



Terrapi**NOISE!**

Thursday, November 12, 2015



**By Ryan Umagat,
Male Sports Coordinator**

Turkey Bowl XVIII

This Saturday, your men's and women's Turkey Bowl teams will take the field for GMU's Eighteenth Annual Turkey Bowl Tournament! For those of you who don't know, Turkey Bowl is a yearly tournament held by George Mason University. It allows all the schools within District 6 to come out and prove who has what it takes to take home the prized Turkey Bowl Trophy. Our very own LADY TERPS are five-time Champions, and they are looking to extend their reign to six consecutive championships! The Men's team has come close these past few years,

making it to the playoffs every year, but unfortunately just barely falling short. A few years ago, CP's Men's team were Champions for three consecutive years! This year, we absolutely plan on bringing the trophy and title back home to College Park. If you've never played a sport or have never been to Turkey Bowl, that's ok too! It's a fun, competitive, and engaging environment and you can even meet people in your class from different schools across District 6! A couple of things to check off for this Saturday: Remember to dress warmly for game day! Make sure you bring

your jacket, hat, warm fuzzy socks, and maybe even gloves! Also, if you need a ride or can drive people to Turkey Bowl, fill out the carpool google doc! It's on FCA's Official Page on Facebook, our website, and on the community Facebook pages like Modern, Mezzos, Cultural, and IM Sports as well. Lastly, don't forget to bring spending money, as our yearly tradition after the tournament is to go as one big group to one of Northern Virginia's Korean BBQ joints! It's always a great way to end a long season. See you on Saturday!

We Are Proud of You, Johanna DeGuzman! Help support Joh at the Miss Unity Scholarship Pageant!

Hi family and friends,

I have decided to really step out of my comfort zone of playing sports and being busy with meetings to compete in the Nyumburu Cultural Center's 38th Annual Miss Unity Scholarship Pageant. This pageant was conceived to promote unity among students and student groups, and to highlight talent, poise, and intellect of the contestants. The pageant is this Sunday, November 15th, 2015 at 5:30pm. Thank you so much for showing your support and I hope to see you all the night of the pageant!

Love, Joh



Upcoming Events

TURKEY BOWL

Sat. 11/14, 8:30am
@ George Mason University

Support Joh at the Miss Unity Scholarship

Pageant

Sun. 11/15, 5:30pm
@ Hoff Theater

Next GBM

Thur. 11/19, 7pm
@ Art-Soc 2309

FIND Dialogue

Sat. 11/21, 9am
@ University of Connecticut

AASU F.U.E.L. the Fight

Sat. 11/21, 9:30am
@ Stamp

Special Thanks to our Sponsors!

The Filipino Cultural Association would like to thank our sponsors, Howard County Chiropractic, for supporting us for Turkey Bowl this year! They are Howard County's premier conservative care and sports injury facility dedicated to providing their patients with the resources necessary to lead active, healthier, and more fulfilling lifestyles. If you ever find yourself in need of their services, they are located at 8894 Stanford Blvd. Suite 102 Columbia, MD 21045. Thanks again for all your support!



**STAY
CONNECTED!**



Like us on Facebook at
[facebook.com/fcaatumd](https://www.facebook.com/fcaatumd)



Follow us on Twitter
@FCA_UMCP



View photos & updates
@FCA_UMCP



View our stories
@FCA_UMCP



Check out our awesome
website at fcaatumd.com

Just Ask Josh! Advice Column

Submit your own questions through Twitter using #JustAskJosh!

As a lot of people know, you actually served as last year's Male Sports Coord. What was it like playing that part for your team?

Well it was a mixed bag. I loved being there for the team, and supporting them all the way during practices and games themselves. However, due to a back injury, I wasn't able to really play with the team. It was difficult being at practice, as well as the day of the tournament, and not being able to fight alongside my team. It ate away at me as I wasn't able to be there for my team on the field. Administratively, there are things I could've done better, but the biggest regret is that I couldn't play with my teammates.

What was your favorite thing about Turkey Bowl?

My favorite thing that I enjoyed about Turkey Bowl was seeing all the general body members of the D6 schools come and support their teams. It is a very cold day, and seeing your general body support you is definitely something special.

How can General Body Members show support?

Signs! Definitely making signs, and cheering the team on. Another way you can show support is by making the players food! It's a very long day, and these

players have few opportunities to leave and eat, so giving them food is definitely something that they'd appreciate.

How should I dress for game day?

Swim trunks. Nah, but in all actuality, Turkey Bowl is normally a very cold day. I'd wear several layers if I were you, and possibly bring a pair of dry clothes in case it rains. If it rains early on, and you are drenched for the rest of the day, you are not going to have a fun time. Well, I guess if it does rain you would be able to wear swim trunks...

Question from Dan

Tamayo: How do you study?

My favorite studying technique is called the Pomodoro Technique (Tommy Dorro if your name is Christine Bersabal), which is named after the Italian word for tomato to reflect the tomato shaped timers that people would originally use for this technique. The technique goes like this: You study in increments of 25 minutes, and after each increment you get a 5 minute break. Once you have completed 5 (or however many you would like in a set) study sessions, your next break time is lengthened to 25-30 minutes. I hope you enjoyed this explanation of the Pomodoro Study Technique, and I would like to give a shout out to Ryan Umagat for teaching me this technique!

Athletes of FCA

No, we're not the Fellowship of Christian Athletes, but we sure do have a lot members who like to play sports! Here are just a few:



Junelle Rivera

It may seem hard to believe, but Junelle was actually captain of her high school's varsity field hockey team for 2 years. She also played lacrosse and ran indoor track, and was awarded Wheaton HS's Female Athlete of the Year.



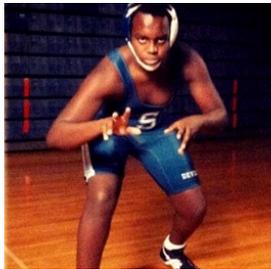
Justin Sorra

Justin ran indoor and outdoor track during high school, where he was captain for 2 years. He holds his school's record for the 300m and 400m dash, was county champ, and was 3rd in the state for the 400m.



Alexis Flores

Alexis has been dancing since she was 6 and used to compete in pretty much every genre - ballet, tap, jazz, Broadway, etc. She even won 2nd place at D1 Regionals for a solo on an injured hamstring. Besides dance, she also used to swim and play lacrosse in HS.



Wambugu Kironji

Wambugu wrestled for 3 years in multiple intercounty tournaments with a JV record of 20-7 and a V record of 8-19. His last match was a loss against the to-be champion, which Wambugu held on for all three rounds.

Member Spotlights!

Get to know your Eboard and General Body Members!

Karina Gulanes Female Sports Coord

Major: Environmental Science and Policy within the concentration of Sociology

What's your favorite sport and why? My favorite sport is soccer; I like its history and its culture. It is a sport that all ages can learn and play. It is also super cool when I see awesome dribbling and fakes, and power shots.

What are you going to miss the most after Turkey Bowl? After Turkey Bowl, I am going to miss practicing with everyone and having scrimmages with each other. I'm going to miss the coaches, and training with everyone, especially the conditioning; those Fred Runs really built character (running as fast as you can up a hill to a bare tree and running back down).

What is your favorite form of exercise?

My favorite form of exercise is weight lifting and rock climbing. I like the various methods I can use for weight training and improving the amounts of weights or reps I can do. It is also very relaxing and fulfilling after each exercise. I also like rock climbing because you have to use your muscles and flexibility to reach the top. I also get an adrenaline rush at times, and even shake, but I get to calm myself down and learn to move through an obstacle.



Jude Peji

Year: Freshman
Major: Sociology

What sports have you played all throughout your life?

I've played baseball since I was 5 years old up until high school, soccer and basketball during elementary school, FABAA (Filipino-American Basketball Association) in middle school, and football and track all throughout high school. Now in college, I'm playing football for our Turkey Bowl team, as well as our intramural co-ed and men's flag football team.

What's the meaning behind your favorite jersey number? Well my favorite jersey number is 10. The reason why 10 is my favorite number is because it was also my dad's jersey number when he played baseball in college. #10 on the field, and #1 in your hearts.

What are your workouts usually like? My workouts usually start with conditioning where I would either run for 2 miles or play basketball. And then I workout whichever muscle depending on what day it is, and finish off with core.

What do you like to listen to to get hyped before a game? I like to listen to Taylor Swift (Blank Space <3) and a little bit of Sam Smith's "Lay Me Down" to get in the zone. I also like to listen to Logic, Lupe, and Kanye.

