



HOPE

Heartbeat of PULSE Embodied

Summer Edition

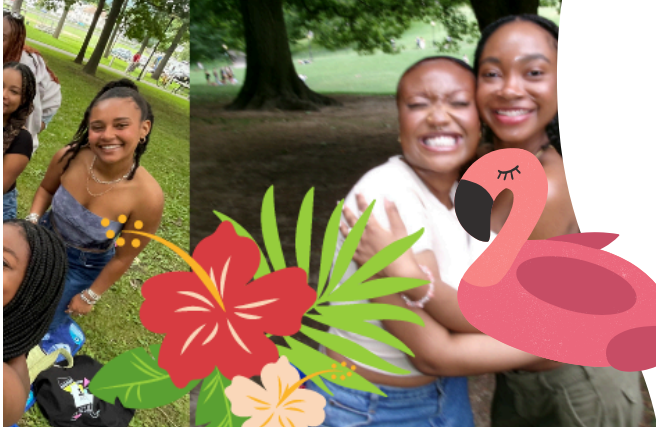




***PULSE** Mission*

Powerful United Ladies Striving to Elevate or P. U. L. S. E. is a non-profit organization whose purpose is to create a safe, inclusive space for women of color on the Binghamton University campus. Although women of color are not the only group we serve, they are our primary focus.

That is why we strive to educate, elevate, and empower every woman we meet. To let them know that regardless of their background, religion, identity, or race, they are capable of anything they put their mind to and strive for excellence in every way. Powerful United Ladies Striving to Elevate's goal is to create a space for all to talk about social issues facing women while having the sanctity of privacy and confidentiality on the Binghamton University campus. To let them know that the women of P. U. L. S. E. are always there for them.



2024'-25'

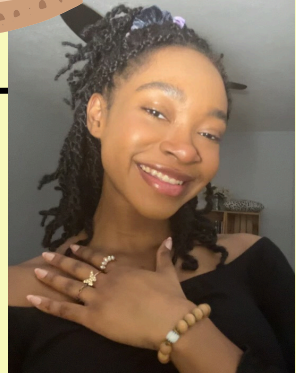
Eboard



Jordanne

President

PULSE has really taught me the value in having a found family. I didn't grow up with any older sisters, but through this organization I have found so many women who inspire and encourage me. I hope every woman that enters the **PULSE** space can walk away feeling a sense of security and sisterhood, as it really is the most empowering feeling.



Daniella

Vice-President

PULSE has taught me how important it is to feel valued and respected as an individual. Growing up I always felt very insecure in myself and was very reserved in my feelings, however since joining **PULSE** I have gained a newfound confidence in myself and discovered the importance of safe spaces. **PULSE** has allowed me to grow as a person and discover who I am as an individual. My college experience would be drastically different without this organization, so I hope this year I can continue to provide and nurture the safe space that **PULSE** provides.



Savanah

Treasurer

P.U.L.S.E. has taught me a multitude of things but the most important thing I've learned is resilience. The women of this org are such strong, ambitious women who have demonstrated immense perseverance continuously inspire me.

As someone who can sometimes be quick to redirect when met with obstacles, **PULSE** has definitely proven that the things that are most worth it require effort.





Amaya

Secretary

This summer was my corporate baddie, traveling summer. I had the opportunity to do two internships and experience working in a professional setting as well as conduct research under a professor. Aside from work, I had a lot of fun with friends and family. I felt like this was the first summer in 3 years that I focused on actively finding myself truthfully and looking inward rather than being complacent.

Sabrina

Co- Public Relations

While I didn't do much this summer I had a great opportunity to go to my very first concert! I was able to see Aventura with some of my friends. It was a great experience, especially hearing songs that I grew up with, live! I also got pretty into the gym thanks to some friends. It was very motivating to learn new workouts and hold each other accountable. I hope to incorporate it to my routine in Bing!



Jennifer

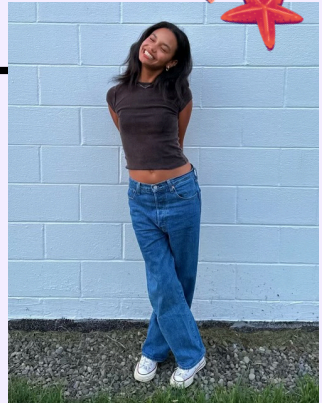
Co- Public Relations

This summer, I had the incredible opportunity to visit the Dominican Republic after 15 years and reconnect with my family. Immersed in rich culture and traditions, I stayed at my aunt's house, met relatives for the first time, and experienced the life my family left behind when they moved to the U.S. The trip culminated in a celebration of my grandmother, who sacrificed greatly, including spending five years in jail, to secure our future. Though we all carry my grandfather's last name due to tradition, we proudly embraced the "Jimenez" name to honor her legacy. This experience deepened my gratitude for my heritage and strengthened my pride in being Dominican and a part of the Jimenez family.

Mwende

Co- Educational Coordinators

This summer, I had the incredible opportunity to work as a counselor at a summer camp, and the experience has been nothing short of amazing. Growing up, I never had the chance to attend camp myself, but through my role, I feel like I'm living out those experiences vicariously through the kids. Each day brings a new and exciting story, and I've had the pleasure of meeting so many amazing people along the way. I'm truly grateful for this unique and enriching adventure.



Briana

Co- Educational Coordinators

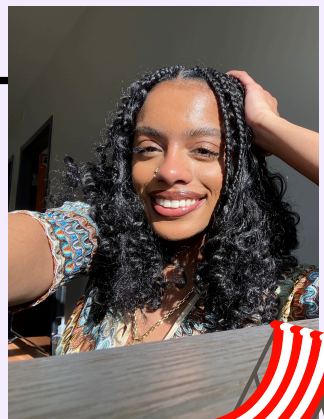
This summer I started my first "Big-girl job" in an administrative office which motivated me to continue focusing on my professional development outside of school. Because of this, I received an internship offer for next summer with a company that I look up to highly ... yay! I also started reading for pleasure again which is something that had been difficult for me in the past given my busy schedule (and slight phone addiction). I am excited to continue this habit throughout the upcoming school year and dive into my friends' book recommendations!



Hiskairy

Fundraiser

This summer was definitely a unique one because it was the first time I tapped into adulthood. I stayed up Binghamton in my first ever apartment that I have been paying without the assistance of my parents. It has been challenging since I have always been under my mothers nest, being alone has forced me to take care for myself in ways I didn't need to before such as cooking, furnishing my house, working, all while still taking summer classes. I loved sharing these experiences with my friends that also stayed up here. It has been fun, I've been trying to remain present and soak up the last couple weeks of summer before school starts!





Sameeha

Community Service & Events

This summer, I decided to explore 2 new aspects of environmentalism: clean energy and horticulture. At one of my jobs, I spent the summer watering garden beds, teaching kids about native and invasive species, and facilitating community engagement with NYC Parks. During my other job, I researched and created content about clean energy policies and programs. Working on multiple aspects of my passion helps me be a more intersectional environmentalist, and integrate that work into other parts of my life

Arianna

Publication Coordinator

Over the summer, I decided to finally cut my hair and it's been so freeing. I've been growing it out as long as I can remember for no other reason than "why not?" It got to the point that I would rarely let my hair out naturally, doing braids, slick backs, etc simply to avoid the hassle. Throughout the summer I've been relearning how to do my hair and reteaching myself how to love my natural hair.



Anna

Historian

This summer I tapped into my authoritative self. In the past, I let many summers pass by, not achieving half of what I hoped to accomplish. However, this summer I decided to put myself out there by going to new and exciting places and taking a job that showed me skills I was not sure I had.



PULSE



This summer was a whirlwind of excitement and connection! At BEP Weekend, we proudly introduced the upcoming freshman class to our amazing organization and its mission. A huge shoutout to our graduating Forsyth Satellite Academy class for rocking their last year—congrats, grads!

Our bonding event in Central Park was a hit, with painting sessions that brought our e-board closer together. And let's not forget the unforgettable alumni bonding at Pete Giallo, where we reconnected with our incredible alums.

From start to finish, this summer was jam-packed with memorable events, and we cherished every second of it!





Bag Essentials

A well-prepared bag is essential for any college student, ensuring they stay organized and ready for anything the day throws at them. Your phone and computer are vital for staying connected, accessing class materials, and completing assignments. A wallet is necessary for carrying cash, cards, and IDs. Classic essentials like pens and a notebook are perfect for taking notes during lectures. And when your lectures get a bit boring it's perfect to have fidget toys that can help manage stress and improve focus. Last, but definitely not least, headphones allow you to enjoy music, podcasts, or study materials, while looking good and without distractions. Together, these essentials work together to make college life more manageable and productive.



Back To School Tips



STAY ORGANIZED:

Keep track of more than just homework deadlines, Make to do lists, Stick to a routine



MINIMIZE DISTRACTIONS:

Plan your study times, Have a designated study space, Put your phone DOWNN



BE ENGAGED:

Pay attention & ask questions, Go to office hour, Dont be afraid to ask for help



BRANCH OUT:

Dont be afraid to socialize, Look into interesting clubs & orgs
ESPECIALLY PULSE!




SET GOALS:

Map out your educational and personal goals, These can be short & long term



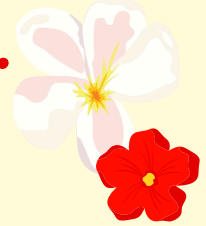
BE ORIGINAL:

Its easy to be swept up in the tide but make sure to stay true to yourself





Would You Rather...



Give Up Netflix

Or

Delete Spotify From Your Phone

Get Thrown Into A Pool Fully Clothed

Or

Get Caught Skinny Dipping

Win An Unlimited Shopping Spree For Clothes

Or

Get Free Food Everywhere You Go

Permanently Have Sand In Your Bathing Suit Bottoms

Or

Have A Bathing Suit Wedgie That Can't Be Picked

Own 100 Pairs Of Sunglasses

Or

100 Pairs Of Cute Sandals





WOMEN IN RAP



How women are flipping the switch and redefining what it means to be a woman in Hip-Hop

Hip-hop is still a man's game, no doubt about it. It's centered around being tough, aggressive, and masculine. Because of this, female rappers have a tough time breaking through and finding major success. Since the beginning, women in hip-hop have been exploited and sexualized, not just in lyrics but in music videos too. In her article on the evolution of black female rap, Nataki Goodall points out that rap music by men has mostly ignored women or treated them like objects for male pleasure (Goodall, 85). This kind of misogyny is yet another hurdle for women to overcome if they want to make it big in the hip-hop world.

Despite these challenges, female rappers are still killing it. They use their music to address gender issues and flip the script on the way women are portrayed in hip-hop. They're not just breaking barriers; they're redefining what it means to be a woman in the industry.

Leading the pack, we've got Nicki Minaj, Cardi B, Megan Thee Stallion, and the City Girls. These ladies took that whole "sex-object" thing and flipped it around. They leaned into a raunchier style, perfect for parties and solo shower concerts, bringing in that much-needed female perspective in music about sex. These fierce women have kicked off a new era of female-led hip-hop, flaunting their status, playing men, owning their sexuality, and looking fabulous while doing it.

Take the 2023 Rolling Loud festival, for example. Out of 108 artists, only 20 were female. While most of the headliners were men (Playboi Carti, Travis Scott, A\$AP Rocky). The women were the ones who stole the show. Some of these women include Ice Spice, Coi Leroy, Latto and Flo Milli (Billboard)

It's definitely a step in the right direction, but it's kinda disappointing when you realize how long these women have been in the game. The rise of this new wave of female rappers marks a big shift in the industry. They're reclaiming their sexuality and gender identity, breaking expectations, and taking control to change the narrative around female representation in hip-hop.



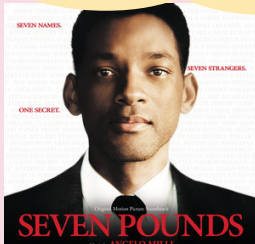
PULSE

PRESS



Jennifer

I highly recommend that everyone read Marissa Meyer's Renegades series. This series contains every fantastic trope, including romance, mystery, fighting, superheroes, and more. I discovered it because my favorite animated series, Miraculous Ladybug, has similar ideas of superheroes and hidden identities, which makes the love story and narrative even more interesting. The story is told from the perspective of a villain who goes undercover to get revenge on the heroes she believes killed her parents. It delves into the complexity of morality, asking if things are actually black and white. It also has strong friendships and an unbelievable love story involving the villain and the son of one of the key heroes.

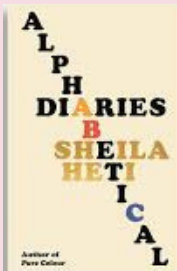


Amaya

I would recommend Seven Pounds because it's a thought-provoking and emotionally intense film that explores themes of redemption, sacrifice, and the power of human connection. Will Smith is an incredible actor and in this film he delivers a deeply moving performance as a man on a mission to compensate for past mistakes by changing the lives of seven strangers. The movie's narrative is layered with mystery and heartbreak, making it a suspenseful watch that challenges viewers to reflect on the value of life, the impact of our actions, and the possibility of finding hope and purpose even in the darkest moments.

Daniella

My recommendation would honestly be The Boys, I'm a big superhero fan and I currently have been binge watching this all summer. It's pretty dark and gorey, so if you're not a fan of that then it would not be a show for you. It's based off a comic, but draws some parallels from real-life events, and I think it's pretty interesting to see how they incorporate it into the storyline. There's also a spin-off called Gen V and personally I prefer it because it's centered around college students who are superheroes.



Arianna

I picked this book out truly on a whim but it turned out to be my favorite book of the summer. Each chapter corresponds with a letter of the alphabet and every sentence of said chapter starts with that exact letter. While delving into her confusing feelings about love, relationships, work and other personal issues, Sheila Heti is easy to relate to through her writing.



Mwende

Sex and the City is my go-to show of the summer because it captures the essence of vibrant city life, friendship, and romance. Its blend of humor, fashion, and compelling storytelling resonates with the carefree and adventurous spirit of summer. Carrie and her crew deliver the perfect mix of glamour and gossip to keep you hooked all season long. It's filled with sass and style that'll make you laugh, swoon, and maybe even reconsider your summer wardrobe choices.





Upcoming Events

Abortion on the Ballot
8-9pm

**Aug
27th**



**Sept
3rd**

We're Not Really Strangers
8-9pm

*Are You smarter Than a Powerful
Lady*
8-9pm

**Sept
10th**



**Sept
17th**

Hormonal health and Cucle Syncing
8-9pm

Trinket Trays
8-9pm

**Sept
24th**





**Thank you for reading and
make sure to follow our
instagram to keep up with
our future events and
publications
@thepulseofbing**



An illustration of a person with dark skin lying on their back on a large beach ball. The beach ball has blue, pink, and yellow wavy stripes. The person is wearing a yellow swimsuit with pink polka dots and blue shorts. They are floating in a pool of blue water with ripples and a green ball visible at the bottom.

“FULL STRAWBERRY MOON”

**USHERS IN HOT DAYS OF JUNE,
HIGH TIDES FILL THE DUNE,
HOT SUN RISING SOON,
FISHING IN THE AFTERNOON,
WHISTLING MY OWN TUNE!**

- PATRICIA L. CISCO.