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The ins and outs of Canvas

Not only did the spring semester mark the beginning 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 especially to Blackboard. "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.

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 Canvas, 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.

"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 Learning and Teaching (CELT).

To help prepare for the switch, CELT held training workshops for students and faculty. The workshops explained various aspects of Canvas, and will continue into this semester for those looking for more help with the LMS. These workshops aided some with the transition to Canvas.

"I really enjoyed it, and I learned a lot of things today. It's more straightforward and has more visual features," said Bonak Hur, a lecturer in architecture, after a Canvas design workshop. 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 Canvas, 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 reached through Iowa State’s home page, you will 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.

DESIGN BY: ISAIAH JOHNSON/IOWA STATE DAILY

THE INS AND OUTS OF CANVAS

MEALS FOR THE NEW YEAR

Learn new recipes for healthy meals to help keep your New Year's resolution in 2018.

ONLINE

MEN'S BASKETBALL

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

TRIVIA

WEDNESDAY

8:30pm to 11:00pm

$3.00 Yum Yum Bombs (7-11)
$3.00 Tater Tot Casserole (till 10)
$3.00 Coors Light Drawers (7-11)
$3.00 Chuck Norris Bombs (7-11)

PRIZES AWARDED NIGHTLY!
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.

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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.”

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.

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.

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.
Gov. Kim Reynolds addressed a joint session of the House and Senate Tuesday in her first Condition of the State address as governor on the second day of the 2018 legislative session.

Reynolds opened the address with a call to the women of Iowa. “I hope that I can be an inspiration...to little girls who dare to dream: in Iowa, if you’re willing to work for it, those dreams can come true,” Reynolds said.

Reynolds also discussed and commending the work that was done in 2017. Reynolds said improving water quality is what she wants to see happen 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 improving water quality.

Before continuing to the other topics where she wanted to see legislation as well, Reynolds discussed the topic of sexual harassment. “[Sexual harassment] has been a stain in all facets of life and it must stop,” Reynolds said. Reynolds said the issue is not a partisan one and must take effort from “each individual man and woman,” and the culture has to change.

Reynolds emphasized include tax reform, healthcare and K-12 education funding. The governor did not discuss higher education funding. Rep. Beth Wessel-Kroeschell, D-Ames, told the Iowa State Daily Friday that $2.5 million more in budget cuts may occur at Iowa State in this fiscal year.

Student Government President Cody West said that he wishes there would have been more mention of higher education during her address, as he feels the university is at a “turning point.”

West said by investing in higher education in Iowa State, he believes it can help retain education Iowans and encourage them to stay in the state. “Taking money away does more collateral damage in the future than other cuts would,” West said, referencing previous budget cuts to Iowa State.

Reynolds did tout the amount of funding that has gone to K-12 education, citing the $735 million that has gone to education since 2013. “We invested in our kids at a record level,” Reynolds said.

There also will be a new initiative introduced 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.

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 just impacting single-family and duplex rentals in low-density zoning districts to the entire city.

The reason for the newly-crafted rental occupancy ordinance was due to an Iowa Legislature decision prohibiting cities from limiting housing based on familial status.

This meant, on Jan. 1, 2018, Ames’ current ordinance which states “no more than three unrelated people can live in a single-family rental home” was no longer compliant with the state.

The ordinance, effective Tuesday, will…

Use the city assessor’s bedroom count as the baseline for the number of bedrooms in a rental house; or the numbers established through the most recent rental inspection—whichever is most recent.

Adopt a limit of three people for one and two bedroom homes; and to have three, four and five-bedroom homes equal to the number of adult occupants.

One, two and three-bedroom rental houses are required to have two off-street parking spaces, whereas four or above rental houses must have the number of off-street parking spaces equal to the number of bedrooms.

Cap rental housing occupancy at five adults. Existing concerns relating to housing and the ordinance include: Airbnb, multiple code violations, neighborhood rental concentrations, and the possibility, or lack thereof, to increase the number of bedrooms and parking spaces to properties.

“The goal is to get a ‘good, inclusive list’,” Mayor John Hails said.

He added, specifically regarding the workshop: “We’re not going to go in and strike down the ordinance and rewrite the whole thing...we’re looking forward to engage all the stakeholders, including students.”
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 Maricopa 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 Streyan, age 20, of 212 Boyer Ct Unit 59A (reported at 5:15 p.m.).

An officer investigated a property damage collision at Lot 9A (reported at 2:11 a.m.).

Bluestem Ct (reported at 11:16 a.m.).

Erin Mackenzie Lagone, age 19, of 335 Lucinda St - Perry, IA, was cited for driving under suspension and other violation of chapter 321a - suspend/denied/revoked at Stange Rd and 24th St (reported at 10:50 p.m.).

Madison Mariah Ramsay, age 22, of 2324 Knapp St - Ames, IA, was arrested and charged with operating while intoxicated and improper rear lamps at Lincoln Way and Marshall Ave (reported at 2:11 a.m.).

An officer investigated a property damage collision at Lot 59A (reported at 11:16 a.m.).

An individual reported the theft of items from a residence at 4110-101 Maricopa 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.).

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.).
OPINION

Use Uber to solve parking

Personal cars are unnecessary

BY ISAAC SINCLAIR
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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 student’s 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 parking and taking care of a car and parking it in Ames will be non-existent.

Students who are unsure of bringing their car to campus or feel they are limited by the travel options here shouldn’t worry.

Ames has companies that help erase the problem of parking and difficulties moving around the city.

It is just a matter of people realizing these options are here and then using them.

So leave your car at home, download the Uber app and get where you need to go.

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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.

QUORUM

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.iowasleg.is/legislator/ to get links that identify your house representative and senator.

There you will 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 Beth Wessel-Kroeschell (66th 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 multiple newspapers is allowed.

Democracy is a privilege that is imperiled if we do not exercise it.

Let’s keep it strong by speaking out.
Two games. Two losses to ranked opponents.

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 on the road 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.

“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.

“In 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.”

Emily Durr goes up for a shot during Iowa State’s 83-52 loss to No. 2 Baylor. The loss dropped the Cyclones to 12-10 (3-8 Big 12).

Durr, who has faced the Wildcats seven times, said shooting is the answer to beating Kansas State’s defense.

“We have a lot of shooters on this team.”

-Emily Durr
One Pan Italian Sausage and Veggies

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.

Honey Sriracha Glazed Meatballs

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 meatballs and serve immediately over brown rice.
If desired, top with green onions and a few sesame seeds.
Recipe courtesy of eatyourselfskinny.com.

BY JILL O'BRIEN
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New year, new meal prep
Recipes for keeping resolutions

One week into 2018 and New Year’s resolutions of healthier eating and working out may still be in the forefront of people’s minds. That said, try these meal prep recipes full of veggies, lean meats and whole grains to uphold that New Year’s resolution of eating better in 2018.

Ingredients
• 2 cups carrots
• 2 red potatoes, about 2 cups
• 1 small-medium zucchini, about 2 1/3 cups
• 2 red peppers, about 2 cups
• 1 head broccoli, about 1 1/2 cups
• 16 oz smoked Italian sausage, turkey or chicken

Seasonings
•1/2 tbsp dried basil, dried oregano, dried parsley and garlic powder
•1/2 tsp onion powder, dried thyme
•1/8 tsp red pepper flakes (optional)
•1/3 cup parmesan cheese, freshly grated (optional)
•4 1/2 tbsp olive oil
Fresh parsley, salt and pepper (optional)

Prep Time: 15 minutes
Cook Time: 30 minutes

Ingredients
• 2 lb. lean ground turkey
• 1 cup whole wheat panko breadcrumbs
• 2 eggs
• 1/4 cup green onions, chopped
• 1/2 tsp garlic powder
• 1/2 tsp salt
• 1/2 tsp black pepper

For sauce
• 1/4 cup Sriracha
• 3 tbsp reduced sodium soy sauce
• 3 tbsp rice vinegar
• 3 tbsp honey
• 1 tbsp grated fresh ginger
• 3 cloves garlic, minced
• 1/2 tsp toasted sesame oil

Prep Time: 15 minutes
Cook Time: 30 minutes
Submit a contract on AccessPlus and choose where you want to live beginning in January. Learn more at housing.iastate.edu