

Eye on Editorials

EDITORIAL:

America Incorporated

By Evan Kroboth - Lion's Eye Editorial Editor
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Ever wonder what the true cost of a senator is? Well it's about to hit market value. The Supreme Court is poised to sell Americans down the metaphorical river, removing all pretenses of democracy.

In what should be an 8-1 decision, with Clarence Thomas giving the dissenting opinion calling for corporate suffrage, instead appears to be shaping up as a 5-4 decision in favor of overturning judicial precedents as well as over 100 years of election law. So much for John Robert's declaring "my job is to call balls and strikes and not to pitch or bat."

If the court rules in favor of deregulating corporate election funding, corporations will no longer be subjected to campaign finance laws. While current campaign finance laws are imperfect to say the least, this decision would allow the unfettered corporate backing of politicians, allowing corporations to "buy" control of the legislature. After the "bailouts" of both the auto industry and the financial sector, ask yourselves this, "GM couldn't even run GM; do you trust them to run the government?"

To put this in perspective, the ExxonMobil PAC raised \$955,955 in 2008 and spent \$811,160, whereas ExxonMobil Corp made a profit of \$45.2 bil-

lion in 2008. If the court reaches this egregious conclusion, than pro-labor, pro-environment, and progressive politicians will face nearly insurmountable electoral hurdles, in addition to virtually guaranteeing the end of consumer, worker, and investor protections. Palin/Exxon in 2012 "Drill baby Drill."

All of this raises an interesting question, as the recent events have shown; some Americans are opposed to universal health care. They don't want the government involved with their healthcare, because that would be socialist, or something. But when the government falls further under the thumb of corporations and private interests, what then?

Nothing presumably, not a peep, nor murmur of outrage will be heard. After all, the lifeblood of America is red-blooded capitalism, and we live in a land where money is equated with speech.

A land where a politician who has more than twice the corporate sponsorship as his opponent and whose policies are between centrist and slightly-right-of-center can be decried as a socialist. Which further begs the question; do any of these people have any idea what it even means to be a socialist?

Ordinary Tipster

By Christina Felizzi
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:Yoga II, How 'Bout You?

For me, this semester's Yoga-I class has sadly come to a close. Only half a semester long, my time spent in Yoga-I, although quickly depleted, was extremely well spent. But to revive my ability to smile, I was pleased to discover that Emily Dozor, Brandywine's Yoga-I instructor, has announced to teach Yoga-II for the coming spring. If you have not taken Yoga-I, you obviously cannot take Yoga-II, but if you have, my recommendation for taking it is high.

So why the yoga craze? Is it really that wonderful and intriguing? Even though I am extremely biased, being the yoga-advocate that I am, I highly recommend yoga to everyone. Yes, everyone – the young, the old, the limber, the stiff, the lazy, the athletic, male or female. Yoga is not just about intricate, difficult poses, or asanas. Yoga is not just about saying "ohm" during meditation. Yoga is all what you make it to be - you receive what you give. Being a spiritual person, yoga has my name written all over it. I love the many good, positive concepts and philosophies that it represents. Whether your commitment involves eating healthy and organically or simply taking 15 minutes a day to reflect and meditate, yoga has so much to offer to everyone.

One thing I want to emphasize is that yoga is not simply about the physical movements. The importance about this practice also lies with the mental philosophy--your way of thinking. Positive energy, people, that's what it's about. Anything negative – complaining, teasing, self-deprecation, cruelty, to name a few – should be expressed in extreme moderation because it will only hurt you or anyone else involved.

The five yamas and the five niyamas, the ten "do's and don'ts" of yoga, help aspiring yogis to live their lives to the fullest. As far as we can tell, you only receive one life in one body, so why not raise your quality of life to the fullest while treating your body like the temple that it is?

These ten philosophies include:

Yamas (Don'ts)

- Ahimsa (non-violence)
- Satya (truthfulness)
- Asteya (non-stealing)
- Brahmacharya (celibacy)
- Aparigraha (non-greediness)

Niyamas (Do's)

- Shaucha (purity)
- Santosha (contentment)
- Tapa (austerity)
- Swadhyaya (self-education)
- Ishwar-Pranidhan (meditation on the Divine)

Now, celibacy probably doesn't appeal to everyone, and I understand completely, but the yamas and niyamas that stand out to me are non-stealing, non-violence and contentment. Asteya does not refer to stealing that appetizing Snickers bar from the Wawa, but rather this yama focuses on giving instead of taking. There are many people I encounter that "take" my energy in a conversation – don't know what I mean? Good conversations should be a give-and-take kind of practice; you ask someone how they are, they tell you, but then they also ask you how you are and you respond, back and forth. When someone "takes" from you in a conversation, they might be using you as a sounding board for their complaints and all you'll do during the conversation is listen to them. How fair is that? What does it take to ask someone, "well how about you?" I don't think it's that difficult, but for some, it seems to be.

The other philosophies that I find very meaningful are non-violence, concentrating on being kind to others and yourself, and contentment, finding happiness in your life despite your situation. And this is just one aspect of yoga that I'm highlighting: the yoga universe is as vast as you want it to be!

If haven't taken yoga before, out of intimidation or disinterest, you might be surprised what yoga can do for your body and mind. I could type another 500 words here about yoga, but you won't know if it's for you or not until you try.

CAMPUS ANNOUNCEMENT

Courtesy of Student Affairs

The Office of Student Affairs apologizes for inadvertently omitting the following information from the weekly announcements.

The following Academic Information Town Meetings will be held this month, for students to learn more about our Brandywine majors as well as the spring schedule of classes:

- IST - Information Sciences and Technology - **Thus, Oct 8th, 11:30am, 203 TMZKO**

- ENGR - Engineering - **Mon, Oct 12, 12:30pm, 203 TMZKO**

- HDFS/PSYCH/SOC - Human Development, Psychology, Sociology - **Tues Oct 13, 11:30am, 112 Vairo**

- Education - **Wed, Oct 14, 12:30pm, 112 Vairo**

- Smeal (Business at University Park) - **Thurs, Oct 22, 11:30am, 103 TMZKO**

- BSBCC (Business at Brandywine), COMCC (Communications at Brandywine), and CASCC (Communications Arts Science at Brandywine) - **Thurs, Oct 22, 11:30am, 203 TMZKO**

- AG (Agriculture)/Science/EMS (Earth Mineral Sciences) - **Thurs, Oct 22, 11:30am, 305 Main**

English at Brandywine - **Tues, Nov 3, 11:30am, 206 Main**

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.

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