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Life Lessons on Ice: PSGA Ice Skating Outing

By Matt Lettieri



Ice skating is fun!

I came to this realization last Saturday night during the PSGA ice skating outing to Penn's Landing. Initially, I refused to take part in this activity. I was reminded of my first (and only) ice skating experience which had to be at least eight years ago. The details are sketchy, but I vividly remember spending more time laying on the ice than skating on it. I also recollect how sore my bottom was the next day.

So you can see why I was not thrilled about participating on Saturday. But after some persuasive arguments from my dear friends ("don't be a baby" and "you're such a party pooper") I decided to give it a shot.

Unfortunately, it was too cold to wear my fuchsia sequined spandex figure skating attire, so the night was already off to a disappointing start. I was sure I would regret my decision as I approached the rink, knowing that I would most likely need to sit down gingerly for the next week. But then the magical winter atmosphere overtook me: the crisp night air, the wind blowing off the water, the Christmas lights, and of course, Dragonforce blaring in the background (because nothing says ice skating like fantastical epic power metal).

As I wedged my feet into my size 10, slightly feminine, brillo-pad colored, mass produced rental skates and quadruple knotted my six-foot long laces I was feeling rather optimistic. Maybe I'll be able to stay on my skates this time, I

Photograph by Rachel Crownover

thought. I walked over to the rink waddling like a constipated penguin, which is the only way to walk when you have sharp metal blades protruding from the bottom of your shoes.

I stepped onto the ice and adjusted to the new surface. Taking it slow at first, I was more shuffling my feet than skating. The little 9-year-old future Olympians that kept speeding by did nothing to boost my confidence. After a while, though, I started to feel comfortable. I began to trust my skates and didn't even think about falling. Soon I was passing other people, weaving in and out between the stragglers and the couples playing tonsil hockey by the railing. With every lap I gained confidence while years of sorrow and regret about my previous ice skating failures were whisked away in the December breeze. As I glided along that sparkly white surface I seemed to be floating in mid-air. I had never felt so alive.

My out-of-body experience soon came to an end, though. The security crew ordered all skaters off the rink so that the zamboni could come out to resurface the ice and clear off the blood from all the people who fell (ha, those losers).

Once back on the rink, I was fairly convinced that I would make it through the night without falling at all.

Cassandra Knight, You Will Be Missed

By Jacqueline Dando

Her given name might be Cassandra Knight, but to students at the Messiah College Philadelphia Campus, she is affectionately known as the cafeteria queen. Singly preparing dinner for eighty students is no small task, but Knight expertly serves up the night's signature dish with a relaxed smile. Outfitted in her kitchen uniform, complete with a white apron and genuine charm, Knight is one of the most loved cafeteria employees, although not for long. Knight recently accepted a new job with Temple University's Maintenance Department, despite the sadness of adoring MCPC students and faculty members.

For the past six years, Knight has worked for Sodhexo, the food service used by Temple University and Messiah College Philadelphia Campus. From 2001 to 2004, she was the Assistant Director of Food Services at the Messiah College Philadelphia Campus cafeteria, where she was in charge of a full staffed kitchen, serving three meals a day to Messiah College students. Describing the time as her "golden years," Knight had her own office and creative decorating licenses, thriving on themed dinners, such as the annual Thanksgiving feast. The following year, in 2005, Knight was to become the Director of Food Services, when Messiah College decided to outsource for financial reasons. Messiah College students were consequently required to have a Temple University meal plan and eat breakfast and lunch at Temple's Johnson and Hardwick cafeteria, only eating dinners in the Messiah College cafeteria. Since then Knight has served lunch for the salad line at Johnson and Hardwick cafeteria, and

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Community

Vegan Cheesesteaks? An Alternative to Your Typical Philly Fare

By Brittany Smith

Philadelphia and cheesesteaks go hand-in-hand. You just cannot have one without the other. Maybe it's their cheesy greasy goodness or the thrill of ordering from the cheesesteak Nazis of Philly (Pat's). Whatever it is, it has got this city in a cheesesteak tizzy. Every street corner claims that they sell the best cheesesteaks in town. By now you might think that they are all the same.

Yet little may you know of a not-so typical cheesesteak place called Gianna's Grille located on Seventh and Lombard. To begin with, this small venue attracts all sorts of interesting people, and is decorated with numerous posters giving the place its own style. At the register, a sign confronts the buyer, asking them to make a choice of whether they are a vegetarian, vegan, or carnivore before proceeding to order. Yes, they cater to all, but their specialty is vegan delights for the health and environmentally conscious crowd. For the meat-eaters they serve cheesesteaks, calzones, and hoagies. Pizza is also available, both with dairy or vegan products.

The desserts by far are the most appeal-

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Image Courtesy of Google Images

Knight

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then prepares dinner for the Messiah College cafeteria.

But Knight's influence with students does not end in the kitchen. She has become an informal mentor to several Messiah College students. MCPC work study Kerri Graham works side by side with Knight in the cafeteria, washing dishes and trading stories. "Cassandra is very interested and invested in our lives," Graham said. "She recently asked to borrow a book I was reading for class after overhearing other classmates and me discussing it." The book, *Code of the Streets*, written by University of Pennsylvania Professor Elijah Anderson, depicts the painful details of violence, drugs, and broken families in North Philadelphia. Knight herself is no stranger to this urban environment. She grew up and lives only a block from Temple University, providing an insider perspective to many Messiah College students.

"She has been a great representative of where we live in Philadelphia, because this is her home," said MCPC Director of Community Life, Ryan Wilson. "It is easy to get stuck on our college campus but she constantly reminds us of the neighbors and neighborhood we are amidst."

Taking the next step in her career, Knight has accepted a new job with the Temple University Maintenance

Department for better pay and benefits. Her loyal lunch followers will miss her classic "Hey Babyyy" hellos, while Messiah College students hold their breaths for a fitting replacement. "I really hope the new person is kind and able to become part of our Messiah College community, such as Cassandra has," said Kerri Graham.

Knight bid the

Messiah College cafeteria adieu last week. A celebration was held in her honor on Monday night, and reminded MCPC of the impact she has made on the students and faculty alike. "Everyone will miss Cassandra and all she has given to Messiah College over the past ten years," Wilson said. "It is bittersweet because we are excited for her new opportunity, but at the same time we are sad she is leaving us." Knight has enriched the tight-knit environment at Messiah College Philadelphia Campus, and she will be royally missed.

Ice Skating

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I was quite proud of myself and my "accomplishment." It was at that point, though, that someone decided it would be a good idea to skate directly in front of me and come to a sudden stop. Up to that point, I had only been concerned about moving forward without falling; I had not spent much thought on how to stop. I quickly redirected my skates, losing my balance in the process and slipping around like a cartoon character. A man in front of me reached out his hand – God bless his heart. But I was too busy flailing my arms to grab hold of him. Down I went, and my dreams came crashing down with me.

The moral of the story: pride cometh before a fall.

Thank You.

I appreciate everyone who contributed, assisted, or even read the Broad Street Journal this semester. I hope to have as many of you back next semester.

Douglas Yeisley, BSJ Editor

Culture

Philadelphia in Photographs: Brittany Bryant

By Douglas Yeisley

These photographs, all taken by Messiah Junior Brittany Bryant, were part of the recent, PSGA sponsored photography contest. Each one of these deserved at the very least to be printed in the Broad Street Journal.

I hypothesize the reason that these photographs did not win is their universal quality. By that I mean each photograph, with the exception of the sign-holder, could have been taken in any city in the world. The two images of the



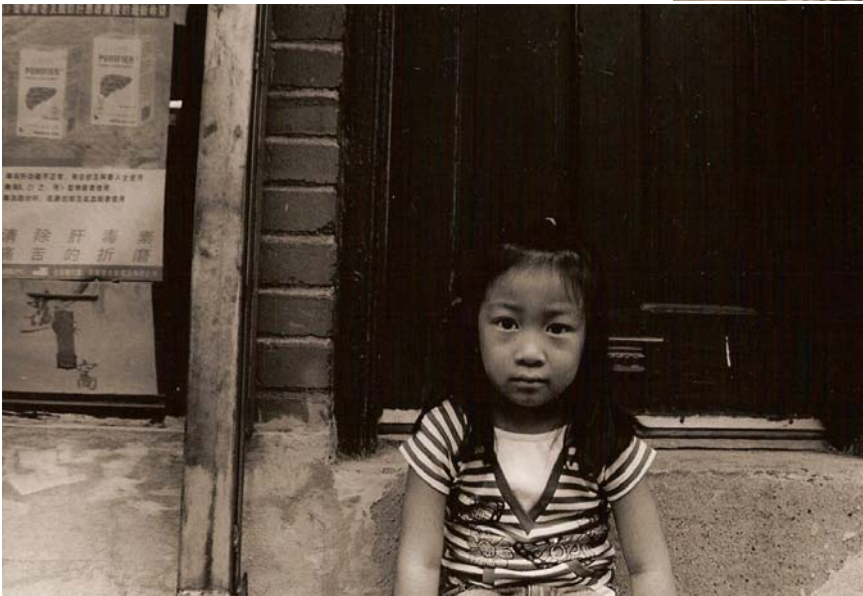
A Little Boy in Chinatown



Above: Cheering for a Philadelphia Phillies victory.
Below: A little girl in Chinatown.



A Balcony on Broad Street



children could easily have been captured in China instead of Chinatown, while the balcony strikes me as an example of Vienna's architecture instead of Philadelphia. This did not quite fit into the theme of the contest, but nevertheless each of the photographs is excellent. Their universal quality allows viewers to transport themselves to any time and place in order to create their own unique perspective.

Furthermore, the fact that these photographs could have been taken anywhere but were all from within city limits demonstrate the diversity that is contained within Philadelphia. With diligence and a good eye, a photographer can create an image that simultaneously transcends and embraces what it means to be a citizen of this city.

Urban Living

Gianna's

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ing item on the menu, all made 100% vegan. They tantalize every palate with options such as cannoli (deep fried pastry filled with cream), cupcakes, and various flavors of cakes and cheesecakes. If you are craving something sweet, Gianna's is the place to be. Their desserts are delectable, leaving your taste buds pleading for even more heavenly goodness. The fact that they are vegan surely does not take a way from the taste.

Their desserts are so good that they were even featured on the food network, bringing Gianna's orders from around the country. But rather than ordering from afar, take some time before the end of the semester and go check Gianna's out with some friends. My personal favorite dessert, as a peanut butter lover, would have to be the Peanut Butter Moose Crunch. It is a chocolate cake layered with peanut butter icing, dribbled with chocolate, topped off with nuts. Basically, it is a **v e g a n d e l i g h t .**

Now if you cringe when you hear the word vegan, I am asking you to open up your mind to something new. Many of us came to Philly to experience something different and to broaden our horizons, so before you throw this out, try it. Who knows, you may actually like it. So if you are vegetarian, vegan, craving something sweet, or simply looking to try something new, you cannot go wrong with Gianna's Grille.

Other Great Vegetarian Options:

Mama's Vegetarian, located on 18 S. 20th Street, between Market and Chestnut Streets. Affordable and delicious kosher food from Israel. Think latkes, hummus, and pita.

Kingdom of Vegetarians, located on 129 N 11th St in Chinatown. Great Chinese food that is entirely vegan.

Chinatown Festival Brings Flair to an Already Vibrant Area

By Douglas Yeisley

Despite being offered a cold and rainy day, the performers and planners of the Tour of the East Festival on November 18, 2007 made the best of it by delivering an event worthy of being on the front cover of the Philadelphia Inquirer's local section. I, along with Messiah College and MCPC alum Chris Herb, braved the weather in order to catch some of the festival, and we were not disappointed. Hosted by the Greater Philadelphia Asian Culture Center, this first annual festival was held underneath the Chinatown Friendship Gate in Chinatown at 10th and Arch St. A stage was erected for the performers, while vendors lined the streets.

A small, but impassioned crowd gathered around the stage in order to catch some of the many dynamic performances, such as authentic lion and dragon dancing, classical Chinese singing, and various instrumental performances. The troupe that presented the lion and dragon dancing were especially impressive, performing their acrobatic routine at hour intervals. The dragon dance consisted of a half a dozen or so men who held the dragon aloft. They ran in circular patterns, making the dragon move in undulating motions while several men beat traditional Chinese drums.

The lion dance, less familiar than the dragon dance, featured two men in a lion suit complete with moveable eyes, mouth, and tail. Their efforts were surprisingly convincing, considering the animal did resemble something a child would draw with crayons. This, however, explains why it was a



Photograph by Douglas Yeisley

crowd favorite, especially among the children. The announcer afterwards remarked, "I just love the lion, it so cute." I was more impressed with the intricate and demanding nature of the dance since both men basically had to operate hunched over. Hopefully the accompanying picture does them some justice.

Chris and I managed to catch two showings of the lion and dragon dance, a performance of the lotus dance, and several other visual treats. Since this festival was so captivating despite being a non-holiday, I cannot wait for Chinese New Year this February.

The Chinatown Bus

By Douglas Yeisley

The Chinatown bus has been cemented into hipster and urban lore, and with good reason. For only \$20, one can buy a round trip ticket to New York City, or for \$35, a round trip to Washington D.C. With the prices of gas and Amtrak, this is a godsend for people of every age and socioeconomic bracket.

Considering that the only viable alternative is Greyhound, the Chinatown buses are an easy choice. In my experience, Greyhound buses have been unreliable, slow, and inefficient. For example, it takes me twice as long to get home on a Greyhound bus as opposed to a Chinatown bus. Particular lines include New Century travel and Apex; both are located on 11th Street in Chinatown.