

10-2024

## Swinging Bridge - October 2024

Jolie Lloyd

Follow this and additional works at: <https://mosaic.messiah.edu/studentnews>



Part of the [Christianity Commons](#), [Higher Education Commons](#), and the [Journalism Studies Commons](#)

Permanent URL: <https://mosaic.messiah.edu/studentnews/1050>

---

Sharpening Intellect | Deepening Christian Faith | Inspiring Action

Messiah University is a Christian university of the liberal and applied arts and sciences. Our mission is to educate men and women toward maturity of intellect, character and Christian faith in preparation for lives of service, leadership and reconciliation in church and society. This content is freely provided to promote scholarship for personal study and not-for-profit educational use.

# THE SWINGING BRIDGE



THE PULSE MAGAZINE  
OCTOBER 2024

16

YELLOW BREECHES TV  
EMMY NOMINATIONS

19

FALL TRADITIONS

21

ON-CAMPUS BREAK  
ACTIVITIES

9 THE LEGACY  
*of* KIM PHIPPS





# TABLE OF CONTENTS



4	<b>DEVOTIONAL</b> EARNING IT
5	<b>2024 PULSE STAFF INTRODUCTION</b> GET TO KNOW THIS YEAR'S PULSE MEMBERS!
7	<b>STUDY TIPS FROM UPPERCLASSMEN</b>
8	<b>SMALL ARTIST SPOTLIGHT</b>
9	<b>THE LEGACY OF KIM PHIPPS</b>
13	<b>SUMMER MEMORIES</b>
16	<b>YELLOW BREECHES TV</b> EMMY NOMINATIONS
17	<b>DORM-FRIENDLY FALL RECIPE</b> NO-FUSS PUMPKIN CAKE
19	<b>FALL TRADITIONS</b> WHAT STUDENTS DO ON CAMPUS DURING THE FALL SEASON
21	<b>ON-CAMPUS BREAK ACTIVITIES</b>
23	<b>MOVIE REVIEWS</b>
25	<b>SATIRE</b>

# THE SWINGING BRIDGE

MESSIAH UNIVERSITY'S AWARD WINNING STUDENT-RUN MAGAZINE

**MARLEIGH FLANAGAN**  
DIRECTOR

**DANIKA JOHNSON**  
ASSISTANT DIRECTOR

**JOLIE LLOYD**  
EDITOR-IN-CHIEF

**NATHAN SHERROD**  
DESIGN MANAGER

**JOANNA GUO**  
DESIGN ASSISTANT

**STEPHANIE NICHOLSON**  
DESIGN ASSISTANT

**ZACH HINDS**  
AUDIO & VISUAL MANAGER

**KATELYNN MITCHAM**  
AUDIO & VISUAL ASSISTANT

**EMMA SHOAFF**  
YEARBOOK MANAGER

**SARAH CLEMSON**  
ARTS & CULTURE EDITOR

**JUDAH FARRELL**  
SPORTS AND HEALTH EDITOR

**EMMA BELL**  
STUDENT LIFE EDITOR

**ZOE LYNN**  
BUSINESS MANAGER

**SIERRA REINFORD**  
WEB DESIGN MANAGER

**SARAH ECKENROTH**  
SOCIAL MEDIA MANAGER

**SAM ERIKSON**  
RADIO MANAGER

**WILLIAM REED**  
MUSIC DIRECTOR





# LETTER FROM THE EDITOR

**JOLIE LLOYD**  
EDITOR-IN-CHIEF

**Dear readers,**

As I write my first letter as Editor-in-Chief, I'm filled with a mix of emotions — humility, gratitude and excitement. This role is challenging, but seeing this first issue come to life is incredibly fulfilling. I'm so thankful for the talented, dedicated and hardworking team that makes "The Swinging Bridge" possible.

As this is the first issue of "The Swinging Bridge" for some of you, I want to address first year students in particular for a moment. If you are a first year student reading this, I'm so glad you decided to pick up a copy. I hope your first experience with the magazine keeps you coming back each month.

Several of this month's articles center on advice. We have a piece that suggests fun activities for students who are staying on campus over breaks. In another article, upperclassmen share their best study tips. We also have a fall recipe and some advice on how to celebrate the fall season, including Halloween, on campus.

I wanted to provide some advice too, a check-in of sorts, particularly for first-years. You may be doing great, a good portion of the way through the semester, sailing through your classes. Or, maybe, you didn't know college would be this much work and you're struggling to stay afloat. You may also have a well-established friend group whom you just can't believe you've only known for a few mere weeks. Or, maybe, you don't have any go-to people on campus yet. You may be so glad to finally be out in the world on your own. Or, maybe, you are counting down the days until you go home for fall break. No matter where you fall on these spectrums, you're not alone. This is a time of immense change and transition, and you don't have to have your act together.

This goes for all of us in college. Even if you're not a first year student, I want to remind you that being a student is hard work, and



it's normal to have seasons where things feel extra difficult in your academic, social, work, emotional and/or spiritual life. And a needed reminder: if it looks like other people have it all together on social media, they don't.

On the topic of change, college is not the only time of transition. Over the summer, we received news that President Phipps will be retiring after this year, and I'm honored to have had the opportunity to sit down with her for an interview. During our conversation, she reflected on the highlights of her 20-plus-year tenure as Messiah's president (see pages 9-12). As she prepares to move on, I believe I speak for the entire Pulse team — and the student body — when I say she will be greatly missed, and her impact on Messiah will be both significant and lasting.

I look forward to what this year holds at Messiah.

**For His glory,**

DESIGNED BY NATHAN SHERROD

WRITTEN BY SHANNON HOPE

# DEVOTIONAL

## EARNING IT

Let's face it: a lifetime walk with Christ can be confusing. We are a new creation, but we are still just... us. We are saved by faith alone in Christ alone (Romans 3:28), yet it also says in Scripture that faith without works is dead (James 2:14-26). This can lead many of us in the faith to a dark place where we feel like we have to earn our salvation, or even God's love. But this often leads us to be twice as frustrated as we were before, because expectations are often disappointing. We want to do it all and be as perfect as we can to live like Christ.

For many years, my cross to bear was earning it, fighting tooth and nail to do enough, to be enough, just to maybe earn God's love. And though, of course, I believe that God is more loving than we could ever know, it doesn't stop me from stressing about it sometimes. And I'm sure it can feel that way to you too. We have all had moments in our lives where we feel like we've had to earn it. But the simple truth is that we can never earn it. We can never earn God's love, for two reasons. One: because we are sinners who just can't do it on our own. It's not possible. And two: because His love is already given to us so freely and boundlessly that it's beyond our understanding. We are sanctified in His grace through Jesus's blood.

Even if it doesn't feel like God loves you, He promises it and proves it. He promises it openly in Scripture: "The Lord appeared to him from far away. I have loved you with an

everlasting love; therefore I have continued my faithfulness to you." (Jeremiah 31:3) and "The Lord your God is in your midst, a mighty one who will save; He will rejoice over you with gladness; He will quiet you by His love; He will exult over you with loud singing." (Zephaniah 3:17)

He proves it in His action, by allowing Jesus Christ to die on the cross for all your sins, past, present and future. This means that you can live with the freedom that comes with service to God. You can live your walk with Christ fully and easily, because His yoke is easy and His burden is light (Matthew 11:28-30). And if you fumble, if you mess up or stagger across the finish line, He's not waiting to punish you; He's waiting to carry you the rest of the way. That's the kind of God He is.

As a Christian, you are not an orphan in an orphanage, trying to act right and be good enough in hopes that the Father will take you home. The truth is that you are already adopted. You don't have to prove anything to Him. You don't have to earn it.

**THIS DEVOTIONAL IS WRITTEN UNDER MESSIAH'S THEOLOGY AND BELIEFS.**



# PULSE STAFF

GET TO KNOW THIS YEAR'S PULSE MEMBERS!

DESIGNED BY: STEPHANIE NICHOLSON

PHOTOS BY: ZACH HINDS & KATELYNN MITCHAM



EMMA SHOAFF

**POSITION:** Yearbook Manager

**MAJOR:** Studio Art, Graphic Design Concentration

**FUN FACT:** I illustrated a cover for a new author's book called "Keepers of the Divine."



NATHAN SHERROD

**POSITION:** Design Manager

**MAJOR:** Digital Media, Interactive Design Concentration

**FUN FACT:** I have been to 7 different countries and love learning about different cultures!



ZOE LYNN

**POSITION:** Business Manager

**MAJOR:** Business Administration

**FUN FACT:** I have lived in 6 states; including Alaska & Arizona!



JOLIE LLOYD

**POSITION:** Editor-in-Chief

**MAJOR:** English, Professional Writing Concentration

**FUN FACT:** I sing on the praise team at my church.



STEPHANIE NICHOLSON

**POSITION:** Design Assistant

**MAJOR:** BFA Graphic Design

**FUN FACT:** I get paid to take care of animals (I work at Petsmart)!



JOANNA GUO

**POSITION:** Design Assistant

**MAJOR:** Graphic Design

**FUN FACT:** I love collecting stationery. I have an unhealthy amount of washi tape, stickers, and memo pads.



SAM ERIKSON

**POSITION:** Radio Manager

**MAJOR:** Communication

**FUN FACT:** I'm a certified instructor in Northern Chinese martial arts.



SARAH ECKENROTH

**POSITION:** Social Media Manager

**MAJOR:** Public Relations

**FUN FACT:** I worked at Hersheypark during the summer!



SIERRA REINFORD

**POSITION:** Web Manager

**MAJOR:** Digital Media

**FUN FACT:** I'm a twin!



ZACH HINDS

**POSITION:** Audio/Visual Manager

**MAJOR:** Film & Media Arts

**FUN FACT:** The person who produced all of the animated Barbie movies? Yeah, I know him. Even have his phone number. He's really nice.



EM BELL

**POSITION:** Student Life Editor

**MAJOR:** English w/ Teaching Certification

**FUN FACT:** I am a Lottie French toast stick enthusiast.



SARAH CLEMSON

**POSITION:** Arts & Culture Editor

**MAJOR:** Communication

**FUN FACT:** I share a birthday with Michael Rosen. "Noice!"



JUDAH FARRELL

**POSITION:** Sports & Life Editor

**MAJOR:** Broadcasting & Journalism

**FUN FACT:** One of my comfort movies is Mean Girls.



WILL REED

**POSITION:** Music Director

**MAJOR:** Communication

**FUN FACT:** I was the Chick-Fil-A cow for about 3 years!



KATELYNN MITCHAM

**POSITION:** Audio/Visual Assistant

**MAJOR:** Film & Media Arts

**FUN FACT:** I'm from Houston, Texas.

DIRECTOR



MARLEIGH FLANAGAN

**MAJOR:** Digital Media, Video & Story Concentration

**FUN FACT:** My sister and I binge watched all 17 seasons of Grey's Anatomy in less than a year during COVID.

ASSIST. DIRECTOR



DANI JOHNSON

**MAJOR:** Broadcast & Journalism

**FUN FACT:** I was adopted when I was 6 months old!



# STUDY TIPS

FROM UPPERCLASSMEN

COMPILED BY DANI JOHNSON

PHOTOS BY ZACH HINDS

DESIGNED BY STEPHANIE NICHOLSON



## METHODS

“Everyone has different ways of studying that work for them, so my biggest tip is to find the right study method that works best for your learning style. Some people are visual learners, so some things that help them are drawing diagrams or concept maps that connect everything together. Other people are auditory learners, so they may listen to videos explaining concepts or have someone explain it to them. Personally, it helps me a lot to write things out or make flashcards. I also like to study in groups where we quiz each other, but only after going over the information by myself first. One more thing that makes such a difference is 24 hour recall. It just means going over your notes and lectures within 24 hours of learning it to keep it fresh in your brain.”

- Sam Bruno, Junior, Nursing



## MATERIALS

“Get the right equipment. Nothing puts a damper on a study session quite like a dead marker, a pencil that snaps every 10 seconds or a notebook that makes all your notes bleed into indistinguishable garbage. But beyond avoiding malfunctions and annoyances, getting the right tools can help make the study process more enjoyable and relaxing, as well as help you make your work your own. If you’ve been eyeing colored pens and leather bound notebooks, now might be the time to treat yourself. Of course it won’t be cheap, but neither is the tuition — and just maybe, your grades will thank you. Study over food — school requires a steady stream of calories, not just to survive walks to class and late night exam cramming, but also to boost your mood and keep your mind sharp. Keep snacks on hand or read next week’s chapter in the Odyssey over lunch. Best of all, you’ll get two things done at the same time!”

- Ethan Jo, Junior, Mechanical Engineering



## SMALL STEPS

“One of the most helpful approaches to school that I have integrated into my schedule is taking small steps every day. Though the project that you have due in two months seems like it’s far away, it will sneak up on you quickly. Doing something small when you can makes overwhelming projects so much more manageable! Also, burnout is a real thing so make sure you give yourself breaks and time to rest. Lastly, prioritize the assignments that are worth the most amount of points.”

- Arianna Wiltsie, Senior, Marketing



## ENVIRONMENT

“Find a place that works for you to study. It’s different for everyone. Similarly, figure out what time of day works best for you. What times of the day you focus best, when your energy levels are highest and lowest, etc. Turn your phone off as it is your biggest distraction. Flash cards are a great tool and very affordable as well.”

- Maddie Blasser, Senior, Youth Ministries

## SMALL ARTIST SPOTLIGHT

BY WILL REED

DESIGNED BY JOANNA GUO

“I run a radio show on campus called *Bottom of the Charts Radio*, highlighting small artists who deserve more recognition. Here are a few artists I’ve been loving lately!”

### BOYS GO TO JUPITER

Boys Go to Jupiter is making obsessively fun music. I am waiting patiently for their debut album.

**For Fans of:** Chappell Roan, Lawrence, or Remi Wolf

**Listen to:** Wall St, Lovers Always Lose, and Last Last Time



### THAD SAAJID

Thad Saajid makes soothing R&B with thoughtful and expressive lyrics. His newest EP project “Wait, Be Careful with This” is phenomenal.

**For Fans of:** Frank Ocean, Anderson .Paak, or Mac DeMarco

**Listen to:** Wonder, Breathe (A Song for Gianna), and Cookie



### ITSJUSTRAND

Rand makes chill and comfy pop. His music is an instant mood booster.

**For Fans of:** Quinn XCII, Surfaces, or Dayglow

**Listen to:** I Think We Danced (But I Can’t Be Sure), Coffee & Crosswords, and Watercolors

**If you like these artists, check out my radio show Thursdays at 3 PM on 90.7 Pulse Radio.**



**Here’s a playlist with all the songs listed above:**

Spotify



Apple Music







# THE LEGACY OF KIM PHIPPS

WRITTEN BY JOLIE LLOYD

PHOTO BY ZACH HINDS

DESIGNED BY NATHAN SHERROD

The average tenure for a college or university president is under six years, according to John Chopka, vice president for enrollment management at Messiah. Over the summer, President Kim Phipps announced that she will retire in June of 2025, at which point, she will have served 21 years as president.



“It’s unusual in this day and age to have a tenure that long,” he said. According to her own reflection as well as those who worked closely with her, her success and long tenure come down to her values and relationships. “When you love God first and foremost and then love your neighbor, there’s a sense of service and servanthood to your leadership, and I take that seriously,” Phipps said. “So it comes down to values like humility, really caring for others compassionately and seeking to listen well to others, even when having to make difficult decisions.”

### ACCOMPLISHMENTS AND REFLECTIONS

Phipps’ commitment to relationships has helped her succeed in many ways, such as maintaining a strong leadership team. “She built a leadership team that stayed,” Chopka said. “There was very little turnover in her immediate leadership team in her time as president. Typically, in higher education, there’s a lot of turnover. But she managed to maintain so much stability within her cabinet.” With this strong team beside her, Phipps has been able to oversee significant accomplishments at Messiah. During her leadership, Phipps diversified Messiah’s programs, offering more undergraduate programs and founding Messiah’s School of Graduate and Professional Studies. “In education, you always want to be preparing your students the best you can to live and learn and love well in their context,” Phipps said. “To do that, you have to pay attention to what’s out there and what needs there are.”

Another area of Phipps’ accomplishments is in her fundraising to add more academic buildings to campus. “Sometimes I look around and think, ‘What was here when I came?’” she said. “I look around at all the buildings we’ve been able to fund and build. [...] Under my tenure, we built everything from the High Center to Martin Commons, to the gym, to the Collaboratory space in Frey, to Boyer Hall, to the Student Union to the redo of the Engle Center.”

Phipps’ favorite memories of Messiah reflect the strong community she values as well as her pride in what the institution has accomplished. She fondly recalls many highlights of her time at Messiah, including candlelight services for incoming and graduating classes, Christmas celebrations, sports team successes and the annual International Gala. “[International Gala] is probably my favorite night,” she said. “It’s just this wonderful global sense, that Messiah may be in Grantham, Pennsylvania, but we have a much larger view of the world, as we should.”

### LED BY FAITH

Phipps, who came to faith in high school, believes that her faith shapes her leadership in many ways. “My faith informs my sense of servanthood in my leadership. Ultimately,



you serve the Lord first, and then you serve your neighbor,” she said. “For me, it’s the employees at Messiah, the students at Messiah and my community.”

She also acknowledges that leading a Christian university comes with its challenges, often due to outside perceptions. In order to combat misconceptions about Messiah due to its moral standards rooted in the Bible, Phipps again emphasized keeping relationships at the center of her leadership. “We live in a world that is increasingly polarized, even in how people define what is Christian to different extremes. That’s where my sense of biblical hospitality, how we meet other people and listen to them, is important,” said Phipps. “I have tried making a case for Messiah, for who we are, for the values that we nurture, for the standards we have for behavior. When I’ve had to make that case, I’ve always done so in a way that is rooted in love, grace and compassion, not words of judgment, and never words of anger.”

#### A HISTORY OF HOSPITALITY

Phipps holds a doctorate in communication studies from Kent State University. Prior to her tenure at Messiah, she held various leadership positions at Malone University (formerly Malone College) in Canton, Ohio. Her roles included serving as a professor and chair of the Department of Communication Arts, acting dean of the college and associate dean for

faculty development. Before her presidential term, Phipps served as provost, academic dean and interim president at Messiah. Phipps was Chopka’s academic advisor when he attended Malone as an undergraduate student. “The same open door hospitality we see in her as president here, that’s how she was as a faculty member,” Chopka said. “There was always a line of students waiting to see her during her office hours. She was a very popular professor because she was so accessible.”

Phipps expressed that the relationships she has with her students are her favorite part of her role. “When people ask me, ‘what will you miss most?’, it’s the people, without a doubt,” Phipps said. ***“I really mean this sincerely, the students and colleagues I have are just the absolute best.”***



Phipps has worked closely with students who hold leadership positions on campus, such as student government officers.

“Through her leadership, [Phipps] helped me realize that

a strong community is built through authentic relationships and open communication,” said Moises Ramirez Gomez, Messiah alum and student body president for the 2023-2024 school year. “President Phipps has an intrinsic gift of creating spaces for every voice to be heard and valued. [...] Her leadership has been marked by empathy, compassion, and an earnest desire to see all students excel.”



Rosie Schiano, a senior broadcasting and journalism major, has worked with Phipps in the settings of leadership training and professional development.

“President Phipps is very personable and easy to talk to,” Schiano said. “Many students call and refer to her as ‘KP.’ She wants to learn about the students who attend Messiah University. She makes sure to learn and remember your first name and the details you tell her about yourself. KP takes the time to listen, which means she even wants to hear the students’ concerns and complaints about campus, which isn’t easy and something most people don’t want to do.”

#### A LEGACY TO REMEMBER

In 2018, the Messiah University Board of Trustees planned to construct a new admissions and welcome center, unanimously voting to name it in Phipps’ honor.

“I had no idea,” Phipps said, explaining that they did not reveal the name until a board meeting in 2021, after they had raised 80% of the funds for it, “I always feel really humbled when I walk by that building and see my name,” she said. “I certainly hope my legacy is the students’ lives that have been impacted while they’ve been here, but it was a lovely gesture. I talk a lot about hospitality and try to live that out, so they wanted it to be a very welcoming space.”

While she expressed some lighthearted embarrassment about having a photo of herself in the building, she sees it as an opportunity to empower young women who come to visit the university.

“I certainly hope for all students to feel welcome,” Phipps said. “But for women students in particular who walk in there and see my photo, I hope seeing a woman in leadership at that level can encourage and inspire them.”

“THE STUDENTS AND COLLEAGUES I HAVE ARE JUST THE ABSOLUTE BEST”

#### NEXT STEPS

Phipps does not see herself as a “lame duck” president, planning to stay as involved as ever through her final year as president while making room and preparing for new leadership. Due to Messiah’s multi-year strategic planning model, she is working to finish some goals, but also leaving some to be continued by her predecessor.

“While it is different now, I still want to be fully engaged and an effective president,” Phipps said.

Phipps and her husband Kelly plan to move to Lancaster to enjoy their retirement. Phipps plans to volunteer with HOPE International and as an ESL teacher for refugee families. She believes the hardest part of retirement will be to temporarily maintain a healthy distance from the Messiah community.

“It’s important when you’ve been president for such a long time, you need to allow your successor time to really establish himself or herself as the president,” Phipps said. “That will be the hardest thing, not coming over for concerts and athletic contests and stuff for a while. In a few years, I’ll start coming back for different things.”

As she moves forward, her deep commitment to community, hospitality and relationships follow her into retirement.

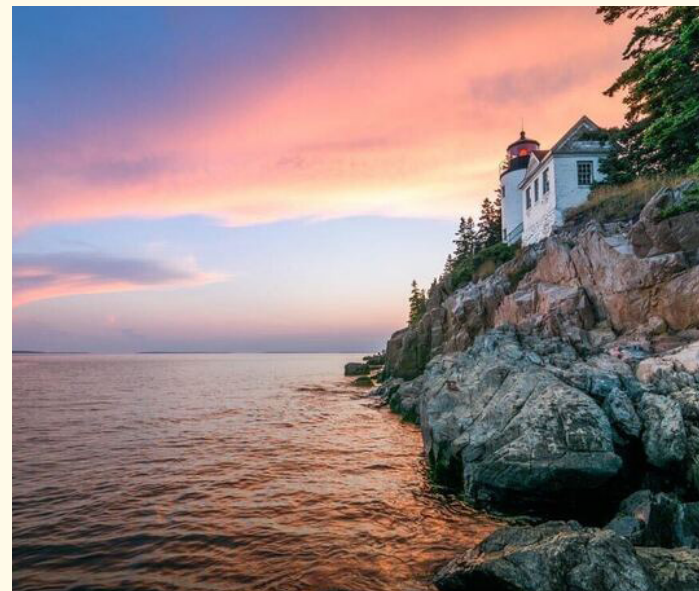
“I’ve loved this community for 26 years, and it’s been so great,” Phipps said “I’ll be anxious to get involved in a church and in volunteering, because community just means so very much to me.”





DESIGNED BY NATHAN SHERROD

# SUMMER MEMORIES





# LOVE TO WRITE?

PHOTO BY ZACH HINDS

DESIGNED BY STEPHANIE NICHOLSON



IF INTERESTED CONTACT:  
PULSEEIC@MESSIAH.EDU

# WE WANT YOU!

# YELLOW BREECHES TV: EMMY NOMINATIONS

WRITTEN BY JUDAH FARRELL

DESIGNED BY ARIANNA KEITH

PHOTOS BY ZACH HINDS

PHOTO CREDITS TO UNSPASH.COM

This past summer, Yellow Breeches Television (YBTv) received three Emmy nominations from the National Academy of Television Arts & Sciences. Of those three, two were nominations for sports stories or segments: "Birds Eye View: Field Hockey" and "The Indomitable Heart of Liv Monturo."

Emma Dingus, the producer of Falcon Update on YBTv, reported for a "Birds Eye View" segment, which follows subjects as they partake in some unfamiliar activity on campus in order to educate themselves and the viewer. YBTv contacted coach Brook Good of the field hockey team, who allowed Dingus to try her hand at practice.



"I'd never played field hockey [...] so we thought it could be pretty good, because you don't have any experience to kind of go in like somebody else would," Dingus said. "When we were doing drills and stuff we'd break up, and the group I was in, we would be so far behind because I was just going so slow."

Despite her novice skill level, the field hockey team was friendly and encouraging.

"I think that they really enjoyed the experience in kind of like a different way of showing their sport, getting to share that with other

people. So, I hope it was a good experience for them as well because I know it was for us," Dingus said.

Caleb Kuiken, YBTv's sports director, was one of three photojournalists for this. He also joined forces with photojournalist Dani Johnson for another work that was Emmy-nominated: "The Indomitable Heart of Liv Monturo."

The story centers Liv Monturo, a Messiah women's basketball player who was sidelined for the majority of her college career due to missing her left coronary artery on her heart. Even with her condition, Coach Mike Miller decided to keep her on the team. Finally, in her senior year, doctors cleared her to play.



"Her story, just the tale of perseverance that takes. I don't think people realize what that does to somebody," Kuiken said. "In her interview she mentioned how basketball was her whole world, and when something like that gets taken away from you, you kinda miss that piece."

Kuiken believes Monturo's story teaches valuable lessons to Christians and non-Christians alike. On one end, he says, her loss of basketball allowed her to re-prioritize her relationship with God and grow closer to

Him. And even for nonbelievers, inspiration can be found in her resilience and subsequent success on the basketball court.

Alongside "Beyond the Breeches - Emily Nell" by Jessica Fannin and Reed Milliken, both aforementioned works have the opportunity to come away victorious. YBTv is in somewhat familiar territory, as both Caleb Kuiken and PJ Riddell, the previous sports director, have received two sports-related Emmy nominations.

Dani Johnson is confident that the versatility of YBTv's catalog will be instrumental to winning: a testimonial about overcoming health-related restrictions on one's passion, a fish-out-of-water experience trying a new sport, a story about cultivating one's artistic gifts and, by channeling pain, creating something beautiful.



"It's not even a feeling of being better than anyone else, it's a feeling of accomplishment that someone's noticing your work," Johnson said.

On September 21, broadcast engineer and YBTv advisor Allen Cramm took the nominees to the award ceremony.

**"It was very nerve wracking, but it was an incredible experience,"** Johnson said.



**Dorm-Friendly Fall Recipe:**

# No-Fuss Pumpkin Cake

BY EMMA BELL

DESIGNED BY JOANNA GUO

This cake is a delightful fall treat. For all the lovers of pumpkin roll who don't have the time or baking experience to attempt the actual treat, this cake has the exact same flavors in a much less intimidating form with a delectable cream cheese frosting.

**INGREDIENTS:**

**CAKE:**

- 1 15 ounce can of pumpkin puree
- 3 eggs
- 1/3 cup sugar
- 1/3 cup oil
- 1 package of yellow cake mix
- 1 heaping tablespoon of pumpkin pie spice
- 1 tablespoon of oil or cooking spray (for the pan)
- 1 tablespoon of flour (for the pan)

**FROSTING:**

- 18 ounce block of softened cream cheese
- 1/2 cup of softened butter
- 1 teaspoon of vanilla extract
- 4 cups of powdered sugar
- 1-3 tablespoons of milk (to thin)

**EQUIPMENT:**

- 2 mixing bowls
- Measuring cups for dry and wet ingredients
- Some sort of mixing utensil (a whisk or handheld mixer is recommended)
- 9" by 13" cake pan

**DIRECTIONS:**

- Preheat your oven to 350° Fahrenheit.
- In a large mixing bowl, combine pumpkin puree, eggs, sugar and oil. Mix until well combined using either a wire whisk, handheld, or stand mixer. In a pinch, a fork will do. Make sure to scrape the sides of the bowl to evenly mix.
- Add in the yellow cake mix a little bit at a time, stirring as you go, and mix until well combined.
- Add in the pumpkin spice mix and mix.
- Use cooking spray or oil to grease a cake pan and then add a tablespoon of flour. Tilt the pan until the flour covers the bottom of the pan. Add your cake batter to the pan.
- Place in the oven for 25 to 35 minutes or until you can stick a toothpick or fork in the middle of the cake and it comes out clean.

**FOR THE FROSTING:**

- Add cream cheese, butter and vanilla extract to a mixing bowl and mix until well combined.
- Add powdered sugar slowly, mixing well after each addition. The ideal thickness of the frosting is when it reaches stiff peaks.
- If the frosting gets too thick, add small amounts of milk slowly. Check the thickness after each addition.
- Wait until the cake is completely cooled to add frosting or the cream cheese frosting will melt.

*Slice cake and enjoy it with friends!*



Accredited by the Accreditation Council for Business Schools and Programs (ACBSP).

## Advance your business career with an **ONLINE** MBA or M.A. degree

At Messiah University, we offer **online graduate degrees and certificates** that will transform your perspective on the value that leaders and businesses can create for their customers, employees and communities. Our program equips you to make an immediate impact on your career, the teams you lead and the organizations you serve.

- **Master of Business Administration** with concentrations in digital marketing\*, healthcare leadership, strategic leadership\*, management\* and dietetics
- **Master of Arts** with concentrations in healthcare leadership and strategic leadership

*\*Certificate of graduate studies available*

**Messiah University alumni receive a tuition discount.**

*Your career see anew*

**APPLY TODAY**

[messiah.edu/leadership](http://messiah.edu/leadership)

Online | Flexible | Affordable





# FALL TRADITIONS

## WHAT STUDENTS CAN DO ON CAMPUS DURING THE FALL SEASON

**T**he leaves are changing, an autumn breeze is whispering through the trees, and pumpkin spice and apple cider are in high demand. Fall sweeps across Messiah's campus and the hammockers along the Yellow Breeches are packing up for the season.

With these changes come the early days of the holiday season, with the earliest and most well known being Halloween. In past years, a variety of clubs have hosted fall-themed events, from dances to festivals.

The Student Activities Board hosts events like the Monster Mash Dance and Fall Fest at the Union and first year residence halls throw their own Halloween celebrations. Other organizations throw their own events to help create an inviting and welcoming fall atmosphere.

Every semester, Minds Matter hosts De-Stress Fest and the African Student Union puts on Karibu, a celebration of African culture, in November.

This fall, the Student Government Association will be working to revive old fall traditions that fell to the side in the wake of the global pandemic. One of the traditions being brought back is a collaboration with campus safety called the Turkey Toss.



During Turkey Toss, students come out to play cornhole. "Turkey Toss is also paired with a can drive or, like, a dried goods drive, so we can give back to the community a little bit," Sam Ramos, President of SGA, said.

In addition to Turkey Toss, SGA works to ensure the White Out March runs smoothly.



"The White-Out March, which everybody loves – you meet at Hofstetter Chapel, you get a tee-shirt, and then we march all the way down to the game. It's a really good time to have a little community moment," Rebekah Hayner, SGA Vice President of Engagement, said.

Ramos is excited to partner with the Multicultural Council for Around the World Food Tour. This event, hosted on the Union Patio, allows students to try foods from a variety of different cultures.

"It's a great time for students to interact with different cultures and different foods that they might not normally have gone out of their way to interact with," Ramos said. Although SGA is not an event planning organization, the events function to increase student awareness of SGA.

"SGA in and of itself isn't an event planning organization. We're here primarily to support our clubs and organizations, and to advocate for students. We love doing events, because we love interacting with students," Ramos said.

Halloween and Thanksgiving are not the only significant fall holidays. Multicultural clubs work hard to ensure that a variety of cultural traditions are respected and celebrated on campus. Asian Student Association collaborates with International Student Association to throw a Harvest Moon Festival in September and they collaborate with SGA and MCC to throw Around the World Food Tour.

Another event ASA throws for students is Diwali, an Indian festival and celebration of light. Events like Harvest Moon Festival, Diwali, and Karibu help multicultural students feel at home on Messiah's campus.



"Especially for international students and students coming from multicultural homes, or being a first generation student, it's bringing a sense of home to campus. I think a lot of people can get very homesick," Chrislin Daniel, President of ASA, said.

For students who have a different cultural background than the majority of campus, these events can create a celebratory and inclusive space.

"It can be easy to feel kind of isolated and feel a little out of touch with your culture and identity, especially at a PWI, so events like these are really important to bring people together and celebrate where they're from and their heritage," Daniel said.

Beyond what student clubs make available, students have their own individual traditions.



Roommates Marissa Clark and Sadie Foster have their own fall traditions, in addition to attending events on campus. "My favorite Halloween tradition is watching the 'Brooklyn Nine-Nine' Halloween episodes," Clark said.

Both Clark and Foster attended the Monster Mash silent disco last year, as well as Bitnerween and the Trunk or Treat in Murray Library. They've enjoyed finding spots on campus to celebrate Halloween.



"I enjoy the costume parts of Halloween, but not the spooky-ooky parts," Foster said. Their enthusiasm was rewarded when they won dynamic duo at Bitnerween and best group costume at Murray Library's Trunk or Treat.

The student groups and organizations on campus work hard to create spaces where people can celebrate fall in a variety of ways, whether that means enjoying samples of good food at Around the World Food Tour, rewatching Halloween shows, or dancing in the Union.

WRITTEN BY EMMA BELL  
DESIGNED BY STEPHANIE NICHOLSON  
PHOTOS BY KATELYNN MITCHAM

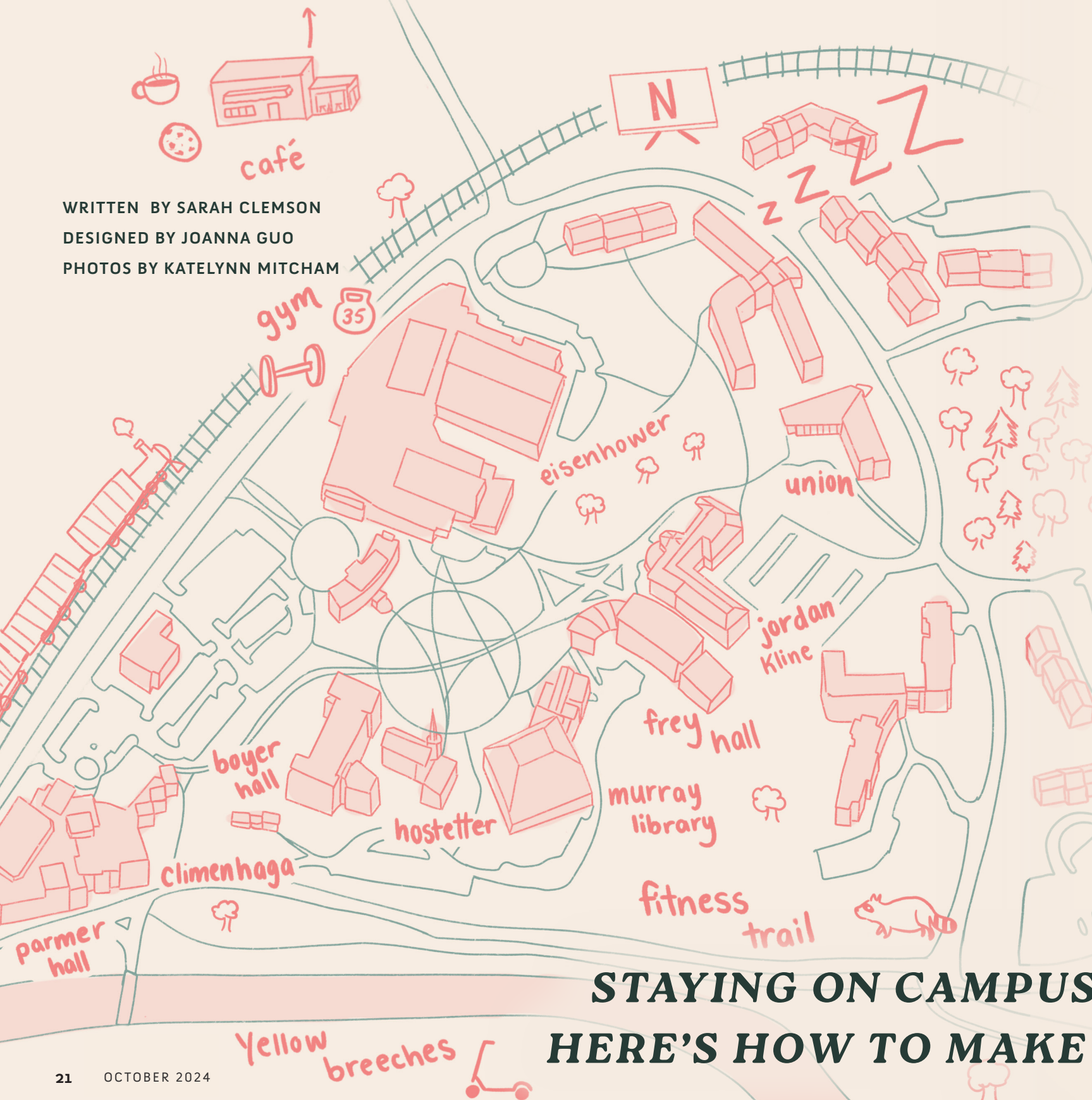


# On-Campus Break Activities

WRITTEN BY SARAH CLEMSON

DESIGNED BY JOANNA GUO

PHOTOS BY KATELYNN MITCHAM



There are various circumstances that call for a handful of students to remain on campus during breaks. Staying on campus may not appeal to everyone, but breaks on campus don't have to be mundane. Here are several student-approved activities you can participate in if you happen to feel "stuck" at Messiah during fall break.



First, find other students. When junior HDFS major Sarah Meeks stays on campus during breaks, she looks for others who, like her, cannot travel home. "We take walks, grab Lottie together, or spend time in each other's dorms," Meeks said. She also recommends taking friends, new and old, on walks by the Yellow Breeches.



Maddie Blasser, a senior youth ministries major who has remained on campus for a number of breaks, also emphasizes the importance of embracing the surrounding community. "My friends and I both stayed on campus this summer, and we rode our scooters all around campus and even went to a few places off campus," she said.

A 2024 graduate who wishes to remain anonymous cooked a meal for students who stayed in his residence hall during Easter break in 2021. "I feel like gathering for a meal brought the residents closer together, which strengthened the foundation of a good community," he said.

For those who prefer to spend more time alone, there are plenty of solitary activities to take advantage of during breaks as well. "There is something really beautiful about how quiet campus is over breaks—I honestly really like it," Blasser said. "Enjoy some time to yourself. Invest in your hobbies—or find new ones!" Over the summer, Blasser embraced a newfound passion for crafts, specifically beading. Other crafty connoisseurs enjoy art forms such as pottery, jewelry-making and crocheting.

Breaks provide a great opportunity to dive into learning a new hobby or work on refining old skills. Explore the area if you're feeling adventurous. "I spend a lot of time at local coffee shops doing work,

or I'll drive into downtown Mechanicsburg to walk around. It's quite pretty in the spring and fall!" said Abigail Stewart, a 2024 graduate. Grantham and Mechanicsburg offer various places for both indoorsy and outdoorsy people. From locally-owned coffee shops to gorgeous hiking trails, there is surely something for everyone. "Look up things close to you," Stewart said. "Don't feel like you have to stay in your room all of break. Even though Grantham and Mechanicsburg are relatively small towns, there's still lots to do if you look! Don't be afraid to expand your comfort zone—that's what college is for, anyhow."

No car? No problem. Messiah boasts plenty of scenic spots around campus. Meeks and Blasser both highly recommend spending time by the Breeches, especially if you happen to own a hammock. Other fun areas include the fitness trail and Back Forty (although, be careful not to run into any "rapid" raccoons.)

If you feel particularly motivated, you can also use break as an opportunity to be productive. "I suggest catching up on homework," Meeks said. "As there are far less students [around], it is easier to focus on assignments and enjoy the weather, especially in the fall and spring." Make some money, catch up on homework, etc.



Self care is productive, too. "I would say working is good to do over breaks [as well as] hanging out with people who are also staying on campus. I love going for walks and to the gym, so I would recommend that as well. Try to get out of your comfort zone!" Rachel Hofberg, a senior international business major, said.

"If you have the privilege of free time, I would suggest resting up and sleeping in," Meeks said. Meeks, Stewart, Hofberg, Blasser and the anonymous graduate have all provided TV show and movie recommendations to enjoy over break:

- Brooklyn Nine-Nine
- The Chosen
- Criminal Minds
- Friends
- NCIS
- The Harry Potter movies
- The Office
- The Owl House
- She-Ra
- Umbrella Academy

**Happy break!**

**STAYING ON CAMPUS OVER BREAK?  
HERE'S HOW TO MAKE THE MOST OF IT**



# MOVIE REVIEWS

DESIGNED BY NATHAN SHERROD

## Inside Out 2

WRITTEN BY WILL REED

Growing up is a process of both learning new lessons and relearning old ones. The original *Inside Out* saw Riley Anderson learn to accept Sadness as a natural part of life, something she should work with and not against. In this film, Riley's grown up a bit. Her brain is now hosting Anxiety, Envy, Embarrassment, and Ennui. While Joy initially tries to accept the newcomers, it quickly becomes a lot more complicated than that.

*Inside Out 2* introduces a lot of new mechanics to Riley's mind, some of which I wish they had spent more time with, but all together tell an important story. A story of losing yourself and finding yourself again, and a reminder to all of us that we are not our worst moments.

I'm going to make my kids to watch this movie.

8/10

## Despicable Me 4

WRITTEN BY REED M

Great if you are seven or have brain rot. The cinematic equivalent of scrolling through YouTube shorts. Each scene stands alone. Each scene can be viewed independently and you will understand it completely, which makes the whole thing feel like it has zero momentum. But it's so quick and so flashy that it still goes by fast. But even then, it's still not a good time. It's shlop.

It's well animated, but it's shlop, made for the enjoyment of iPad toddlers. So why do I care? This is so clearly not for me. But here I am picking it apart like I was expecting high art. I wasn't. I knew what I was getting myself into. I subjected myself to this on purpose. Why did I do that?

3/10

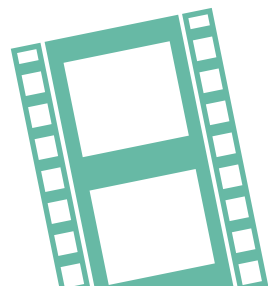
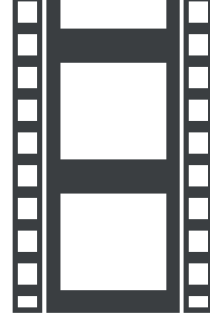
## Trap

WRITTEN BY REED M

Very Shyamalanian. Perhaps his most, which isn't good. The plot is thinner than paper, the dialogue is all thumbs, there's no discernible voice or really any exploration of any theme; Hartnett is great when he's menacing, iffy when he's not, and most egregiously, it's not even that good of a time.

I respect Shyamalan's devotion to his craft, his love for filmmaking is evident in everything but his films, but he seems to have reached the level of auteur where he makes what he wants and trusts it because it's him who's making it. But instead of delivering something uniquely zany, he time after time again delivers mediocre trademarks that leave you with no emotion apart from a longing for a *Signs*-esque return to form. At least it looks nice? Affirms my standard to never trust someone with a red iPhone.

5/10



## The Bikeriders

WRITTEN BY ZACH HINDS

Picture this: A story about a 1960s biker gang run by an unstable leader, with inner gang rivals, betrayal, and heartbreak. It's also based on a true story! How crazy is that?! Sounds like the next great gangster film does it not?

Unfortunately, *The Bikeriders* takes all of that potential, and throws it down the drain. Instead of a film showcasing the rise and fall of a notorious biker gang, they have a movie that has unwarranted narration, which often spoils things right before they happen. This movie is also filled with actors doing the most annoying accents; I'm looking at you Tom Hardy.

Ultimately, *The Bikeriders* is a movie with wasted potential. It couldn't tell if it wanted to be a character driven drama or a wanna-be documentary, causing it to fall flat on its face

4/10

## Deadpool & Wolverine

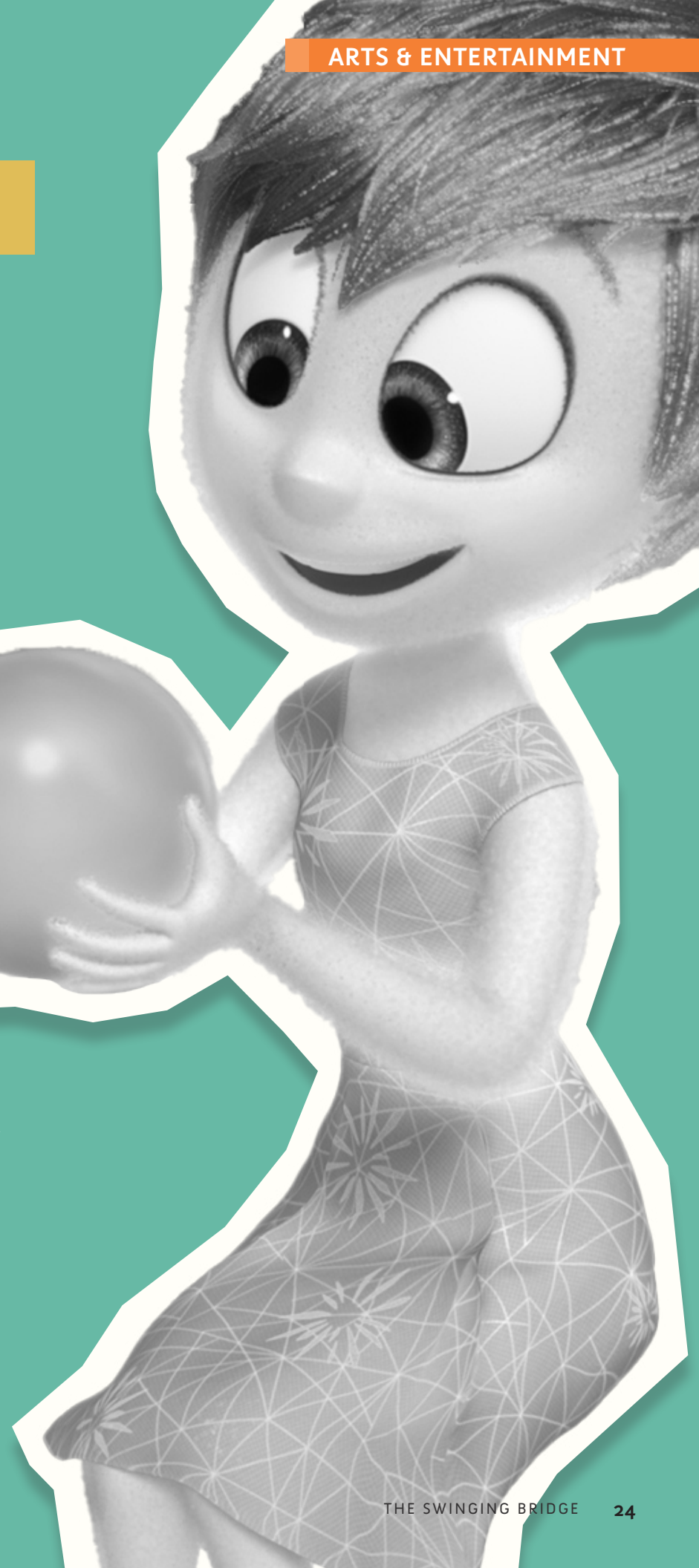
WRITTEN BY REED M

It's brimming with member berries for the clapping Wojak with flea types to giddily munch on, but no amount of cameos or self-awareness can save this from uninspired direction and shallow character writing. Shawn Levy have you considered flipping burgers at McDonalds?

It's rated R but it's written like a G movie with a few F-bombs sprinkled in. It's easy to get distracted by the familiar faces of your beloved bygone supes but what lies underneath is hollow and devoid of purpose. Like if a movie was a Siren. I got off the Marvel train a while ago but watching the latest installments feels like checking up on an ex in the psych ward.

A few jokes land, but none nearly as funny as Hugh finally dawning the mask for the first time in 20 years and having it look like... that.

4/10





## Holy-ween

WRITTEN BY EMMA BELL

This October, Messiah University administration shocked students by rolling out their guidelines for “Holy-ween.” Students have dressed up and celebrated the holiday in the past through dances at the Union, Naugle-ween, trunk or treats and privately hosted movie nights. This year will be different. The first new rule? No secular costumes. Every costume must tie back to a Biblical story.

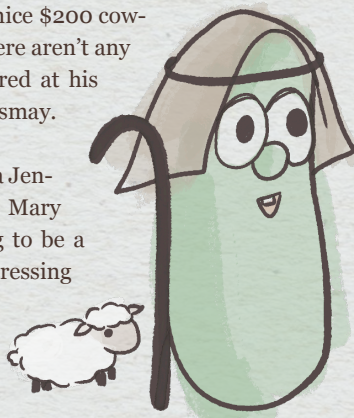
Tim Hank, who has dressed up as Toy Story’s Woody for the past fifteen years, lamented this rule change. “You can’t take Woody away from me! He’s a part of who I am,” Hank said, “Plus, I just bought this really nice \$200 cowboy hat for the costume and there aren’t any cowboys in the Bible.” He stared at his carefully curated costume in dismay.

The Chosen enthusiast Amanda Jenkins was also distraught. “My Mary Magdalene costume was going to be a hit, but now my entire floor is dressing up as her. It just won’t be the same,” she said.

Not all students are disappointed by the change. “I always forget to change out my holiday stuff. I put out fun Halloween lights and then forget to take them down until February. Now, I can just set out my nativity scene in October and no one can say anything about it,” Casey John said.

Other students are making the best of the situation. A plastic skeleton quickly becomes a fun DIY project, according to several

elementary education majors. All it takes is some felt fabric, paint, felt, hot glue, air-dry clay and more felt for that sad decoration to become a cutesy, felt-y Jesus. “One pro is that the home-made Jesus decoration is Uncanny Valley personified – it’s the perfect balance for Holy-ween!” Mesohiro Mari said.



DESIGNED BY JOANNA GUO

Kayleigh Muskgrave, Head of Campus Ministries, voiced her concern, “I’m not sure ‘Holy-ween’ is really necessary.” She was quickly silenced. The head of student ministries declined to comment.

Horror movies are not the only form of Halloween media on the chopping block. Halloween music is also prohibited under the new guidelines. “So called ‘Halloween music’ is ridiculous. I don’t understand why any student would want to listen to anything other than ‘Reckless Love.’ I mean, that’s a pretty intense song. The word ‘reckless’ scares me, anyway,” Nawrocki explained.

“Spooky Scary Skeleton” and Michael Jackson’s “Thriller” are blacklisted from the Christian-ween dance. Anyone looking to throw it back at the dance will have to make do with a dub-step remix of “Oceans” by Hillsong.

Nawrocki is confident that these changes will benefit the Messiah community. “I’ve been pushing for this for years. We’ve spent too long in the devious and treacherous claws of The Nightmare Before Christmas and Coraline. By removing this entirely and using fearmongering, students will be more secure in their faith – I’m sure of it! Now Messiah students are one step closer to God,” he said. “I don’t think that’s an effective ministry strategy,” Muskgrave reasoned. She was swiftly silenced again.

\* THESE SATIRICAL ARTICLES ARE STRICTLY SATIRE

## Exclusive Interview: Messiah's New President

WRITTEN BY REED M

With President Phipps’ retirement just around the corner, the search for a new President is well underway. And they’re no easy shoes to fill, President Phipps has dedicated the past 17 decades of her life to Messiah, and her legacy as the longest-tenured president and the first female president in Messiah history is one sure to be idolized for centuries to come. With such a beloved member of our community passing the torch, it’s been hot debate around campus as to who the new pick will be. I am well aware this is a satire column and the disclaimer below advertises this as being “strictly satirical,” but I was able to secure a genuine, no-nonsense phone interview with one of the top choices to take over the mantle, and I felt compelled to take a break from the jokes and present it to you in its entirety. Enjoy.

**Reed Milliken:** I want to start by thanking you for taking the time to sit down and speak with me. I know you have a busy schedule.

**Baby Johnny:** Gooo gaa gag gggooo gagaga

**RM:** What was that?

**BJ:** Sorry, I had a bit of phlegm in my throat. It’s a pleasure to be here.

**RM:** So, Mr. Johnny-

**BJ:** It’s Baby.

**RM:** Excuse me?

**BJ:** Mr. Johnny was my father. My name is Baby Johnny.

**RM:** Oh, ok. And you’re the top candidate for president?

**BJ:** Yes.

**RM:** How old are you?

**BJ:** Dis many.

**RM:** Baby Johnny, it’s a phone interview. I can’t tell how many fingers you’re holding up.

**BJ:** Oh. I think it’s four.

**RM:** Gotcha. And what exactly qualifies you for this job?

**BJ:** I’ve got decades of experience in this field.

**RM:** Decades?

**BJ:** At least dis many.

**RM:** Again, I can’t see how many fingers you’re holding up.

**BJ:** Oh. Right.

**RM:** Okay. Uh, Baby Johnny, so one of the promises you made in your announcement letter was to..

**BJ:** Oop. Hold on. I appear to have gotten some spittle on my bonnet. One moment.

**RM:** Okay...

**BJ:** MOMMY! MOMMY! BABY JOHNNY MADE A MESS OF HIMSELF AGAIN. BABY JOHNNY NEEDS MOMMY’S HELP FOR CLEAN UP. AND MOMMY BETTER USE THE UNSCENTED LYSOLS TO DO IT. BABY JOHNNY IS SICK OF THE BABY WIPES HE FINDS THEM TO BE PATRONIZING. NO. NO. I DON’T CARE IF THE UNSCENTED LYSOLS ARE BAD FOR MY SKIN, I COMMAND YOU TO USE THEM. I COMMAND YOU. YOU VILE WRETCH, HOW DO YOU THINK WE WERE ABLE TO BUY THE UNSCENTED LYSOLS? WHOSE BREADWINNING ALLOWED YOU TO MAKE THAT PURCHASE? YES. YES THAT’S RIGHT. CRY. CRY FOR BABY JOHNNY. OOOOO. WHO’S THE BABY NOW JENNIFER? No, I don’t need my binky

DESIGNED BY JOANNA GUO

right now. Thank you though.

**RM:** Baby Johnny?

**BJ:** Hey, yeah, I’m back. Sorry about that.

**RM:** Okay, moving on. What do you believe is the most pressing issue on campus?

**BJ:** I don’t falcon know.

**RM:** Excuse me?

**BJ:** What, I said falcon. Isn’t that the school mascot?

**RM:** I don’t appreciate the colorful language.

**BJ:** You want colorful language? How about ROY G BIV. That’s colorful language. I know because I learned it in kindergarten last week. Mrs. Gardner taught me. She let me sit on her lap while she did it.

**RM:** Alright, I think it’s time to wrap this up.

**BJ:** Oh what, you got things to do, little man? You write satire for the Swinging Bridge. Goodness, the ego on you. You’re in my Little Tikes phone as a picture of a giraffe. You’re nothing.

Unfortunately, our time was cut short due to unforeseen technological circumstances. President Baby Johnny takes office June 2025. I’ll be back to the jokes next issue.







# THE PULSE

[pulse.messiah.edu](http://pulse.messiah.edu)

f @MessiahPulse

**Open Hours:** Monday - Friday, 1 - 5 pm  
[thepulse@messiah.edu](mailto:thepulse@messiah.edu) | 717-691-6081

THE HEARTBEAT OF MESSIAH UNIVERSITY