

Eve on Editorials

Step Outside Your Bubble

By Kelly Guinan - *Lion's Eye Staff Writer* - kag5178@psu.edu

Somewhere in Africa a little girl wakes up and has to walk miles and miles for fresh water, but with no shoes. A mother in Honduras is trying to explain to her children that she has no food to give them today. A teenager in Chicago hasn't spoken to anyone in days, and can't help feeling like this world isn't meant for him. And while we prance around in our Hollister shorts, car windows down so everyone knows what Saves the Day song we're listening to, and text friends making plans for post-finals celebrations, we hardly think about the world outside our own bubble of networks.

Summer is arguably the best season: guys are playing shirtless football, girls are constantly in bikinis, you can smell a cook-out from a mile away, and let's not forget the beach bonfires that, once in a blue moon, goes under the radar of the cops. All this aside, it's the time of year when we as college students have little else on our agenda than sleep and social lives. What if you chose to mix it up a little? Volunteering is a great way to give back to the community, your schedule can undoubtedly be cleared for it, and it looks incredible on a resume.

Before you throw this section of the paper in the trash, listen up: volunteering doesn't just mean picking up litter, suffocating in run down houses cleaning out cockroaches and repainting walls, or sweating it out in a soup kitchen serving food to many who don't recognize or even tolerate someone like you. Though these classic images of volunteering are commendable, there are more enticing ways for a teenager to give back, some of which include hanging out backstage watching some of your favorite bands play, going to Six Flags with someone a few years younger than you, walking a dog, or even just painting shoes.

Last spring break I headed down to Cocoa Beach, Florida; but rather than sipping Bahama Mama's and lounging on the beach all day (okay, there was a lot of time spent at the beach - it's Florida of course), I got trained as a professional counselor and stayed in a bungalow for a week with one of my favorite bands, Mayday Parade, all because I chose to become active in a charity. To Write Love On Her Arms is a rapidly growing, grassroots organization that began around one girl who survived depression and addiction through friends and music. This organization fosters the idea of "community" and truly shows how love can save us all. Another organization I personally support is called Music Saves Lives. It may seem like hard work trying to sign up hundreds of people a day to the national bone marrow registry, but when my breaks included watching whatever bands I wanted to see backstage at Warped Tour and Taste of Chaos, the work paid off. I got to follow a tour for part of the summer with my best friends, and hang out and keep cool in tour buses of our favorite bands. There were some drawbacks though, such as showers being no more than baby wipes in public restrooms, relying on diners and fast food and catering for your meals, and gas prices sucking the life out of your Bank of America account. But if the good doesn't outweigh the bad, or even if becoming friends with the artists who create music that inspires you is not your dig, there's more. Big Brother Big Sisters sets you up with someone between the ages of six and seventeen that needs a role model. What this involves? Friendship, of course, but perks like free trips to amusement parks, zoos, movie theaters, etc. Still not liking the ideas? Volunteer with the SPCA, where simply walking a dog or two every now and then makes a huge impact on such a popular organization, and the adoring gaze a dog bestows on you for simply spending a half hour together is arguably the best feeling in the world.

You can't change the world in one summer; there will always be heartache, hunger, and loss. But by joining an organization and uniting with dedicated individuals who devote their lives to a single cause, you may find the inspiration to believe that one day, this world can become the utopia it was always meant to be if Adam and Eve didn't mess everything up the first time.

COPING WITH CANCER

By Nancy Perone - *Lion's Eye Staff Writer* - nip5014@psu.edu

Cancer. When you hear the word, it causes all of your thoughts to grow, and spread out of control. I truthfully can't sit here and write this without even being the slightest bit emotional. I'm not talking about my astrology forecast. In the U.S. alone, it's the second leading cause of death according to the American Cancer Society.

That fact. It keeps getting bigger and bigger as you think about. It's hard not to when you don't think the disease will ever affect you.

Cancer seems to be becoming a more common occurrence to you when it happens to you. Whether you're talking to colleagues, classmates, or neighbors the hidden illness resurfaces and you hear similar stories. "They waited too long to see a doctor..." or "they had these symptoms..." or even "I had a tumor removed..." You think to yourself, "Why haven't I heard this before?" Thoughts of, "Was I not paying enough attention?" and "Was I so consumed with what seem like important things in my life, I didn't reach out to my neighbor?"

Whether you, a family member, or a close friend has it- it has the same cocktail of emotions.

Don't underestimate the emotions either. They will be there. They can sometimes be hard to handle.

What's most important is that you talk. Talk to your loved ones if you're the one undergoing surgery or treatment. Make sure that you have the proper support surrounding you, it's very important to have someone to vocalize what you're feeling when you are at your weakest point.

If you are family or a close friend to the person affected, recognize that you are not unable to help. It is the crucial time that you be the friend who talks to them, sits with them, or makes sure they have encouragement.

The doctor is there for you too-even if you are not the patient. American Cancer Society suggests that you speak to your doctor, especially but not exclusively during times when:

- You have feelings of worthlessness
- Are feeling overwhelmed
- You have feelings of depression
- You have lost interest in things you once enjoyed

The things ACS says that you don't want to do, that I can definitely vouch for are:

- Ignoring a friend or relative who wants to talk to you
- Don't ignore your own need to talk to someone
- Don't "put on a happy face"
- Realize the best you can, is the only way for you to handle the situation- there is no perfect way!

The Mayo clinic reports that when there is a reoccurrence, the cocktail you thought you had consumed is back and re-shaken. Those emotions may include self doubt, anger, distress, and fatigue. This doesn't mean that you should give up, you're more knowledgeable now than you were the first time- use it to your advantage!

Chances are you know somebody who has had one form or another. It takes the one relationship closest to you to scare you out of your shoes.

Do not wait to spread the word about cancer and all of its forms. Be knowledgeable about your body; know when it is time to see a doctor. Eating a healthy diet and exercising are great, proactive ways to beat the odds and reduce your chances. I am not a doctor nor could I ever be a doctor, but if there is one piece of advice that I could give you, it would be this. **DO NOT TAKE CANCER AS A DEATH SENTENCE!** It's really a prescription on how to live life in disguise.

The
Lion's
Eye



MISSION STATEMENT

We are the newspaper of the Penn State Brandywine campus, serving the students, administration, faculty, staff, and visitors of our campus. We vow to inform all of our audiences, and we will strive to make each issue better, so that we remain a vital part of the Penn State Brandywine experience. We also pledge to be professional, and to follow the highest standards of quality journalism.

Editor-in-Chief-
Christina Felizzi
Local/World News Editor-
Jackie Downey
Op/Ed Editor(s) -
Christina Felizzi
Entertainment Editor(s) -
Bryan Silva
Sports Editor-
Tom McGlinchey

Contributing Staff Writers:
Chris Dilneo, Sean Dalton,
Kelly Guinan, Tara Beard,
Martina Delgado, Christina
Furia, Pat Grant, Kionna Lip-
scomb, Sean O'Connor, Cait-
lin Olszewski, Nancy Perone,
Bryan Silva, Christian Varalli

Lion's Eye Adviser- Karrie
Bowen

Contact the Lion's Eye:
Christina Felizzi-
clf5050@psu.edu

Karrie Bowen -
kab44@psu.edu

For advertising information,
please contact Karrie Bowen
at 610.892.1336 or
kab44@psu.edu.

The Lion's Eye is published bi-weekly by the students of Penn State Brandywine, Media, PA. Penn State Brandywine does not necessarily represent or endorse the accuracy or reliability of any of the information, opinion content, or views set forth in the Editorials/Opinions section of this publication. The Lion's Eye welcomes both guest editorials and letters to the editor. Letters must be no more than 200 words and address a single topic or theme, and contain contact information of the author. Guest articles can be up to 500 words. The editorial board reserves the right to edit letters and guest articles for space purposes and content. Please send all editorial and guest correspondence to kab44@psu.edu.