Students participate in Big Event for community service

BY DAN MASON
FLASHLIGHT ADVISOR

More than 300 students volunteered their time last Saturday in the annual day-long Big Event to help cement the relationship between Mansfield, the town, and Mansfield University.

Dr. Frank Crofchick, Assistant Vice President of Mansfield University and Dean of Students, brought back The Big Event four years ago. "Mansfield University used to do The Big Event a number of years ago," Crofchick said in an email, "but ended up cancelling it every year due to weather or scheduling conflict." Crofchick liked the idea of the University family coming together to give back to the community that he resurrected the idea.

"The Big Event is on its fourth consecutive year," Crofchick said. "The first year 750 hours of service were completed. This year 1,100 hours of service were completed."

Crofchick organized The Big Event, with "a ton of help from my student worker, Kyle Cannon." The Student Government Association paid for T-shirts for all participants.

Mansfield Mayor Mike Detweiler thanked the students before they went to their work assignments. "Going back to my Amish roots, I am reminded that 'Many hands make light work,'" Detweiler said. "On behalf of the Borough, we appreciate your willingness to come out and help people. It means a lot to us."

Among the many volunteers were four sisters from Kappa Phi. "We were stationed at the 1st Presbyterian Church," Cassandra Miller, President of Kappa Phi said. "We helped mulch their flower beds, raked leaves and cleaned up inside the church. That included dusting pews, mopping floors and polishing furniture. We also helped paint the poles along Main Street."

Ralph Briggs, President of the Lifting Club, brought the Lifting Club treasurer, secretary and one of their lifters to the VFW. "We were the mulching crew at the VFW," Briggs said. "We mulched all of the areas that needed mulching on the VFW property."

Volunteers were not limited to Mansfield. Six members of the Psychology Club volunteered at Highland Chocolates in Wellsboro. "We did landscaping and other yard work," Olga Bilardi, President of the Psychology Club, said.

A measure of the success of the event can be seen by the number of local businesses that put signs in their windows thanking Mansfield University students for "giving up their Saturday to give back," according to Crofchick.

"I am hoping this event gets bigger each year," Crofchick said. "We would love to possibly have a smaller fall semester service day next year."

Professors' offices to move from Pinecrest to Belknap and Retan

BY LUCIANNA MINOIA
COPY EDITOR

Because Pinecrest is scheduled for demolition at the end of the 2018 spring semester, about 18 Mansfield University faculty are relocating to Belknap and Retan.

The faculty is moving because "[Pine Crest] is not in good condition," Dr. John Ulrich, Interim Provost and Vice President of Academic Affairs, said.
POLICE BEAT

- Anyone with information on any these events are encouraged to contact the Mansfield University Police at 570-439-4900 -

There is currently no information available at this time.

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World News

Headlines from across the planet

- 4/18/18 - President Trump says that if planned talks with Kim Jong-un are not fruitful he will walk out
  
  - Many of the details about the talks are currently unclear; President Trump has stated that part of the focus will be on North Korean denuclearisation and the return of several Japanese and American citizens kidnapped by the North Koreans
  
  - The talks mark the most contact between North Korea and the U.S. since 2000
    
  - President Trump secretly sent CIA Director Mike Pompeo to North Korea to initiate the conversation
  
  - Mr. Trump also said that if he did not think the meeting would be fruitful he wouldn't go and that if he went and the meeting was not productive he would leave
  
  - Part of the reason these talks began is South Korea hosting the Winter Olympics in February

- 4/18/18 - Record number of Nepalese women to climb Mount Everest this spring season
  
  - 15 women are planning to climb Mt. Everest from the Nepal side of the mountain
  
  - The last time a large number of Nepalese women climbed Everest was in 2008, all 10 women on that trip made it to the summit
  
  - Many of the female climbers this year want to use the opportunity to bring attention to gender and environmental issues
    
  - "The female climbers in our team have two different messages
    - to stop female trafficking, and to remind the world that Buddha was born in Nepal," Sharmila Lama, a trekking guide who is part of the team making the climb, said from the Everest base camp

- 4/18/18 - Facebook has begun asking European and Canadian users to let it use facial recognition technology
  
  - Facebook originally began face-matching users outside Canada in 2011, but stopped with EU citizens after protests

- The new request is one of several opt-in permissions being rolled out in advance of a new data privacy law
  
  - Facebook is currently embroiled in a privacy scandal related to the use of its members' personal information by the political consultancy Cambridge Analytica
  
  - The social network is also facing a class-action lawsuit in the U.S. for deploying the facial recognition technology there without users' explicit consent

- 4/18/18 - A New York nanny has been found guilty of murdering two children in her care
  
  - Yoselyn Ortega pleaded insanity but the jury rejected that defence as they unanimously convicted her
    
  - Lucia "Lulu" Krim, six, and Leo Krim, two, were found by their mother after Ortega failed to show up to Lulu's dance class
  
  - Marina Krim, the children's mother, found Ortega, 55, stabbing herself in the neck in an apparent suicide attempt
  
  - The jury found her guilty of two counts of first degree murder and two counts of second degree murder
  
  - The defense team argued that Ortega suffered from chronic mental illness and was mentally incapable of being held responsible for her actions
    
  - The prosecution said that Ortega's actions were premeditated and the jury heard how she slit Leo's neck from behind so he would not fight back like his sister did
    
  - The prosecutors claimed that the nanny was disgruntled because she felt she was being overworked by the family

- 4/4/18 - A major surfing tournament in Australia has been called off following two shark attacks in the area
  
  - The World Surf League said the final days of the Margaret River Pro event in Western Australia would be cancelled due to safety concerns
  
  - On Monday, two recreational surfers survived separate attacks in Gracetown about 6km from the event
    
  - The event was suspended for an hour after the first attack
  
  - Organisers said that actively aggressive sharks remained in the area on Wednesday, possibly due to the presence of nearby beached whales
Mansfield University honors troops

BY TAELO BOWER
FLASHLIGHT CONTRIBUTOR

Remember Everyone Deployed (RED) Friday hosted annually by Mansfield University Student Veteran Organization (MUSVO) was held on April 13 at Van Norman Track.

The Mansfield students joined MUSVO to honor all currently deployed soldiers, receiving a red shirt and wristband before taking a picture. They stood on the football field and spelled out RED, which was photographed by a drone. This is the fourth annual gathering at Mansfield University and was also an opportunity for the students to send postcards to our troops.

The overall message of RED Friday is to let the deployed troops know that they are being thought of and they will not be forgotten.

Student government hosts part-time/summer jobs fair

BY ZOE ESPERSETH
STAFF WRITER

The Mansfield University Student Government Association (SGA) will be hosting a part-time/summer jobs fair.

The job fair will take place on April 17 from 11 a.m. to 1 p.m. in Alumni Hall room 307.

“The fair is targeted toward part-time and summer jobs for students. Some jobs are on campus and some are in Wellsboro,” SeungHo Lee, Student Government Association Treasurer, said.

Over 11 businesses are represented at the fair. This includes Mansfield University campus positions, such as campus ground crew and jobs at the Kelchner Fitness Center. Other businesses attending the job fair includes Broad Acres Health and Rehab, Tioga Human Services and the local YMCA.

“Most majors are represented at the fair, these businesses are looking for people with a college education,” Lee said. This is the first year that SGA will be hosting the part time/summer job fair. “This fair provides students with jobs and more opportunities, as well as cooperation with both the local community and the chamber of commerce.”

The part time/summer job fair does not cost anything for the SGA to run but has taken a lot of time to organize and set up. Food and drinks will be provided at the fair.

Professor relocation continued from page one

“The plan to relocate offices took quite a while to come up with. We discussed the problem with the faculty. Faculty in Belknap are retiring, so offices are available.”

Dr. Adrianne McEvoy is relocating to Belknap and Retan during the summer of 2018. “Relocating is a noble way of solving a problem. Retan and Belknap have plenty of offices. Faculty generally don’t like change, but the facilities people are helping professors [move]” McEvoy said. “It’ll be easier for students to find me, since the classroom is already here.”

PSECU gives graduates a discount on cap and gown

BY TAELO BOWER
FLASHLIGHT CONTRIBUTOR

PSECU has another money-saver for Mansfield's upcoming May graduates.

They'll pay for your Cap & Gown set! The Grad Gear promotion has been running since March 26 and will continue until May 4. It is open to all current PSECU members and those that apply for a membership at their on-campus location, in lower Manser Dining Hall, during the promotional period. The $20-valued vouchers are in limited supply (first 100 eligible students), so take advantage of the offer while they're still available. The voucher must be turned into the campus bookstore (Mountie Den) to redeem the offer.

If you have any further questions about the Grad Gear promotion visit: www.psecu.com/gradgear/ or speak to a representative at the lower Manser location.

University students attend Holocaust lecture in Corning

BY ALEXANDRA RICHEY
FLASHLIGHT CONTRIBUTOR

The 12th annual Meta and John Spiegler Holocaust Remembrance Lecture took place at the Corning Museum of Glass Tuesday, April 17, 2018.

Brenda Spiegler opened the occasion by explaining the significance of the lecture. Her parents, Meta and John Spiegler, were Holocaust survivors. They wanted people of all backgrounds to be able to have the opportunity to hear survivors talk about the hardships people endured during Hitler's reign in Nazi Germany.

Lea Malek was the spotlight speaker of the evening. She spoke about surviving the Holocaust as a child. Lea started her lecture with humor then apologizing, because “putting 79 years into an hour long speech was incredibly difficult and terrifying to do in front of such a large crowd.” There were 150-200 people in attendance.

Malek was born in Hungary in 1939. She was five years old when her family first started feeling the influence of the Nazi party. She and her family were in route to Auschwitz by train when their lives were temporarily saved by getting rerouted to a concentration camp in Austria.

The gas chambers that killed many other Jews was waiting for those who went to Auschwitz. More than half of her family was killed by the end of the war, but Malek, her mother, sister, and grandmother survived. They made their way back to Hungary only to find their home looted and empty.

When she was sixteen years old, Malek traveled to Budapest then to Israel where she met her husband. Malek and her husband settled in Rochester, New York soon after moving to the United States and opening a bakery called “Malek's” with their three kids. She worked at the bakery for 26 years. She is now retired and likes to travel around the world.

“Though we all have our differences on the outside, we are all the same. There is no point in hating someone just because they are different than you,” Malek said. “A person you hate will never know it; it’ll only eat you up inside.” Rather than holding any resentment in her heart, Malek said her “revenge for Hitler was putting her kids through college” because they got the opportunity countless other Jews didn’t.

After the lecture, a woman in the audience said, “Listening to [Malek] speak about the torturous things she endured at such a young age was incredibly touching and applicable to current events in today’s society.”

Another audience member said he was, “Deeply inspired by the courage [Malek] had, not only to survive the Holocaust, but to remain, 79 years later, with a kind heart toward other people.”

RAs make discovering diversity event to expose students to other clubs

BY TE’WUAN THORNE
FLASHLIGHT CONTRIBUTOR

Mansfield University's major minority clubs held a joint informational meeting.

On April 3 the Black Student Union, Girls Talk, Men for Progress, MISO (Mansfield International Student Organization) and Spectrum came together to teach other students about their respective organizations.

“The Discovering Diversity event is meant to provide students at Mansfield University with a better understanding of what the different clubs hope to accomplish by being on the campus,” Kenny Pate, a Residence Assistant and Spectrum President, said. “It also showcases or explains events they hold to either get their voice out there or to educate students on things they feel is important to their club as a whole. Discovering Diversity is set up in a way that clubs will either give a presentation about themselves or have a discussion with the students that are present. The event is open to all students and I am hoping that it will be a good way for them to get involved with some of the organizations that have been invited including Men for Progress, Girl Talk, BSU, MISO, and Spectrum.”

Devin Haskins (M4P) Kenny Pate (Spectrum) Danielle Hickman (Girls Talk) and Myettia Peck (BSU). Each club's president came as a representative of their organization for this event, gave speeches about their respective clubs and communicated with interested students.

RA's Kenny Pate, Danielle Hickman, and Misty Vanhorn also came up with and organized the event. Roughly ten people were in attendance for this event. The event was still considered a success but the three organizers agreed that they would have liked to see more participants. They also hope to try the event again next semester.
Festival choir performs Annelies

BY DANIELLE SMITH
FLASHLIGHT CONTRIBUTOR

The Festival Chorus, which is open to all university students, faculty and community singers, performed James Whitbourn's Annelies Saturday night and Sunday afternoon in Steadman Theater located in Butler Center.

Annelies is a seventy-five-minute choral work based on the Diary of Anne Frank. There are two different versions able to be performed: the "Chamber Version" and the "Orchestral Version." The Festival Chorus performed the Orchestral Version.

The Festival Chorus, under the direction of Peggy Detwiler, was accompanied by Eun-Joo Kwok on the piano, Brad Holtman on the cello, Max Buckholtz on the violin, Richard MacDowell on the clarinet. Soloist Alissa Rose portrayed Anne Frank.

The chorus is comprised of twenty-five sopranos, twenty-three altos, eight tenors and fifteen basses.


The libretto for Annelies is 128 pages. It has movements in English, Dutch and German.

“It was a very dark piece, yet beautifully done. They really encompassed all the emotions Whitbourn was trying to convey,” concert-attendee Sharon Smith said.

Mansfield University takes the gold at fly fishing competition

BY ANDREW WILSON
FLASHLIGHT CONTRIBUTOR

Mansfield University took the gold at the first Pennsylvania Collegiate Fly Fishing Competition on April 7.

Twenty-eight anglers from eight Pennsylvania colleges--Juniata College, Messiah College, Pitt Johnstown, Pitt Bradford, Edinboro University, Keystone College, Shippensburg University and Mansfield University--stepped into Spring Creek of Milesburg Pa. at 8 a.m. The contest was broken into four sessions. Anglers fished in two sessions and scored fish for others in the other two sessions.

The idea of a college only Fly Fishing Competition Series came from Ryan Heisler of Juniata College and Dan Collins of Mansfield University. They pitched the idea to the Pennsylvania Fish and Boat Commission and Trout Unlimited. Both organizations loved the idea so much that the competition will be funded for at least five more years. The goal of the composition is to get college students who enjoy fishing to come together, share stories, make connections with each other, and fish.

Andrew Wilson, Dan Collins, Chris Tanczos, and Ryan Shaw represented Mansfield University. Collins placed first in the individual category. He also scored the most fish caught all day. Wilson and Shaw placed third and fourth respectively.

Messiah College took second in the team category and Juniata College took third.

Veterans club organizes barbecue for students during finals week

BY STEVE McCANLEY
SECRETARY

On the first day of finals week, there will be a mental health awareness barbecue by the Mansfield University Student Veteran's Organization.

Between 11 a.m. and 1 p.m., the student veterans will be handing out free burgers and hotdogs to students. The organization does this as a way to give back to the Mansfield University community. The club scheduled it during finals week because it is one of the most stressful times of the semester.

“I love the barbecue and it was a huge success last year. It helps raise awareness of mental health issues in one of the most stressful times of the school year,” Sophomore Eric Grant said. “We have a lot of tables which give information about on and off campus programs and services that students can use when in need. It promotes stress relief in a positive way, and we feed a lot of students in the process.”

In response to whether or not the barbecue would be good for the veteran community to reach out, Senior Josh Kosek said, “As long as people know about it [it will be].” This year, the club is hoping for an even better turn-out.
Scholars at Risk professor presents on campus

BY MOLLY FURLONG
FLASHLIGHT CONTRIBUTOR

Dr. Simten Cosar hosted a Scholars at Risk lecture at Mansfield University to discuss both the SAR network and the situation in Turkey. Scholars at Risk is an organization that relocates academics from all around the world who are not safe in their home country. These scholars apply or are nominated for SAR, and are then transferred to a university abroad where they can continue research and work. Frequently, a scholar at risk is in jeopardy because they challenged or criticized a corrupt regime. As a result, these scholars can be blacklisted, forced not to work or imprisoned.

Such is the case with Cosar. A native of Turkey, she is currently being hosted by Cornell University in Ithaca, New York. Cosar was a graduate professor at Hacettepe University in Ankara, Turkey before she had to flee the country to escape political persecution. As one of the 2,212 signatories on a Petition for Peace by the Academics for Peace group in Turkey, she helped call out the Turkish government for the use of armed forces against its civilians. Dr. Cosar told not only her story, but the stories of thousands of others.

The tendency of academics to criticize corrupt regimes tends to make them a target for authoritarian forces like those within Turkey. Scholars at Risk allows scholars like Cosar to connect and share their stories with universities from around the world, all while removing them from the dangerous setting in their home country. It provides these scholars with time to think and decide how they want to proceed with their futures. Despite the political strife and uncertainty, Cosar expressed her hopes of returning to Turkey in the near future.

Some scholars were not lucky enough to leave Turkey before the government confiscated their passports or detained them. Those who signed the petition watched their lives change overnight. They went from being respected members of the academic community to being told they cannot, research or express themselves in their own way. Many professors were asked to take their name off the petition, and when they didn’t comply they were either forced to retire or dismissed from their positions, with investigations opened against them for being a security risk to Turkey. They were unable to go to events without fear and were uncomfortable saying how they felt about the regime.

Alumni talks to students about job opportunities teaching English

BY NATALIA COLES
FLASHLIGHT CONTRIBUTOR

The Political Science department held a talk about teaching English in China. The event was put together by Dr. Rothermel, a political science professor. Mansfield University alumni, Scott Allis was contacted to the meeting via video chat to Allen Hall to discuss his experiences teaching in China for several years. Allis works for Education First (EF/educationfirst.com) since August of 2015, a company found in 1965 and now spread over 116 countries in North and South American, Europe, and Asia.

During the meeting, Allis went over what it was like to live in China, experience a new culture, and live in a virtually crime-free environment. Other perks Allis mentioned about teaching English in China were a decent salary which would allow students to save money and make student loan payments, as well as a much lower cost of living compared to that of the United States. As for getting a job, the market is booming for native English speakers who would like to teach. Also, China has stronger labor laws, as compared to that of the United States and a decent health care system.

“China is growing and becoming an important country in the grand scheme of things,” Dr. Rothermel said when asked why this would be a good experience for his students, or why he considered it important for his students to know about this opportunity. China is becoming a major world power and many of China’s citizens are learning English as a way to be able to compete in the global market. For his students, Dr. Rothermel related this to international relations.

Editorial: Saying farewell to Mansfield University

BY EMMA LYNCH
EDITOR-IN-CHIEF

I was something of a late bloomer. I didn’t decide what I wanted to be as an adult until my senior year of high school. I didn’t apply for college until almost a year after I graduated. Now, I’m 24, graduating in May, the Editor-in-Chief of The Flashlight, and I know exactly who I want to be and what I want to do. So, for my last editorial, I wanted to do something a little different than what I’ve been doing. I wanted to say farewell to my Mountie family.

In high school I was always a little bit of an outcast. I figured that when I came to college it would be a similar experience. I couldn’t have been more wrong. Within a week I’d made friends with several different groups of people and everyone in them couldn’t have been more different. I had friends who would have been part of the popular clique in high school, ones who would have been in drama or debate. The list varies. The more time I spent down here, the happier and more at home I felt. By the end of the semester I had decided to move in with a few friends who had an off-campus apartment, get a job and work my way through college. Which is exactly what I’ve done.

It hasn’t been easy; I’ve dealt with various illnesses, lost friends and loved ones and pushed myself to the point of exhaustion way too often. But I also gained several things; friends, family, love and a stronger understanding of who I am.

You might be wondering why I’m telling you all of this. I said earlier that I’m writing this to say farewell to my Mountie family, but I also wanted to give all of you some advice: be who you are. Do what makes you happy.

I had a great time at MU. Sure, there were ups and downs and bumps along the road. Overall, though, I wouldn’t trade any of it for the world. You might realize that the Mountie family isn’t the right one for you, or you might go to graduate school here. You might have transferred in, started right out of high school or waited a few years before going to college. The point is this is your time. Your time to shine, learn, grow and come into your own. Meet new people, join that club you’ve been thinking about joining for six months now. College isn’t always going to be easy. Sometimes you’ll want to rip your hair out and scream. That’s when you fall back on those around you, the ones who understand the most what you’re going through.

You might doubt yourself sometimes, you might change majors three times before you’re done. Do it. Don’t be afraid of change, and don’t (most importantly) don’t let anyone tell you what to do with your life or when you should be doing something (unless it’s schoolwork, then you might want to have it done when your professor tells you to); we all march to the beat of our own drums. Live life to the fullest, make mistakes and try your hardest. At the end of the day, you’re the one who is going through it and your life is going to be affected by the choices you make now.

I will be forever grateful that my high school friend introduced me to Mansfield University. To my professors, friends, family, staff, administration and faculty (basically everyone): thank you. You’ve given me some of the best opportunities I could ask for, strength I needed when I couldn’t find it on my own, encouragement to figure out where I belong and a wonderful place to call home.

Go Mounties!

RA addresses sexual assault on campus

BY EMILY TRACY
FLASHLIGHT CONTRIBUTOR

Sycamore Hall RA Veronica Phillip addressed the problem of sexual assault on college campuses by inviting a representative of Haven of Tioga County to her showing of The Hunting Ground a documentary about rape on college campuses.

April is Sexual Assault Awareness Month. The movie, shown on April 11, was used to start a conversation on the way universities respond to students who report sexual assaults. Nationally, universities disregard reports because they have a vested interest in keeping their crime statistics low. They do not want the image of a rape to keep students from applying to their school. Because of this, victims of sexual assault often do not receive the help they need and predators continue their lives undeterred.

“Getting people to come out to programs can sometimes be challenging,” Phillip said. “It is unfortunate that a topic as important as sexual assault could not be prioritized by students.”
Dolores Stafford ’87 to speak at Mansfield commencement ceremony

Dolores Stafford, president and CEO of D. Stafford & Associates and a 1987 Mansfield graduate, will be the speaker at Mansfield University’s 153rd Commencement on Saturday, May 5, at 11 a.m. at Decker Gymnasium.

“Dolores Stafford is a leader, a trailblazer, and a Mansfield success story,” MU Interim President Scott Barton said in making the announcement. “Her story of service, dedication, and advocacy is one we want our newest graduates to hear. We are honored to welcome Dolores back to campus to speak at Commencement.”

D. Stafford & Associates is a professional services firm focusing on safety and security related issues on college campuses, specializing in Clery Act and Title IX compliance issues. Stafford also serves as the Executive Director of the National Association of Clery Compliance Officers and Professionals (NACCOP), a professional association for campus administrators who are responsible for managing Clery Act compliance.

Stafford is the owner of both companies. She served as the chief of police at The George Washington (GW) University in Washington, D.C., from 1992-2010 and has 26 years of experience in the law enforcement and security industries. Stafford spent a total of 23 years in campus law enforcement at GW, Butler University, and Bucknell University.

Stafford has 20 years of experience overseeing a sexual assault crisis response team that she implemented and managed at both GW and Butler. She has experience in developing operating procedures and protocols in Behavioral Threat Assessment and led a response team for more than five years at GW.

As one of the nation’s few women police chiefs, Stafford won numerous accolades for her 26 years of service in the law enforcement field. She served as the 45th president of the International Association of Campus Law Enforcement Administrators in 2003-2004, and she was the first woman to ever hold that office.

She won the “Breaking the Glass Ceiling” award in 2002 in honor of her ongoing contributions to improving the law enforcement profession. In 2004, Stafford was honored by the European Association for Campus Security for her expertise and achievements in campus security. In 2006, the Campus Safety Magazine developed a Campus Safety Director of the Year Award and in March 2007, Stafford was named the first winner of this prestigious award. In June 2008, Stafford was presented with the Distinguished Young Alumni Award by Mansfield University.

As a nationally recognized expert in the Clery Act and Title IX, Stafford has assisted several hundred institutions in achieving and maintaining their compliance with federal laws. She has conducted independent audits, reviews, and/or training for a variety of institutions of higher education.


Getting enough sunshine this summer

BY OLIVIA MOATS
FLASHLIGHT CONTRIBUTOR

Spring is (supposedly) here! That means warmer weather, nicer days, and more sun. Sunlight is one of the easiest ways to get an extremely important vitamin; vitamin D.

Vitamin D, also known as the sunshine vitamin, is proven to be lacking in most American diets due to spending too much time indoors and not eating fortified foods. It has the unique ability to be produced within the body from enzymes in the skin reacting with ultraviolet B rays from the sun, making it one of the easiest vitamins to have adequate amounts of. A lack of this vitamin can lead to a whole slew of health problems, including heart disease, osteoporosis, and rickets.

As stated, vitamin D is most easily acquired from the sun but there are some food sources for it. Liver, beef, dairy, and egg yolks are all relatively high in vitamin D, as well as fortified juices. The recommended daily amount of vitamin D for adults younger than 70 is 600 IU/day, which means International Units, or 15 micrograms/day. Vitamin D is a fat-soluble vitamin, so the body is able to store it as needed instead of excreting the excess. Though the body is able to store some, it is still dangerous to intake more than 50 micrograms/day of vitamin D, as there are some toxicity symptoms.

Vitamin D is synthesized within the body when the skin is exposed to sunlight, specifically ultraviolet B rays. Because of which UV ray the body needs, it is not possible to produce vitamin D in the winter in Mansfield. Fair skinned individuals are able to produce more vitamin D than darker skin tones, making upwards of 10,000 IU/day. Luckily, it is not possible to develop vitamin D toxicity from being in the sun too long, though enough vitamin D can be made in just 10 minutes. Those with darker skin might have to be out in the sun for up to six times longer to produce the same amount of vitamin D.

Campus Events Calendar

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<th>Sunday</th>
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<td>- 2:30 p.m. - Mansfield University Symphony Orchestra student solo concert in Steadman Theatre</td>
<td>- 8:00 p.m. - Fireside Chat: Open question &amp; answer session with President Barton in Sycamore multi-purpose room</td>
<td>- 9:00 p.m. - Team trivia night @ the Hut</td>
<td>- 11:00 a.m. - Employer on-campus: Pennsylvania state police in Lower Manser</td>
<td>- 7:30 p.m. - MU vocal jazz festival concert in Steadman Theatre</td>
<td>- 10:30 a.m. - New student orientation begins</td>
<td>- 12:00 p.m. - New student orientation ends</td>
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<td>- 12:00 p.m. - New student orientation ends</td>
<td>- 2:30 p.m. - MU wind ensemble concert in Steadman Theatre</td>
<td>- All Day - Final examination period</td>
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<td>- 11:00 a.m. - Spring Commencement</td>
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<td>- All day - spring semester classes end</td>
<td>- 2:00 p.m. - Chilli with the Canines in 307 Alumni Hall Student Center</td>
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<td>- 7:30 p.m. - MU percussion ensemble concert in Steadman Theatre</td>
<td>- 9:00 p.m. - Open mic night @ the Hut</td>
<td>- 9:00 p.m. - Open mic night @ the Hut</td>
<td>- 9:00 p.m. - Jam sessions @ the Hut</td>
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<td>All Day - Final examination period</td>
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<td>- 7:00 p.m. - Acting class recital in Steadman Theatre</td>
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Getting enough sunshine this summer

BY OLIVIA MOATS
FLASHLIGHT CONTRIBUTOR

Spring is (supposedly) here! That means warmer weather, nicer days, and more sun. Sunlight is one of the easiest ways to get an extremely important vitamin; vitamin D.

Vitamin D, also known as the sunshine vitamin, is proven to be lacking in most American diets due to spending too much time indoors and not eating fortified foods. It has the unique ability to be produced within the body from enzymes in the skin reacting with ultraviolet B rays from the sun, making it one of the easiest vitamins to have adequate amounts of. A lack of this vitamin can lead to a whole slew of health problems, including heart disease, osteoporosis, and rickets.

As stated, vitamin D is most easily acquired from the sun, but there are some food sources for it. Liver, beef, dairy, and egg yolks are all relatively high in vitamin D, as well as fortified juices. The recommended daily amount of vitamin D for adults younger than 70 is 600 IU/day, which means International Units, or 15 micrograms/day. Vitamin D is a fat-soluble vitamin, so the body is able to store it as needed instead of excreting the excess. Though the body is able to store some, it is still dangerous to intake more than 50 micrograms/day of vitamin D, as there are some toxicity symptoms.

Vitamin D is synthesized within the body when the skin is exposed to sunlight, specifically ultraviolet B rays. Because of which UV ray the body needs, it is not possible to produce vitamin D in the winter in Mansfield. Fair skinned individuals are able to produce more vitamin D than darker skin tones, making upwards of 10,000 IU/day. Luckily, it is not possible to develop vitamin D toxicity from being in the sun too long, though enough vitamin D can be made in just 10 minutes. Those with darker skin might have to be out in the sun for up to six times longer to produce the same amount of vitamin D.
Greek life celebrates Paddy Murphy week

BY MORGAN BISHOP
FLASHLIGHT CONTRIBUTOR

SAE brothers around the world celebrate the famous brother, Paddy Murphy, by dedicating a week to fundraising through a variety of activities.

The four social sororities on campus: ASA, AST, ZTA and DZ, helped in fundraising for the Children’s Miracle Network, one of the SAE philanthropies. To decide the winner, the sorority who earned the most points through sisters attendance; got half of the money fundraised to donate to a charity of their choosing.

On Monday, the start of Paddy Murphy week, a brief service was held for the late brother and the handing over of the decorated coffin lids. Each sorority had to decorate a coffin lid in honor of Paddy Murphy; the brothers of SAE displayed them in lower Manser for people to donate money in the jar of the coffin they wanted to win.

Card making took place in the Spruce multipurpose room and all the cards made were donated to the Children’s Miracle Network. Lastly, on Friday night, the brothers hosted a pageant called Miss Minerva. A member from each sorority competed to win the crown and title of Miss Minerva. Maranna Nitzcnski from AST won this year’s Miss Minerva pageant by showcasing her mixed martial arts skills.

The sisters of ASA were the winning sorority of the week and chose to donate the money to the S. June Smith Center which supports children with disabilities.

Overall, Paddy Murphy week was a huge success and had an abundance of participation from all four sororities. This is an event that Mansfield Greek Life will be looking forward to in the upcoming year.

Sidebar: The legend of Paddy Murphy

Sidebar: Paddy Murphy was a member of Al Capone's Five Points gang and one of the few (possibly the only) members to have graduated from college — although which college is unclear.

Elliott Ness was known as one of Chicago's biggest crime fighters and was part of a team working to catch Capone, nicknamed “The Untouchables”. Through his work with the Untouchables, Ness discovered a flower shop that Capone used as his secret hide out. He and his men broke into the flower shop late one night and discovered stacks of money, drugs, and paperwork. Ness and his men grabbed what they could, leaving as Capone and Murphy came back to finish up some business. Capone noticed the back door was open and knew it was Ness who had done it. Murphy and Capone tracked him down and stationed themselves on a roof across from his apartment building.

Capone turned to Murphy and told him to shoot Ness and end his life, emphasizing that if the task was not done the pair would lose everything they had worked for. Murphy got his binoculars out of his coat to get a better look at Ness and noticed an SAE badge on his shirt. Murphy turned to Capone and told him that he cannot shoot Ness because Ness is his brother.

Capone gave Murphy an ultimatum in response: shoot Ness or be shot himself. Murphy again refused to kill Ness, telling Capone “then kill me.” Capone shot Murphy in the back between his sixth and seventh vertebrae. Ness heard the gunshot from his apartment, ran out of his apartment and found Murphy on the roof. Murphy, who was barely breathing, whispered “Phi Alpha” to Ness. Ness gave Murphy the secret SAE handshake and recited, in Greek, the meaning of SAE as Murphy died.

President of APSCUF calls for everyone to work together

BY EMMA LYNCH
EDITOR-IN-CHIEF

APSCUF’s current president, Dr. Kenneth Mash, is trying to instigate changes that will benefit students, government, and universities alike.

Current laws and budgets have placed 75% of the cost of a college degree upon students. Housing costs have gone up by 75% since 2000, and the combination has placed a huge burden upon students seeking a higher education. Part of the problem began with the 2008 financial crisis that affected not just the Commonwealth or the U.S. specifically, but encompassed the entire planet. Concurrently, there was a marked tightening of the budget and a reluctance by legislators to raise taxes.

Dr. Mash would like to change that and bring about budgetary and legal changes allowing most of the burden of a college degree to be placed back on the state, rather than students. He would also like to see an increase in spending on education.

“Since 2010 the percent of the yearly budget spent on education has been decreasing,” Mash said. “It is, in effect, starving universities in this state.”

Part of Mash's focus is ensuring that students get the highest quality education at the lowest cost. This will loosen the long-term financial ties placed on students, many of whom are still paying off their student loans ten to fifteen years down the road.

There is also an economical benefit to changing the spending habits of the Commonwealth; if students are spending less of their own money on college or taking out less in loans they are in a better position after college to invest in the economy.

“That money is going to banks instead of the economy, because these students can’t afford to buy a house or a car,” Mash said. At the same time, Mash would like to see a difference in the attitude of those in administration and government.

“We need to be more critical of ourselves,” Mash said. “Unless something is bound by the contract universities have with APSCUF there isn’t really anything we can do about administrative decisions other than talk about them.” Administrative decisions that he was critical of were the decisions to have new dorms built on some campuses while the old dorms were still being paid for, and announcing retrenchment plans then rescinding them.

“It’s bad publicity,” Mash said. “Those issues should have been worked out before the retrenchment announcement because, if they had, the announcement wouldn't have been necessary in the first place.”

In keeping with this theme of change, properly funded schools, and removing the burden from students, Mash has led APSCUF to join Pennsylvania Promise. Pennsylvania Promise is an organization dedicated to providing affordable tuition for all students within the Commonwealth.

While no concrete plans to put these changes into effect have been made, Mash encourages students to let their voices be heard. With elections on the horizon he also holds onto hope that newly elected officials will share his views on education and that previously elected officials that remain in office will come to share his views.

Personal advertisments

- Congratulations to all those graduating this semester! We did it! - Emma Lynch

Wild art: The Computer Science Club and the Flashlight help out St. James Episcopal Church

Back Row: Dan Mason, Bill Gardner
Middle Row: Bev Staron, Jamie Leonard, Kiera Peterson, Stephen Coles, Shayne Yonchiuk, Shaun Swatt
Middle: Mayor Mike Detwiler
Front row: Zoe Eserseth, Erin Sheridan, Julia Ngure, Rebekah Rocha

For The Big Event, the Flashlight staff and the Computer Science Club were assigned to help at the St. James Episcopal Church on St. James Street in Mansfield. The nine students moved half a ton of mulch from the driveway to the flowerbeds and half a ton of leaves and branches from the flowerbeds to the driveway. “They fed us pizza when we were done,” Kiera Peterson said. “It was great.”

Photo courtesy of Dan Mason and Rowena Gibbons
Bowen Shatters Mansfield Record on Day 2 of Bison Outdoor Classic

Charlsie Bowen set a new Mansfield school record and personal best in the women’s pole vault with a height of 3.85m at the Bucknell Bison Outdoor Classic Sunday.

Bowen now holds the top two spots on the Mansfield record books beating her best height of 3.73m in outdoor pole vault. Bowen is now ranked second in the DII Atlantic region and ties for tenth on the NCAA list. The senior’s DII provisional mark also qualifies her for the PSAC and ECAC Championships in May.

Lyndsey Payne was the first of five to set a record for herself, running the women’s 3,000-meter race in 10:39.56 to finish 20th overall.

Tyler Olrogg and Ben Drexler each bested themselves in the men’s 800m run finishing .43 seconds apart. Olrogg was first to come through in 132nd at 2:04.45 while Drexler crossed at 2:04.87 for a 135th place finish.

Jordan Holmes and Travis Keefe also added a pair of personal records in the men’s 3,000m race. The two finished in 31st and 36th with respective times of 9:25.87 and 9:34.69.

Nicholas Auchenbach finished 7th in the men’s center in the fifth to regain the lead for Mansfield at 5-3. It was the senior’s third of the season.

The Huskies edged within a run in the bottom of the fifth then forced extra innings with another run in the seventh.

In the top of the eighth, Camren Ney got aboard with a lead-off single and moved over to second on a sac bunt. Lukens singled to the gap to bring home Ney and put Mansfield back on top 6-5.

In the bottom of the inning, the Huskies tied the game with a bases-loaded walk before Cole Swiger hit a walk-off grand slam to take the game 10-6.

Trey Hinkle earned the win in relief with Edwin Lopez taking the loss.

In game two, it was all Bloomsburg who scored a two runs in the first, three in the second, and added another in the third to jump out to an early 6-0 lead. The Huskies capped the scoring by platting three more runs in the fifth.

Chad Cooperman earned the win on the mound with Evan McAndrew taking the loss. Mansfield hosts IUP at Shaute Field on Tuesday.

Baseball Drops Doubleheader at Bloomsburg

The Mountaineers dropped a PSAC East doubleheader at Bloomsburg on Saturday, falling 10-6 in extra innings in the opener and 9-0 in the finale.

In game one, Bloomsburg opened the scoring with a pair of runs in the top of the first inning. However, in the top of the third, Tyler Guidos wore a pitch with bases loaded to force in a run then J.P. Bonanca plated Colby Scheerer with a sacrifice fly. Owen Lukens gave the Mounties a 3-2 advantage scoring on a throwing error by the catcher throwing down at a stealing Dio Infante.

The Huskies scored the game-tying run in the bottom of the third. Bonanca drilled a two-run homer to right center in the fifth to regain the lead for Mansfield at 5-3. It was the senior’s third of the season.

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