the platforms might change, but the concepts are the same.”

PR platforms use social media influencers for advertising brands, announcements, locating brand threats and enhancing sales.

“I would describe social media as the essential tool for PR campaigns and advertising around the communication fields and the main benefit of social media regarding PR campaigns and advertising is the simplicity and rapidness of transportation of information,” said Rose Spadaro, junior. “Social media platforms are critical to networking businesses, and I have used my social media platforms to generate an income. Various brands send me compensated products to try and advertise in hopes of increasing sales.”

Public relations works to display a message and using social media helps public relations boost a message through posts that make announcements and provide information.

“Social media has become the priority when trying to spread a message through

PR. It proves to be very beneficial as more and more people are more tapped into their smartphones to receive news, especially with fast-growing sites such as Twitter and Facebook,” said Gardith Desauguste, junior. “The communications field is already heavily relevant on social media due to the large audience and little traction to more traditional PR and advertising firms. Everything is at your fingertips in just seconds. Social media uses the core fundamentals of communications which is to relay a message.”

The field of communications will always enhance future advantages and opportunities for businesses and brands, and applying social media into the world of communications will build a more substantial and more beneficial work environment for all involved.



Above: Rose Spadaro, junior, joining Lynn as a hospitality management major with a side passion for advertising businesses. Photo/R. Spadaro.

A HOLE IN ONE START TO A SEASON

LYNN GOLF TEAMS BUILD OFF THEIR EARLY SUCCESS AND REACH THEIR END GOALS.

Lynn's Men's and Women's Golf team has been very successful so far this spring season and plan on continuing to be solid contenders for the entire season.



By Taryn Super
Copy Editor

Both Golf teams have had a solid start to this spring season after winning their first tournament. While Lynn's golf program has always been strong, the dominant nature that the program has displayed this year so far has led to both teams ranking as number 1 in Golfstat's national ranking.



Women's golf athlete, Helen Kreuzer, smiles holding her first-place trophy after individually winning the Saint Leo Invitational. Photo/@lynn_knights via Instagram.

"The level of the confidence in the Lynn Golf program is high because the coaches expect a lot for us and push us to be better," said Alejandro Madariaga, men's golf athlete.

The season started with a historic win for the Men's Golf Team, as the team set a tournament record at Saint Leo Invitational. At their second tournament, the men's team placed second. In playing well during

these early-season tournaments, the men's team is building the confidence needed for the team to achieve their goal of winning the National Championships this year and obtaining the status of being three-peat National Champion winners.

"It feels good to have a strong start to the season because it gives you a lot of confidence, especially when we win by a lot, and it helps us be confident for the rest of the season," said Toto Gana, men's golf athlete.

The Women's Golf Team also started the season strong by winning both their first and second tournament. Along with achieving a team win at their second tournament, Lynn golfer, Helen Kreuzer, was also the Saint Leo Invitational individual winner.

"Winning as a team is everything for me; it brings everybody closer together and motivates [us] to leave it all out there," said Kreuzer. "Being able to win individually in college for the third year straight is special, and doing it with a team win makes it even better."

While some might think that the pressure that comes with obtaining two consecutive wins and a number one ranking would weigh heavily on the Women's Golf team's minds, the team chooses to use any pressure they might feel as motivation to work harder.

"I think that the pressure will help us to keep working hard and stay on top of our game," said Kreuzer. "Our goal is to win a National Championship in May, and we know that it takes more than a good start to get there."

While starting the season strong is excellent, Lynn's golf program knows how important it is to keep working hard to reach their end goals.

"Our ranking simply reflects our past success," said Head Women's Golf Coach Marcelo Huarte. "Every tournament is an opportunity to prove ourselves and get better."

GETTING FIT WITH THE GURUS

LEARNING ABOUT THE BEST ONLINE FITNESS INFLUENCERS TO STAY IN SHAPE

Lynn students utilize online sources like YouTube to find ways to stay active while not having access to a gym this semester.



By Delaney Gould
Staff Writer

YouTube has become a hotspot for creators to upload videos to guide their followers in all types of activities. Fitness has become increasingly popular during the COVID-19 pandemic. Creators such as Chloe Ting, MadFit, Yoga with Adriene, and many more have risen to popularity with workouts that are easy for their viewers to complete in their own homes.

While these gurus spread across a wide range of fitness niches, some teaching yoga or others focusing more on cardio or weightlifting, there is always a video for every viewer. One of the current most popular fitness YouTubers, Yoga with Adriene, starring Adriene Mishler, has adopted a devoted following that enjoys her content.

"I really enjoyed the initial video I watched, and she has a lot of variety in the types of videos that she makes for whatever your personal goal might be," said Hannah Boggs, freshman.

These creators have become widely adored by their fans due to their relatable content, which draws students to watch their videos.

"She's very honest and open about what she's going through and how to achieve the results you want," said Ginger Stein, sophomore, about her favorite creator, Kaylofit. "She's also so funny and genuine."

Continued ...

Continued from page 5 ...

Other students bounce from one creator to the next to keep up a varied and challenging workout schedule.



Above: Adriene Mishler poses for a video thumbnail. Photo/A.Mishler.

"I just look up HIIT (High-Intensity Interval Training) workouts and do whichever one pops up. I try and switch it up once a while," said Georgia O'hearn, junior.



Above: An example of a HIIT YouTube workout. Photo/K.Calfee.

Without having access to a complete gym on campus during the pandemic, students have become creative in how they stay fit, and consulting online YouTube gurus does just that.

BROTHERHOOD FOR LIFE

STUDENTS GAIN LONG-LASTING FRIENDSHIPS FROM LYNN'S FRATERNITY

Lynn's fraternity, Sigma Alpha Epsilon, demonstrates the basic principles of friendship, scholarship, leadership and service.



By Louis Eisenberg
Head Web Coordinator

There are currently 215 active chapters, roughly 12,000 active members and 348,000 initiated members since SAE was founded on the University of Alabama campus in 1856. Every Fall and Spring semester, SAE at Lynn holds a recruitment season, looking for guys interested in joining an organization bigger than themselves.

SAE at Lynn is also one of five Greek organizations on campus. Three of which are fraternities (SAE, APD and ZBT), two of which are sororities (Theta Phi and Tri Sigma). SAE is the largest one currently, with 28 active guys.

iPulse went out to see why current, former and new SAE members joined such an elite brotherhood; this is what they had to say:

"I was looking for brotherhood. Guys, I could call at 3 a.m. in the morning when stuff goes wrong and I know they will be there," said Jake Moll, junior.

"I was looking for a community of people to be a part [of]. But what I saw [within] the SAE chapter was so much more. I saw leaders; I saw entrepreneurs, men with passion and purpose. I truly believe if you're a part of a community full of great people, you will be the next. I joined SAE as a student who had failed out of a college with many debts and regrets." said Ryan Wesson, Lynn alumni. "I ended up

graduating with honors and a 3.74+ GPA. Today I'm the CEO of my own company, changing [the] lives of small business owners across the United States each day. Traveling all over the world to discover new passions. My community of brothers inspired and led me to the man I am today."

"I was looking for a group of mature and strong-minded guys who would not only help me find my way through college and beyond, but support me in friendship as well. I was hoping to use the leadership experience I took from high school and apply it to my fraternity career, which I have done since my first semester in [the fraternity]," said Chris Schone, senior at Lynn.

"I chose SAE because of the potential the organization had on campus, the values the organization stood for and the possible networking opportunities. The friendships became friendships for life," said Diego Ruiz, Lynn alumni.

"[I joined as] a way to network, and I was hoping to make some good connections and friends," said Evensen Ross, freshman.

"I have a couple of friends who were in SAE and I was a little nervous at first to join. But after hearing the positive and great things about the fraternity and how it has a whole brotherhood. It really is important for me to have something like that when we are all super close together," said Mark Woort-Menker, junior at Lynn.

Students who are interested in learning more about SAE at Lynn can message the organization on Instagram @saelynnu. Students can also learn more about SAE Fraternity by checking out their website at <https://www.sae.net/>.

THE CAR THAT MAY CHANGE THE WORLD

WORLD'S FIRST MASS PRODUCED SOLAR ELECTRIC POWERED CAR

By the end of 2021, Aptera will mass-produce a solar electric-powered car to reduce planet-warming pollution.



By Matt Downey
Staff Writer

Aptera wants to create the most efficient car possible to minimize the amount of pollution the car emits.

On average, only 12-30 percent of fuel from gas cars is used to make the car move. Most of the fuel is lost due to friction and wind resistance.



Above: The Aptera solar-powered car being driven. Photo/Aptera.

The solar electric-powered car has three wheels with tires that offer the least “rolling resistance,” making the vehicle more efficient, and it has a sleek shape to reduce wind resistance. Not to mention, the car is powered by the sun and not fossil fuels.

“I think it will work great for me, as someone who is trying to be as efficient as possible and have a minimal impact on the environment,” said Tyler Perkins, Aptera solar electric car customer.

Aptera’s solar electric car may be efficient, but there are some drawbacks. Because the vehicle is solar-powered, it cannot park in a garage or any other shaded area. Also, the car only seats two people making it not the ideal vehicle for families.

“I’m in the category of, ‘I want to enjoy my life,’” said Nick Field, accountant. “I just like fast cars. I think it’s cool.”

For others, this is the perfect car and is truly a breakthrough in solar technology. The solar electric car has a lot of space in the trunk, so it is the ideal car for someone who loves camping and road trips. In this car, one



Above: Diamond-shaped solar panels on the Aptera. Photo/Aptera.

would travel miles from urban cities and not have to worry about fuel.

“While parked at the office on a sunny day, your Aptera could put back in about 4.4 kWh, which is far more than what you’ll use that day. You’ll arrive home with more charge than when you left. That’s how it works; it’s as simple as that,” the company said.



Above: Aptera solar electric car creators. Photo/Aptera.

ALL STYLES WELCOME

LYNN STUDENTS SHARE THEIR SENSE OF STYLE

Co-Editor-in-Chief

Emily Christensen

Co-Editor-in-Chief

Kathryn Hubbard

Copy Editor

Taryn Super

Head Web Coordinator

Louis Eisenberg

Faculty Advisors

Sabine Dantus

David Jaffe

Martin Phillips

Stefanie Powers

Staff Writers

Alyssa Aviles

Brianna Cirillo

Olivia Dols

Matt Downey

Delaney Gould

Jorge Herrera

Sydney Lowe

Anthony Romano

Phylesha Rowe

Anniina Sankoh

Joshua Skielhik

Nadia Volkova

Anissa Walker

Contributing Writer

Xavia Williams

Faculty Advertising Advisor

Gary Carlin

Faculty Design and Web Support

Andy Hirst

Faculty Support

Mike Arsenault

Robert Leigh

Frankie Mendez

Lynn University's population is diversified with students from 101 different countries, and a large part of how students express themselves is through fashion. With that said, students recently shared their unique styles and where they gain inspiration.



By Alyssa Aviles
Staff writer

Whether a student is sporty, goth or chic, all styles are welcome at Lynn. Dressing sporty allows Alyssa Mencucci, senior, to be functional while still looking good. The same goes with most athletic dressers at Lynn.

"I love to be cute, sporty and comfy. I'm always on the go, so I like to keep my outfits practical and convenient," said Mencucci. "I tend to shop at LuLuLemon as they have the best athletic wear, and it still is fashionable."

While some go for leggings and sneakers, others like to dress trendy. Emilee Fars, junior, is one of those students as she

keeps her style simple while also trying to keep up with the trends. Social media platforms like Youtube and Pinterest are a couple of sources where students get inspiration for their unique styles.

"Pinterest is a big influence on my everyday looks. I love going on the app and being able to see outfits others have come up with," said Fars.

Looking at how all the various stores dress their mannequins has helped Gianna Cherichella, junior, figure out what she likes and how she should dress. Picking and choosing what she wants and does not like plays a role in what and why she buys certain clothing pieces.

"Going to the mall and window shopping is how I figure out what I want to wear and how I should dress," said Cherichella.

Lynn students continue to express who they are through their clothing and their favorite clothing styles. Having different styles allows the campus to have a unique diversity, and students can show their individuality through their clothing.



Above: Emilee Fars, junior, shows off her chic look in Miami. Photo/E. Fars.



Above: Gianna Cherichella shows off an outfit she got from Zara, a clothing store. Photo/G. Cherichella.



DOWNLOAD THE ISSUU APP

Find our editions digitally using the app store or by scanning the QR code or visit:

lynnipulse.org

FIND US ON



iPulse

THE DAILY HEARTBEAT OF LYNN UNIVERSITY

4 EXPLORING DIGITAL ASSETS

College of Communication and Design Hosts Virtual Special Lecture “NFT Talk”

5 MAKING A DIFFERENCE

Theta Phi Alpha Raises Money for the American Heart Association

8 STUDENT-ATHLETE SHARES THE BENEFITS OF BECOMING VEGAN

Senior, Giovanni Fraser’s Lifestyle Brand Supports Healthy Eating

Above: Lynn’s Softball player, Bailey Fernandez, is featured in “The Process” video series. Photo/C. Hagberg via IG: @crystalayn_photography.



DOWNLOAD THE ISSU APP

THE MAKING OF “THE PROCESS”

ONE LYNN ATHLETE’S EXPERIENCE STARRING IN “THE PROCESS”



By Taryn Super
Copy Editor

Lynn’s newest YouTube series, “The Process,” highlights individuals’ inspirational stories, including Lynn athlete Bailey Fernandez, who was initially hesitant to share her story but is glad that she did.

“The Process” is Lynn’s Athletic department’s new video series that focuses on resiliency by

each video featuring a different interview of an individual who has overcome difficulties and inspires the viewers to be resilient.

“Life has seasons of difficulty, though we can use the difficult moments of life to make us better versions of ourselves founded in honor, empathy,

Continued on page

2



DEVELOPING A BUSINESS MINDSET

Page.....

3

TABLE OF CONTENTS

1 THE MAKING OF "THE PROCESS"

By Taryn Super

3 SMART NIGHTSTAND

By Anthony Romano

3 DEVELOPING A BUSINESS MINDSET

By Nadia Volkova

4 EXPLORING DIGITAL ASSETS

By Anniina Sankoh

5 READ BEFORE YOU SHARE

By Brianna Cirillo

5 MAKING A DIFFERENCE

By Olivia Dols

6 ROADS ARE NOT WHAT YOU THINK

By Matt Downey

7 TAKING FITNESS OFF-CAMPUS

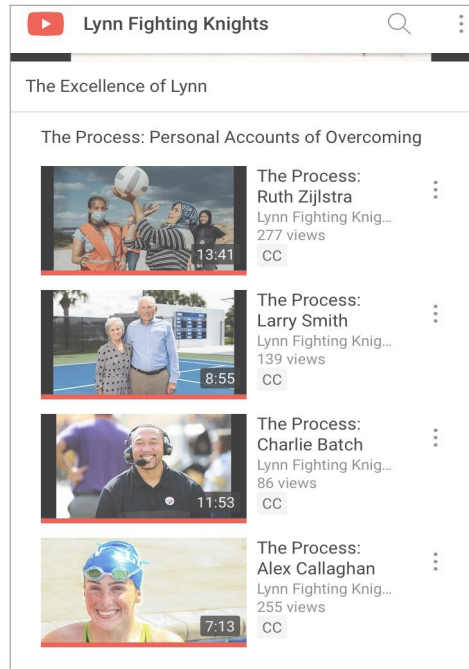
By Delaney Gould

8 STUDENT-ATHLETE SHARES THE BENEFITS OF BECOMING VEGAN

By Anniina Sankoh

Continued from front page ...

and maturity," said Director of Athletics, Devin Crosby, who came up with the idea of creating "The Process" and who serves as the interviewer within the video series. "This series will positively impact viewers through the stories of others while demonstrating Lynn's excellence in college athletics."



Above: Check out all "The Process" videos on Lynn's YouTube page, Lynn Fighting Knights. Photo/Lynn Fighting Knights via YouTube.

One Lynn athlete that the series will feature is softball player Bailey Fernandez. When Fernandez was given the opportunity to be featured in "The Process" video series, she was hesitant about participating. Fernandez was unsure if she wanted to disclose her personal experiences, such as how she had brain surgery when she was ten years old and how this surgery led to her experiencing mental difficulties as she got older.



Above: Fernandez's Coaches, Dylan Lee, Cassi Pickett, and Jill Moore (not pictured) all support Fernandez and help her be resilient. Photo/T. Super.

"Originally, it was stressful for me because I never talked about it with anybody and now it was going to be aired to the public," said Fernandez. "I was a little hesitant to accept the offer. Even my coach who nominated me for the series was hesitant about me doing the video, but I decided that I wanted to share my story and with my coaches' support, I accepted the interview."

During her Zoom interview with Crosby, Fernandez discussed many personal topics such as her surgery and the impact her faith has in her life. While at first nervous about the interview, Fernandez's nerves were eased by Crosby's supportive personality.

"Devin was really nice and supportive during the interview," said Fernandez. "At times, the interview got serious, but he knew I never really talked about my life experiences with others so he tried not to stress me."

Despite her initial worries, Fernandez is glad that she participated in "The Process" because she believes that the lessons she has learned in her life can help others. Fernandez is proud to contribute to "The Process" since she believes that the viewers can learn from the video series.

"After people watch my video, I want them to understand that they can always lean on their family for support and to put their faith in God even if they are not a big believer," said Fernandez. "People should watch 'The Process' video series because a lot of Lynn athletes have different stories that can impact their [the viewers] life. In my case, my video could help others to start talking about what they have gone through."

SMART NIGHTSTAND

LESS WORRYING MORE SLEEPING WITH THE CURVILUX

The Curvilux is a nightstand that combines multiple features into one simplistic design that you can have at your bedside.



By Anthony Romano
Staff Writer

Curvilux's main feature is its portable power station. The nightstand has a spot on the surface that can charge all sorts of devices without cables. The nightstand has a USB port built into the surface so a user can use and charge their phone while in bed.

"Not only will you wake up fully recharged, but your devices will also as well. We created a simple and elegant way to remove the clutter and cables and charge up to 3 devices at once through the wireless and USB chargers incorporated," said The Curvilux Team on a distributing website.

The nightstand also acts as a safe. The Curvilux can be opened through an app where the user can set a time for the drawer to unlock, or the drawer can be opened or locked whenever the user pleases. People can easily lock or unlock their Curvilux from their phone where ever they are.

"I would use something like this for [the] safe feature. Because I can unlock and lock it from my phone, I have easy access to get in the drawer. I can leave valuable items in there and not worry about them getting stolen," said Jason Epstein, Florida resident.

Curvilux can wake people up using its lights that are located on the back of the nightstand. The user can set the lights to mimic the sunrise. If someone wakes up before the sun rises, they can set the Curvilux to wake them up at any time of day.

"Enhancing your sleep quality is one of our main goals. With Curvilux, you can set a sunrise to wake up every morning at the exact moment you need it! Set your sleeping parameters on the app, and Curvilux will automatically adjust the alarm to wake you up according to your sleeping cycles," said The Curvilux Team on a distributing website.

The Curvilux is an all-in-one nightstand allowing the user a less stressful way of sleeping and waking up. The nightstand can be of great use to people who want to feel ready to go in the morning. For more information, visit <https://www.indiegogo.com/projects/curvilux-the-first-smart-nightstand#/>



Curvilux at the bedside. Photo/Cool Material.

DEVELOPING A BUSINESS MINDSET

PABLO CUELLAR, A SUCCESSFUL YOUNG ENTREPRENEUR

Pablo Cuellar shares his story with iPulse on becoming a young entrepreneur reselling sneakers.



By Nadia Volkova
Staff Writer

Once Cuellar joined the Watson Program, he changed his strategy to a more mindful approach.

"I got into reselling sneakers not because of any financial need, but because of the pure joy of trying something new," said Cuellar.

Cuellar found a new business path that brings him more fulfillment: fashion sustainability. His long-term plans are to stop reselling shoes and focus on creating eco-friendly clothing.

As a teen, Cuellar wasn't forced to work, yet he developed a strong sense of curiosity to keep his life busy. Sometime later, Cuellar realized that he was viewing his businesses through a money-making perspective.

"[I was] trying to meet the highest margins all the time, finding the best deals, getting in contact with the best dealers," said Cuellar.

Cuellar highlights the importance of simply enjoying the process instead of solely focusing on small beginnings. However, the fear of not reaching one's goal is one of the primary reasons people do not put their hopes and dreams into action.

Recently, Watson Institute at Lynn hosted a masterclass with Jeff Hoffman, bestselling author and Hollywood film producer. Jeff Hoffman

Continued ...

Continued from page 3 ...

said that young entrepreneurs struggle with showing credibility because they may have developed the end product yet, which is essential to deliver to the customers or clients.



Above: Pablo Cuellar with his sneaker inventory ready to resell. Photo/P. Cuellar.

“Finally, I am back to the mindset of a 10-year-old kid who could care less about the money,” said Cuellar. “I wake up and go to bed with thoughts about fashion and learning more about it.”



Above: Pablo Cuellar is interested in expanding into developing 4eco-friendly and sustainable fashion. Photo/P. Cuellar

EXPLORING DIGITAL ASSETS

COLLEGE OF COMMUNICATION AND DESIGN HOSTS VIRTUAL SPECIAL LECTURE “NFT TALK”

The College of Communication and Design recently hosted a special lecture series event, “NFT Talk,” led by Assistant Professor of Computer Animation, Alex Duque, via Zoom.



By Anniina Sankoh
Staff Writer

Most physical art has a certificate of authenticity, which gives the artists a record of sale and verified proof of ownership. Digital art posted on social media shared and re-shared makes it hard to verify ownership and leaves artists without a certificate of authenticity and no way of making a profit through their art.

The certificate of authenticity and provenance adds value to digital art. During the lecture, Duque covered how to get unique identification codes and metadata through blockchain.

“NFTs are created through Ethereum, an open-sourced blockchain, and by creating an NFT through Ethereum, art receives a unique, traceable ID that is linked to the artwork,” said Duque.

For more information or questions, please contact Professor Duque at aduque@lynn.edu. To watch the archived recording of “NFT Talk,” visit https://spiral.lynn.edu/commdesign_lectures/1/.



Above: NFT icon. Photo/NFT MCH+ via CC BY-SA 4.0.

Duque covered cryptocurrencies and how the technology is being used to create NFTs, which stands for Non-Fungible Tokens, a data unit on a digital ledger called a blockchain. Also, attendees learned the importance of NFTs and provenance.

NFTs are unique and used so that digital art can have value and be traced back to artists. Duque compared the inconsistencies between physical art and digital art and why artists should turn their art into crypto-art. Crypto-art can represent many different digital files such as videos, art, pictures or other creative work.

“Provenance is the history of ownership of a valued object or work of art or literature,” said Duque.



Above: NFT is a blockchain technology helps trace the origin of artwork. Photo/Galitskaya.

READ BEFORE YOU SHARE

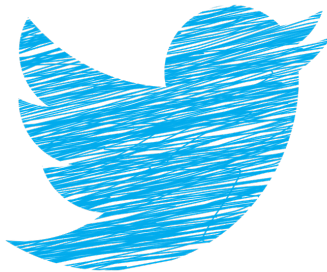
SOCIAL MEDIA PLATFORM TWITTER LAUNCHES A NEW UPDATE

Social media platform, Twitter, is testing their new "Read The Article Before You Retweet It" prompt for Android users and soon-to-be all users to promote informed discussion.



By Brianna Cirillo
Staff Writer

The new Twitter prompt is highly beneficial for many users to promote media literacy and stop viral falsification. Users should acknowledge every detail about what they are reading before discussing the matter more in-depth.



Above: The Twitter Logo, a platform where students can gain access to local news. Photo/Pixabay.

"Many articles are retweeted based on headlines that don't match the content," said Elon Musk, Tesla Inc. and SpaceX CEO, on his Twitter account.

Twitter's own unique Twitter account, @TwitterComms, discussed their latest testing

discoveries. Twitter discovered that people opened articles 40% more often after seeing this prompt. The number of people who opened articles before retweeting was increased by 33% due to the new prompt.

"I would use this new prompt because I think there is just too much information circulating on social media that is not true," said Gregory Lopez, senior. "I think it is something worth having on Twitter because many articles use click-bait titles to grab a lot of people's attention."

Twitter is currently testing their "Read The Article Before you Retweet It" prompt, which is now only limited to Android users. Twitter is working towards making it available to a more global audience soon.

"When it [becomes] available for iPhone users, I will use this helpful new prompt. I believe different people understand the same media message differently, which sometimes leads to false accusations," said Elizabeth Owens, senior. "Reading something before you share it is significant for more accurate discussions, and I hope people look at this new prompt as a unique opportunity to stop ongoing misinformation."

For further announcements regarding this new update, visit Twitter Comms and Twitter Support on Twitter @TwitterComms and @TwitterSupport.

MAKING A DIFFERENCE

THETA PHI ALPHA RAISES MONEY FOR THE AMERICAN HEART ASSOCIATION

Recently, Theta Phi Alpha conducted a virtual walk to help raise money for the American Heart Association.



By Olivia Dols
Staff Writer

Hannah FitzGerald is the philanthropy chair for the organization of Theta Phi Alpha. The position is to help raise awareness and make a difference within the community.

At the beginning of February, FitzGerald started a fundraising campaign for the American Heart Association through Facebook. The sorority shared the page and continued to raise over \$1,000 for the organization.



Above: FitzGerald at the American Heart Association tabling event. Photo/K. Webb

"Since our goal was originally to raise \$300 to start and, in the end, we raised \$1,051, it was an eye-opening and emotional experience," said Fitzgerald. "It was amazing to see us all work

Continued ...



Above: An illustration of a group of people discussing important topics. Photo/Pixabay.

Continued from page 5 ...

together in the sorority to advocate for an amazing cause.”

The Broward Heart Walk sponsored the American Heart Association. The walk is to help others live a better and healthier life.



Above: FitzGerald with fellow sisters supporting the walk for Beth FitzGerald. Photo/K.Webb

“The Broward Heart Walk was chosen because it was [supported by] the American Heart Association,” said FitzGerald. “The walk gave back to the association by not only [through] donations, but [also] to advocate for living healthier lives [and] to promote longer lives. It was a way to build unity and to come together to support a great cause even more.”

For more information about the philanthropy chair and help, reach out to the Theta Phi Alpha Instagram (@thetaphillynn) or Hannah FitzGerald.



Above: FitzGerald at the American Heart Association tabling event. Photo/K.Webb

ROADS ARE NOT WHAT YOU THINK

ROADS ARE NOW BEING MADE FROM RECYCLED PLASTIC

In 2020, California company Technisoil Industrial began making plastic roads to help the environment.



By Matt Downey
Staff Writer

Technisoil Industrial’s plastic roads are made from 100% recycled material. They also provide a new market for companies that deal with plastic. Another great thing about plastic roads is that they do not cost any more than a regular road.

“Everybody that’s looked at it said this will be one of the most transformative road-construction technologies ever,” said Sean Weaver, President of Technisoil Industrial. “We’re recycling what’s there, and we’re delivering a road that’s better than the original, at no higher cost than it would cost you to rehab that road the traditional way.”

The constructing of a plastic road is not much different than building a regular road. First, the top three inches of the road are removed. The removed top three inches of asphalt are mixed with what Technisoil Industrial calls a “G5

Binder” made up from 2%-20% plastic solution. Finally, the mixture of plastic and asphalt is paved onto the road.

“Technisoil Industrial company is the only one that recycles the entirety of the asphalt – typically only up to half is reused – which makes the new technique cost-effective,” said Weaver.

Some people may be hesitant about driving on a non-traditional road, especially one made from plastic. Many different labs tested the plastic asphalt solution, and they were very impressed with the results. Technisoil Industrial’s plastic roads are sturdier, flatter, more durable, and overall safer than roads made from asphalt.

“Plastic recycling has a potential to not only repurpose a material with high availability but also reduce our dependence on oil and reduce greenhouse gas emissions while creating more durable and resilient roadways,” said Weaver in a company statement.

Technisoil Industrial revolutionizes how roads are built with their plastic and asphalt solution while making the world a better place.



Above: California’s first plastic road. Photo/Technisoil.

TAKING FITNESS OFF-CAMPUS

HOW STUDENTS UTILIZE PATCH REEF PARK & TRAIL OFF-CAMPUS

Unable to access specific fitness tools on campus this 2021 semester, students have begun to look off-campus to fulfill their needs by utilizing Patch Reef Park and Trail.



By Delaney Gould
Staff Writer

Patch Reef Park & Trail has provided students the option to use the same facilities without worrying about interrupting scheduled athletic training. Patch Reef Park and its adjacent Patch Reef Trail are recreational facilities located on Yamato Road about a block from Lynn's campus.

"I utilize the fields for physical fitness and training," said Mason DuBois, sophomore. "It is convenient because of the location and easy access."

Students are flocking there, as it is open to the public and is accessible from 8 a.m. -

11 p.m. Patch Reef's facilities include the following: baseball fields, soccer fields, tennis and basketball courts, and ample parking for patrons to utilize.

"It's easy," said Reese Walker, junior. "You just walk on, and everything's just open for the public."

The Patch Reef Trail is located on the western border of campus and Patch Reef Park itself. The trail begins on Potomac Road to the left of Lynn's back entrance and leads out on Yamato Road just feet away from the park entrance.

"It is very convenient to get to Patch Reef; it is right outside of Lynn and easy to access without a car," said Colby Keeffe, sophomore.

As students face new scenarios within their fitness schedules, they turn to alternative solutions, and Patch Reef has become a hotspot for students and their recreational activities.



Above: A map of Patch Reef Park. Photo/PatchReefPark.org



Above: The entrance to Patch Reef Trail. Photo/Sign Partners.

Co-Editor-in-Chief

Emily Christensen

Co-Editor-in-Chief

Kathryn Hubbard

Copy Editor

Taryn Super

Head Web Coordinator

Louis Eisenberg

Faculty Advisors

Sabine Dantus

David Jaffe

Martin Phillips

Stefanie Powers

Staff Writers

Alyssa Aviles

Brianna Cirillo

Olivia Dols

Matt Downey

Delaney Gould

Jorge Herrera

Sydney Lowe

Anthony Romano

Phylesha Rowe

Anniina Sankoh

Joshua Skielnik

Nadia Volkova

Anissa Walker

Contributing Writer

Xavia Williams

Faculty Advertising Advisor

Gary Carlin

Faculty Design and Web Support

Andy Hirst

Faculty Support

Mike Arsenault

Robert Leigh

Frankie Mendez

STUDENT-ATHLETE SHARES THE BENEFITS OF BECOMING VEGAN

SENIOR, GIOVANNI FRASER'S LIFESTYLE BRAND SUPPORTS HEALTHY EATING

Vegan Vybz was founded in 2019 by Giovanni Fraser, a student-athlete at Lynn. Vegan Vybz is a cultural movement and a lifestyle brand whose goal is to help people achieve their desired wellness through vegan food and other positive health effects.



By Anniina Sankoh
Staff writer

Vegan Vybz is all about the benefits of healthy living. Their purpose is to raise awareness and encourage a lifestyle that promotes overall wellness. One of their main ways Vegan Vybz enlightens others on wellness is through their Wisdom Wednesdays, which are weekly talks that their group holds to inform people about specific positive health effects.

"I wanted to create Vegan Vybz because for me personally, it just made a lot of sense healthwise. In my family, both diabetes and heart diseases are prevalent, so [I] just wanted to start [a] healthy lifestyle early," said Fraser.

Fraser, from Jamaica, had eaten meat all his life before switching to a plant-based lifestyle in 2017. After enjoying the change, he wanted others to see its benefits and started spreading his knowledge and food

tips with his closest people. The positive impacts of it made him want to create something bigger and share it with others through Vegan Vybz.

"I want to make being vegan cool, to combat that negative stigma about it. Five years ago, I would have never believed that I would be vegan today and have been for three and a half years now," said Fraser.

Fraser has been part of the Lynn Men's Basketball team since 2019 and is currently a senior. Before Lynn, Fraser attended Daytona State College, where he represented his university's basketball team and was named defensive player of the year. He has seen a positive impact on the plant-based diet in sports too and continues pursuing it.

"I personally just got comfortable with knowing when and what I need in my body, so it takes time to find the style that works for you and especially [for] the lifestyle you live," said Fraser.

Many students at Lynn support the lifestyle brand by wearing their masks, t-shirts and other products with the Vegan Vybz logo and following their journey. Fraser has big plans for the future of the brand. The overall goal is to create a wellness center with a gym, restaurant, and spa in the same building.



Above: Giovanni Fraser, basketball player and founder of Vegan Vybz. Photo/Lynn Fighting Knights.



DOWNLOAD THE ISSUU APP

Find our editions digitally using the app store or by scanning the QR code or visit:

lynnipulse.org

FIND US ON

