MEALS FOR THE NEW YEAR
Learn new recipes for healthy meals to help keep your New Year’s reso-
lution in 2018.

MEN’S BASKETBALL
Check out our coverage after the Cyclones took on Kansas at Allen
Fieldhouse last night.

The ins and outs of Canvas

Not only did the spring semester mark the be-
ginning of a new year, it brought with it a new
learning management system (LMS) for Iowa
State Canvas.

On Jan. 5, Blackboard officially ended for Iowa
State students and faculty. As classes get started,
many are still getting used to Canvas.

Not everyone is new to Canvas this semester
though. In the fall, after the decision to switch to
Canvas was made, some instructors began using
the LMS to help prepare themselves and their
students. Canvas was chosen due to many elements
that make it feel like a better system, compared es-
specially to Blackboard.

“One of the most incredible elements of Canvas
is the amount of resources that are available for
learning, working and troubleshooting using the
learning management system,” said Sara Marcketti,
interim director of the Center for Excellence in
teaching and learning management system,” said Sara Marcketti,
interim director of the Center for Excellence in
learning and teaching (CEL T).

CEL T held workshops explained various aspects of Canvas,
instructional support and Blackboard.

Additionally, Canvas provides online support for
anyone, including a 24/7 Canvas support line.

“I’m really excited about it. This platform is
super diverse and accessible for people. On Can-
vans, one of the new things allows you to change
gender pronouns. I think it’s sending a positive
message,” said Akira DeMoss, senior in computer
engineering.

If you’re still having some issues with using
Canvas, here are some tips and techniques about
using the new system, according to Canvas.

When you log in to Canvas, which can be
reached through Iowa State’s home page, you will
be on your dashboard. Your courses should all be
displayed there, and you can click on each course
to go into it’s Canvas page.

The left side of the screen, if you click the icon
below your dashboard, also shows all your courses
and you can navigate to their pages from there.

The icon below courses on the left is the calen-
dar. Here, if instructors have it updated, due dates
and class events should appear. Each class will be
color coded, and the key is on the right side of
the screen. If you click each class displayed there,
you can toggle classes on and off of the calendar.

The next icon below the calendar is the inbox.
Here you will find messages from instructors and
classmates, and where you can also send messages.

Arc is the next icon after inbox. This is a place
to upload videos for class.

The last icon after Arc is the help icon, which
is where you can find assistance with any issues
you might have.

Once you’re on a class’ page, there is a lot you
can do as well. The page will open on the home
tab, where you will find the latest modules your
instructor has added.

Down the left-hand side you will find all the
places to go if looking for grades, a class list,
announcements, learning modules and possibly
more if your instructor has added it.

On the right side of the course page, there is
the “Coming Up” section which shows upcoming
events and due dates for the class and an area
where you can see recent grades and postings.

Canvas provides an in-depth video breakdown
for nearly all aspects of the LMS if you need help
in specific areas.

“Any time you make a tremendous shift, there’s
going to be challenges, but I think we have made
sure to have a lot of support in place,” Marcketti
said.

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The Iowa Board of Regents may be facing a midyear budget cut of $5.1 million under Gov. Kim Reynolds’ recently released recommended fiscal budget.

Reynolds’ proposal was released Tuesday after her Condition of the State speech, where she touched on education in broader terms but did not directly address the issue of higher education funding.

In a statement in response to the proposed governor’s budget, Regents Executive Director Mark Braun said, “Any reduction is challenging, but the board recognizes the current fiscal situation the state is facing.”

The proposed fiscal year 2019 budget is subject to change and ultimately up to legislative approval before it can be signed off by Reynolds.

However, the universities most likely to be impacted by funding reductions for the 2018 fiscal year are Iowa State and the University of Iowa. Talks of budget cuts to 2018 have been in the works for awhile, specifically after the Legislative Services Agency announced in December Iowa’s finances were experiencing an estimated shortfall of $37 million. Reynolds’ proposed fiscal year 2018 appropriations equals $27.1 million in budget cuts to higher education.

This year, however, Gov. Reynolds’ fiscal year 2019 proposal cuts just $4.4 million from the universities in total. Lagging state appropriations have prompted recent tuition increases and a proposal by Interim President Ben Allen alluded to a yearly increase of 7 percent for in-state students and 4 percent for out-of-state students, until 2022.

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-Gov. Kim Reynolds

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As for the impact to Iowa State, Ames Rep. Beth Wessel-Kroeschell said Friday she “heard from administrators that there is a proposed $2.5 million in cuts to Iowa State for fiscal year 2018.”

“We will work with our institutions to make any required fiscal year 2018 reductions in ways that have as little impact on students as possible,” Braun said.

With the legislative session beginning Monday, work on the fiscal year 2019 budget will soon begin as it goes into effect July 1, 2018. Recommendations for the fiscal year 2019 also include Reynolds’ $1.9 million less to Iowa State than what was requested by the Regents.

However, she is recommending an upward of $7.25 million to go toward the regents’ enterprise, which results in a net increase of $2.3 million if including this year’s proposed cuts.

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According to the budget report released Tuesday, Reynolds is recommending $2.4 million less than requested by the University of Iowa and matched the request of $93.7 million for the University of Northern Iowa.

Additionally, Reynolds’ recommendation for Iowa State is nearly $4.5 million less than the fiscal year 2017 actuals — which follows last year’s trend of decreased higher education funding.

In total, the base state appropriation to Iowa State was cut by 6.25 percent or $11.5 million last year.

“Education is a priority, and we will continue to back that up with real money,” Reynolds said during her Condition of the State address.
Roast and Ride at the Iowa State Fairgrounds. Now governor, Lt. Gov. of Iowa Kim Reynolds talks during the second annual

City Council approves new housing ordinance

Despite concerns regarding unintended and negative consequences reiterated by council members Tuesday night, the six-member body approved the third and final reading of a contested ordinance relating to Ames’ rental housing.

The ordinance, No. 4332, has been in the works for months. During that process, the city heard from a variety of stakeholders including neighborhood associations and homeowners to landlords and students on what they felt the direction of the ordinance should take.

Ultimately, in a 5-1 vote with Councilwoman Amber Corrieri dissenting, the council approved the ordinance with intentions to hold a workshop in February to work through issues that may arise because of the newly passed legislation.

“I will continue to vote against the ordinance as I have,” Corrieri said. “But I am encouraged that the council has come full circle and is committed to looking to further changes.”

At the second reading in December — under a different mayor and council — concern was expressed regarding the pace of the passage and the fact that the ordinance had moved away from first from the legislative session. The governor said the first piece of legislation she wants the chance to sign this year is legislation focused on preparing K-12 students for trade school called Future Ready Iowa. This initiative has a goal that by 2025, 70 percent of Iowa workers will have the skills they need to get a job, Reynolds said.

“Education is a priority, and we will continue to back that up with real money,” Reynolds said.

Reynolds also thanked Congress and President Donald Trump for the recently passed tax reform which Reynolds said will provide Iowans “relief across all brackets.”

There still needs to be tax reform to Iowa’s tax system however, Reynolds said. Specifically, she said she wants to see significant reduction in rates, modernization of the tax code and elimination of federal deductibility.

“This is an opportunity to free us from decisions made in Washington, D.C.,” Reynolds said.

Throughout the address, Reynolds referred to the rural, small town, driving factor that makes Iowa a great place and that small and big businesses will push Iowa to continue its success.

“My vision is to give the people of Iowa a place to call home that unleashes opportunity at every turn...together, the condition of our state is strong,” Reynolds said.

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POLICE BLOTTER

1.4.18

An officer investigated a property damage collision at Lot 100 (reported at 4:32 p.m.).

1.5.18

Tony Hiep Le, age 19, of 335 Lucinda St - Perry, IA, was cited for driving under suspension at Mortensen Pkwy and Big Bluestem Ct (reported at 11:16 a.m.). An individual reported the theft of a package at 4020-201 Marionca Dr (reported at 12:38 p.m.). An officer investigated a property damage collision at Lot 1 (reported at 6:37 p.m.).

Jonathan Richard Stroyan, age 20, of 212 Boyer Ct Unit 52, Ames, IA, was arrested and charged with operating while intoxicated, careless driving, and turning from improper lane at Friley Hall (reported at 7:04 p.m.).

An officer investigated a property damage collision at Stange Rd and 24th St (reported at 10:50 p.m.).

An officer investigated a property damage collision at Lot 59A (reported at 5:15 p.m.). An individual reported the theft of items from a residence at 4110-101 Maripoca Dr (reported at 8:12 p.m.). Officers responded to a report of an odor of gas at 43 Frederiksen Court (reported at 9:14 p.m.). An individual reported the theft of items from a residence at Welch Hall (reported at 9:09 p.m.).

1.8.18

An individual reported being harassed at Student Services Building (reported at 10:55 a.m.).

Justin John Peter, age 24, of 2517 Jenson Ave Unit 316 - Ames, IA, was arrested and charged with delivery controlled substance meth >5gm and driving while barred at 809-101 Wheeler St (reported at 3:14 p.m.). Jennifer Nicole Adams, 24, of 1211 Vine St Unit 1110 – West Des Moines, IA, was arrested on another agency’s warrant at 809-101 Wheeler St (reported at 3:14 p.m.).
Use Uber to solve parking

Personal cars are unnecessary

BY ISAAC SINCLAIR
@Iowastatedaily.com

If you haven’t noticed, there is nowhere to park in Ames.

Ames is a city with an enormous population but nowhere to put their cars. Everyone who has lived in Ames or visited knows what a headache it can be to find a parking spot.

It is also expensive to get a decent parking spot. It costs $107 per academic year to park at Jack Trice Stadium and it only gets more expensive the closer you get to campus.

Parking at the stadium also means you have to move your car for home games, which adds to the headache of having a car in Ames.

Parking and taking care of your car is such a problem that the ISU Department of Residence recommends students don’t bring a car.

So what’s the solution?

Some people say we already have effective, alternative travel options for students and we don’t need these taxi companies in Ames. This is true, but to an extent.

As a student, you can use CyRide or a bicycle to get around Ames. CyRide is great and I am in no way disrespecting the great job it does. But it is not a perfect system.

CyRide, for all the great things it does, isn’t always the perfect travel option. It isn’t always running when you need it and it may not take you where you need to go. It is especially difficult when you need to go somewhere during break, late at night or somewhere outside of central Ames.

Using a bicycle is another alternative travel option, but you can’t bike in the winter and it is physically draining, which limits it to short distances. A bike is great for short trips, but ultimately unreliable for long trips and during the winter.

This is why we need to promote taxi services in Ames. Uber has been in Ames since 2015 and Lyft came to Ames just last year.

Along with these two, Zipcar, a car sharing service, has also thrown its name in the mix of ride providers in Ames.

These taxi services get students where they need to go on time and on the students’ schedule.

Having multiple options they can use also increases the odds of students being able to consistently and safely travel around Ames.

Cost is always an issue, but if you use both CyRide and Uber instead of paying for a parking permit, gas money for a car and parking meters, the cost will be similar. But the headache of

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Isaac Sinclair, opinion editor
Adam Willman, community member
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Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published. Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

PHOTO ILLUSTRATION BY CHRIS JORGENSEN/IOWA STATE DAILY

Wednesday, January 10, 2018
Iowa State Daily

EDITORIAL

Talk to your legislators in 2018

Talk about it.

Proposed tuition increases of 7 percent annually, minimum wage rates, reproductive rights, voting rights, medical marijuana and financial aid.

Do you have opinions about how these and other issues should be addressed by politicians this year?

If so, you can and, we believe, should be involved. Raise your voice in many ways and in many venues.

In Iowa, the legislature meets from January through April, so this semester is the most effective time to make contact with state-level politicians.

You can google “find my legislator Iowa” or go to https://www.legis.iowaweb/iowastate/legislators/find and enter your address to get links that identify your house representative and senator.

There will you find information on how to contact them as well as which committees they serve on.

If you are a student who lives part of the year near campus and part of the year elsewhere, you can decide which location you choose to vote at.

If you vote in Ames, your representatives are Bob Kressel (46th District) or Lisa Heddens (45th District) and your state senator is Herman Quirmbach.

Even if you vote elsewhere, you can contact these three with your concerns and questions.

Iowa State family members constitute a high percentage of the constituents for all three.

In addition to her legislative email address, Wessel-Kroeschell says you can call her at home (515-451-4307).

Heddens says her legislative e-mail address is the most effective way to contact her. She is committed to responding to all messages, asking that you tell her you are a student and explaining the issue.

Quirmbach lists his personal phone on the website above and says personal stories of how current and proposed legislation affect you or your family can be powerful material for politicians to use as they debate bills. As a ranking member of the Education Committee, he is particularly concerned about tuition rates.

If your schedule allows, you can do more than phone, e-mail or write. You can visit the Capitol and meet with politicians.

You can attend and speak at sub-committee meetings.

Speak up with your friends as well. You can write letters to the editor to this and other papers.

By the way, sending the same letter to other papers.

You can attend and speak at sub-committee meetings.

Phone numbers and addresses will not be published. Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

COLUMN

Talk to your legislators in 2018

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Two games. Two losses to ranked opponents. One solution.

That solution — plop a box score in front of every player on the Iowa State women’s basketball team.

This solution was coach Bill Fennelly’s most recent attempt to get his team out of the rut they have dug themselves into.

“I’m older, so they’re like ‘oh, remember last year you did really well versus this team or you can do it,’” said senior guard Emily Durr. “Box scores really help when you see it on paper and you know you can do it.”

Similarly, their next opponent — Kansas State — is in an all too familiar rut as well. When the two meet Wednesday at 6:30 p.m. in Hilton Coliseum, one is bound to break the rut. For Kansas State, it has faced a gauntlet of ranked teams in the first four games of the Big 12 schedule.

Those games included then-No. 6 Baylor, then-No. 24 Oklahoma State, then-No. 12 West Virginia and then-No. 8 Texas. The one win came against the Mountaineers, the same team the Cyclones took down to the wire last Sunday.

And the Cyclones know this battle-tested Kansas State team is better than its record. For example, two of its three Big 12 losses went down to the wire, ultimately losing by eight to Oklahoma State and 11 to Texas.

Iowa State has been plagued by a shooting illness in its rut, shooting just 33.3 percent from the field in its first four Big 12 games. And against Baylor and West Virginia, the Cyclones shot 28.6 percent and 25.8 percent from the field, respectively.

“Like everyone else, we’re just grinding away,” Fennelly said. “Everybody knows what the issue is with our team… Yeah, we need to start making some shots.”

And to Fennelly’s disappointment, it will be hard to break out of the rut and cold shooting streak when the Wildcats play a zone defense at Hilton Wednesday.

The zone defense creates minimal opportunities to get a shot off, especially for a team that doesn’t have an x-factor player who can blow by a defender.

Durr, who has played the Wildcats seven times in her career, knows the defensive scheme they bring will create problems for the Cyclones’ shooters. But, to the senior’s credit, she has found a way to beat that zone four times.

For her it’s simple. Just shoot your shot.

“We’re really going to need our shots to fall,” Durr said. “They play a really active zone.”

But when those shots don’t fall, there is Kayla Goth under the rim ready to push the pace. Goth is the Kansas State 6-foot guard who, according to Fennelly, is playing at an All-Big 12 level. The junior is averaging 16.7 points per game and 6.3 assists. Right behind Goth is Shaelyn Martin, the senior guard who averages 7.5 rebounds per game.

To compare, Cyclone freshman Kristin Scott leads the team averaging 7.2 rebounds per game. Scott isn’t the only player who will have to have a big game against the Kansas State zone. Junior Meredith Burkhall, who was thought to be the x-factor Bridget Carleton would have by her side, will need to exploit the K-State zone.

“Neutral the zone you’re going to have to really flash,” Burkhall said. “Get to the middle and look for the gaps in the zone.”

Shots falling or not, a Big 12 win is almost felt as a must right now. And like the players and coaches said, it starts with shooting well.

“We have a lot of shooters on this team,” Durr said. “Shooters shoot.”
New year, new meal prep
Recipes for keeping resolutions

Preheat the oven to 400 F. Line a large sheet pan with parchment paper or foil and set aside.

Prep the veggies (remember prep the veggies according to directions to ensure they all cook at the same time).

Peel and thinly slice the carrots. Wash and chop the red potatoes (cut in half and cut halves into between 10 and 12 pieces). Halve and cut zucchini into thick coins.

Chop broccoli.

Remove the stems and seeds from the peppers and chop into medium-sized pieces.

Cut the sausage into thick coins.

Pour veggies and sausage on the sheet pan.

In a small bowl combine seasonings, salt and pepper with olive oil.

Pour the seasoning & oil mixture on top of the veggies and sausage and toss to coat.

Place in oven for 15 minutes. Remove and toss veggies and sausage and return to the oven for another 10 to 20 minutes, or until veggies are crisp tender.

Remove and top, if desired, with freshly grated Parmesan cheese and fresh parsley.

Serve on top of rice or quinoa if desired.

Recipes courtesy of chelseasmessyapron.com.

Preheat oven to 375 F.

In a large bowl, mix turkey, breadcrumbs, eggs, green onions, garlic powder, salt and pepper until combined.

Shape mixture into 1½ inch balls and place on baking sheets lightly sprayed with cooking spray. Bake meatballs for 20 to 25 minutes, or until browned and cooked through.

While the meatballs are baking, combine ingredients for the sauce in a small saucepan and bring to a boil over medium heat, whisking continuously. Reduce heat and simmer for 8 to 10 minutes (the sauce will start to thicken). Toss over meatball and serve immediately over brown rice.

If desired, top with green onions and a few sesame seeds.

Recipe courtesy of eatyourselfskinny.com.
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