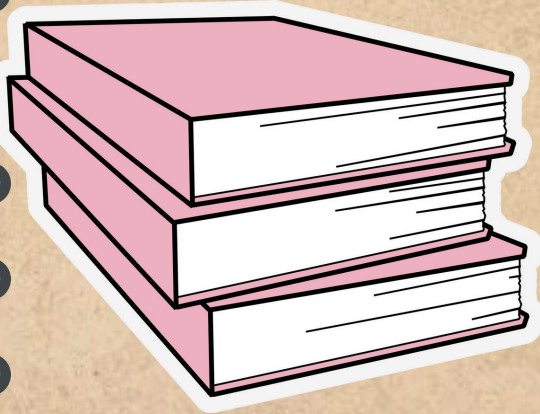


BACK-TO- SCHOOL EDITION



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HEARTBEAT OF PULSE EMBODIED PRESENTS

REMEMBER
YOUR
WHY



NEW E-BOARD
INTRODUCTION
WISE WORDS FROM
THE LADIES OF PULSE
DORM/APARTMENTS
MUST HAVES



about PULSE

profile:



Zodiac: PISCES



Who are we?

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 RECOGNIZE 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. AS A UNIT, THE GOAL OF PULSE 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.



any Robespierrovi az do konce. Spolu
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liquam odio vitae torto
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MEET THE E-BOARD



President

Arianna



MOOD : 🧒 🌋 🇮🇩



MOOD : 🌴 🥗 🌞



Vice President

Dennifer



MOOD : 



Briana



Anna



MOOD : 

Educational Coordinator



Ed Co

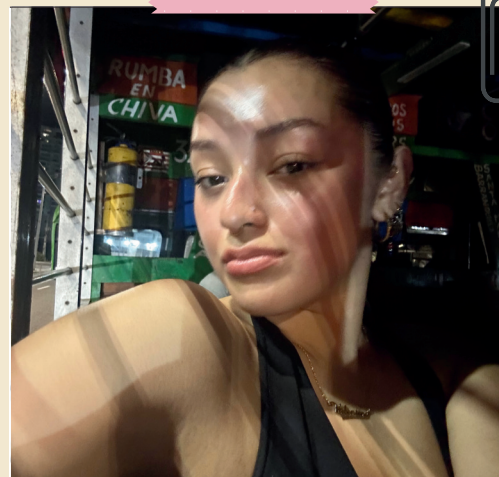
Gianna



MOOD : 📷 🍰 🐼 ♀



MOOD : ☀️ 🌴 🍰



Ed Co

Valentina

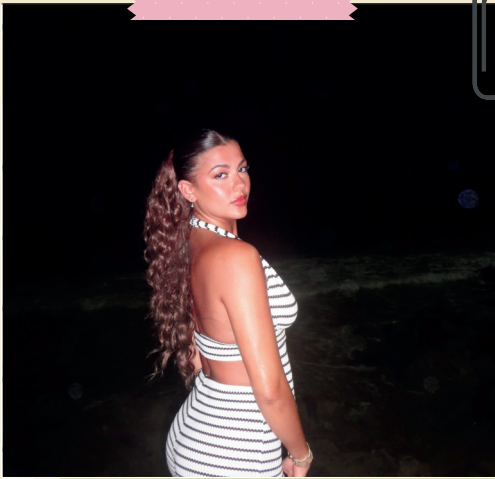


MOOD : 🌞🌸🌴



Fundraiser

Julia



Public Relations

Alyssa
Castillo



MOOD : 🌴🍹🎉



Publications
Coordinator

Alyssa
Cook



MOOD : 🏖️📸💋



MOOD : 👥🌴❤️



Community
Service & Events
Coordinator

Araceli

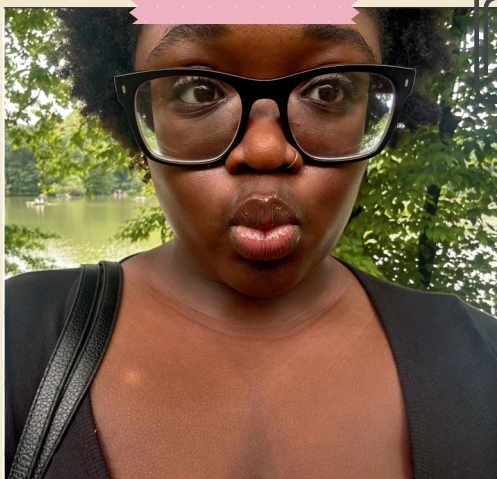


MOOD : 🌿💕🧘



Political
Coordinator

Sameeha



Historian

Lizabeth

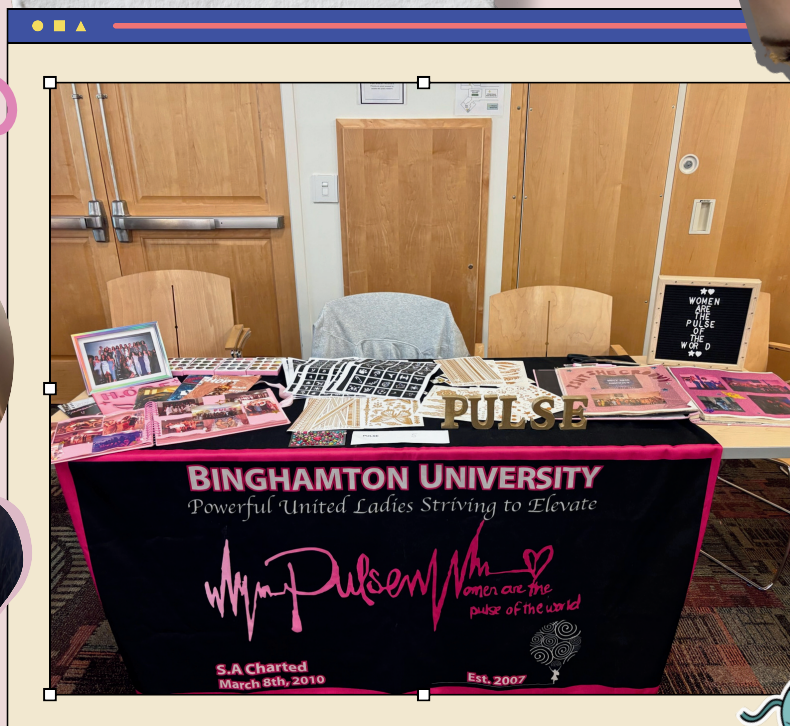
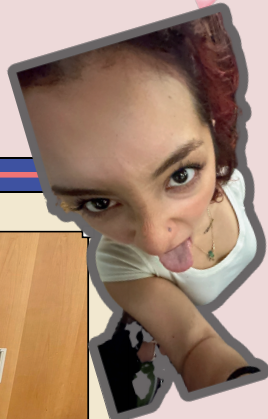


MOOD : 🤔💬🌃

BEP FAIR



Binghamton Enrichment
Program (BEP/EOP) Provides
academic development to low
income students at BU.



Ladies of PULSE took a
trip back up to Bing to
meet the BEP class of
'29

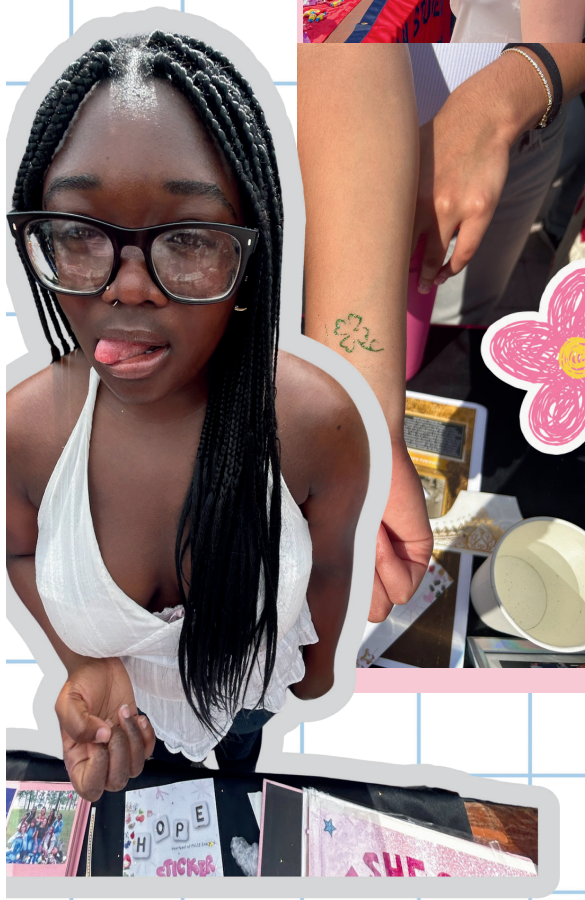
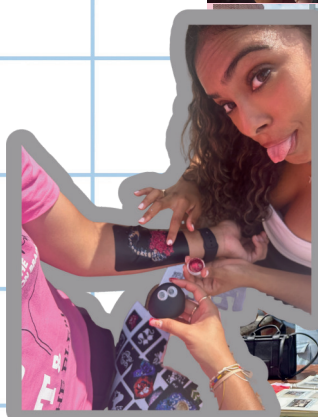
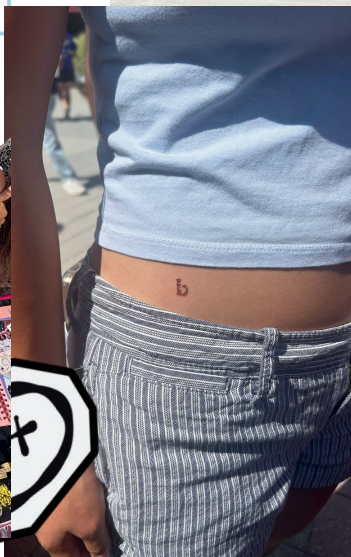


so we had a quick chat
and shared our love
through temporary
glitter tats!!





UFEST



PULSE PRESS

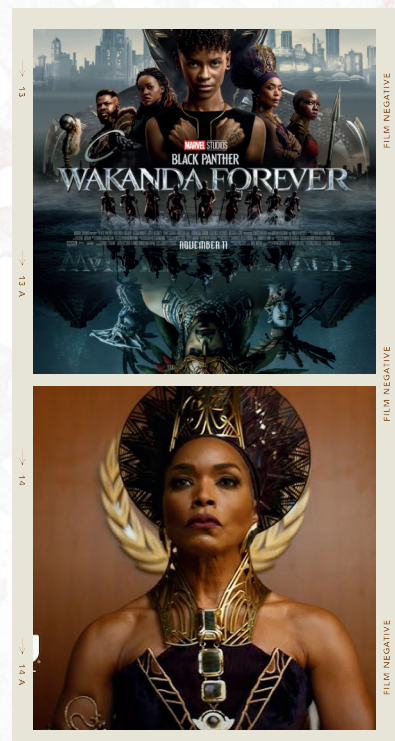
JULIA

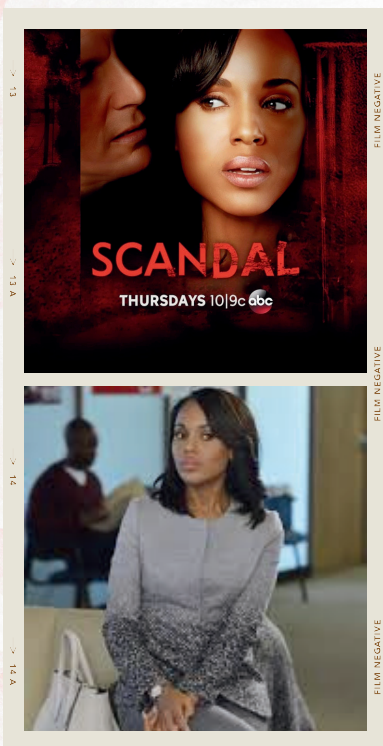
From a more recent movies, it would have to be Da'Vine Joy Randolph in the Holdovers. Here character has such raw emotions, while also being so strong at the same time. She finds a way to befriend those that may have started off on the wrong foot with her which is such an important part of the film.



LIZABETH

My leading woman in film without a question would have to be Angela Bassett. Winner of several awards, lead actress in several movies featuring black struggle and black power. She is also a graduate from Yale University, with a current profession in directing and producing. She is a woman who does it all, her role in Black Panther and Wakanda Forever will forever be engrained in me as one of the best acting I have seen in the 21st century.





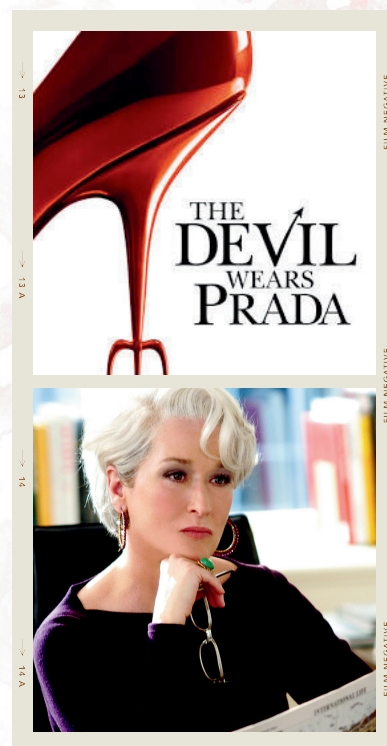
ARIANNA

I'm absolutely obsessed with Scandal ! It's intense, dramatic, and totally addictive. But what really makes it shine is Kerry Washington's incredible performance as Olivia Pope. She's phenomenal in everything she does, from Scandal to the Six Triple Eight (a must-watch!) and all her other films. Highly recommend diving into her work!



ARACELI

Meryl Streep in the devil wears Prada plays the role of Miranda Priestly. And throughout the movie She is portrayed as tough, unapproachable and in charge, but you can still feel her characters struggles beneath the surface. And I feel like this is a great example of what so many people do in order to keep this tough image around others & to gain respect.



Dorm Essentials

Target- \$40.00



amazon- \$25.00



dicks sporting goods- \$80.00

Amazon-\$5.99



Amazon- \$18.99



Walmart- \$59.99



Target- \$29.99



Walmart- \$7.64



Amazon- \$37.99



Target- \$19.99

KEEPING UP WITH PULSE



Event Schedule

AUGUST

Center & Surge : 14th
B-Healthy Collab : 26th

SEPTEMBER

Fix that Menu: 2nd
Defend Our Schools: 4th
Paint & Switch: 16th
Cafe y Comunidad con PULSE :
30th

OCTOBER

Sync for Strength : 7th
BCW Poster Making : 14th
Disconnect to Destress : 21st
BREAST CANCER WALK : 26th
PULSE Fight Club : 28th

NOVEMBER

Succeeding in the Workplace : 4th
LEADERSHIP CONFERENCE : 9th
Read & Release : 11th
Grounded in Knowledge : 18th

CONNECT WITH US



: @thepulseofbing



: @thepulseofbing



*: Powerful United
Ladies
Striving to Elevate*



: <https://pulse.binghamtonsa.org/>

