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While many believe ghosts and goblins come out during Halloween, at Iowa State some locals claim to have experienced paranormal activity year round.

HERE ARE A FEW OF THEIR STORIES:

FRILEY

Multiple tales haunt Friley’s halls, but two experiences by students are similar.

In 2015 Sarah Etheridge, senior in performing arts, was taking a shower at 1 a.m. on the third floor of Friley when the bathtub mysteriously turned on. She peeked out of her shower stall to check if she was the only person in there when suddenly all of the showers started streaming out hot water. She gathered her belongings and ran to the door, but as soon as she made it to the exit, all the showers turned off.

On the first floor, Andrew Smith, senior in design and performing arts and employee of Model Farm, was mesmerized by three isolated doors that were always locked. One night his freshman year, he came home late from the design building and decided to take a shower, which was a room near the three mysterious doors. He turned off the water and heard creaking amongst the pipes. Suddenly the other shower turned on.

“I went into full panic mode,” Smith said.

He ran back to his room. But, his curiosity with paranormal activity caused him to return to the scene and the showers were off. Smith had heard stories of the three rooms being haunted so he decided to investigate. When he tried to open the first door, it was locked. His hand gripped the second doorknob and it wouldn’t budge. However, the third door clicked open. He stepped in and there was nothing to be found.

“It was just eerie,” Smith said. “I don’t want to call it a presence, but there was a feeling of something else there.”

He retreated and shut the door behind him. As he began to walk away, he heard the door unlatch and swing open, but Smith had to keep walking.

MEMORIAL UNION

Late at night, Memorial Union staff have reported “the sound of what could be ghostly activity,” according to the Memorial Union website. The sound appears to belong to Hortense Elizabeth Wind, the only woman on the wall of more than 500 names of students or alumni that have lost their lives to war. She was a home economics graduate in
The non-tenure eligible task force is working to improve faculty ranks. The non-tenure eligible task force is working to make improvements for non-tenure eligible faculty. Non-tenure eligible, or NTE faculty are hired at Iowa State to assist with teaching, advising, research, or other operations on campus. The formation of the non-tenure eligible task force is a result of joint action between the faculty senate and the provost office. The task force is composed of representation from all of the colleges, including tenure eligible and non-tenure eligible faculty.

Robert Wallace, associate professor, previous faculty senate president, and chair of the NTE task force, wants to work toward improving the current faculty handbook.

He says the NTE task force was constituted in order to change the policies and procedures that are included in the handbook with respect to non-tenure eligible faculty.

"Part of this non-tenure eligible task force was to look at how we define the different groups of non-tenure eligible faculty on campus and then better articulate how they are to be reviewed, how they are to be hired and renewed," Wallace said. Currently, the only opportunity NTE faculty are given is the title of lecturer. After five years of service they are eligible to become senior lecturer, but have no higher rank to work toward.

The task force is working to implement a third rank, above the lecturer ranks for those NTE faculty who do excellent work. This rank would be referred to as principle lecturer.

"We want to acknowledge those people who are really contributing to the university for an extended period of time, to allow somewhat of a better career path for them with increased opportunities and increased salary," Wallace said. Another recommendation of the task force is to make a distinction between NTE faculty who have a terminal degree and those who do not.

Wallace said they want to create two entirely new tracks for acknowledging these people. NTE faculty who do have their terminal degree would be able to start at the rank of teaching assistant professor. After five years of service, they would be eligible to move up to teaching associate professor or teaching professor.

The new track would provide for people who perhaps have long term life experience in their department but do not have a terminal degree. These faculty members would be eligible to be associate professors of practice. Again, after five years of service, they would be able to earn the rank of associate professor of practice or professor of practice.

They want to modify the adjunct professor track, providing more flexibility in responsibilities and improve descriptions for evaluation, review, and renewal.

"President Tim Day, of the senate, has this as one of his high priorities," Wallace said, "in terms of getting this discussed adequately, vetted across campus and approved in some form, some time this year."
November hasn’t even begun and it’s already cold—why not keep warm and grow out your beard for a good cause? For the month of November, both men and women are choosing to put down their razors as part of a fundraiser for cancer research.

ISU No Shave is a fundraiser for the American Cancer Society started by Hannah Carlson in the fall of 2016. Many similar fundraisers are held nationwide, but Carlson chose this event to get people involved because it is entertaining, relatively simple and the help it brings is tremendous. ISU "My dad raised me by saying, ‘If you are in a position to help someone, you should help them,’” Carlson said.

Carlson is both a marketing major and the Marketing Chair for Iowa State’s Colleges Against Cancer chapter, and the topic it centers on is something she holds very close to her heart. After joining the committee her freshman year, she knew raising money for cancer research was something she really wanted to do.

Carlson has seen cancer come full circle in her family in both positive and negative ways, with her family celebrating triumphs against cancer and sharing in loss because of it. Carlson’s dad celebrated 10 years of being cancer free this last summer, but her freshman year was rocked by losing her uncle to cancer.

With possible budget cuts on cancer research in the near future, Carlson feels that it is extremely important to raise money for cancer now than ever before. “No matter what political side you are on, they are debating making budget cuts for cancer monies,” Carlson said. “That’s why right now it’s super important to raise money for the American Cancer Society.”

Iowa State Colleges Against Cancer puts on several events throughout the year, and although ISU No Shave is a relatively important event, the group’s largest event of the year is Relay for Life. At the end of the month, the money raised from No Shave goes directly toward one’s Relay For Life fundraising account, and helps continue to raise money for the American Cancer Society.

Although No Shave is fun for men because they get to show off their facial hair, women are not discouraged to participate in this fundraiser. At the end of the month, whoever fundraises the most money will win a prize.

There will also be prizes for people with the longest beard, best mustache, highest individual fundraiser and highest Greek chapter fundraiser. “As this will be our first official year, I am excited for what this event will bring,” Carlson said. If you haven’t signed up by Nov. 1, it’s not too late. Students can sign up for the fundraiser any time throughout the month of November.

To sign up, visit crowdrise.com/isunoshave to sign up, and with a simple donation of $10.00, students easily get a head start in fundraiser up until the group’s major events. Others, like family members and friends, can contribute donations to a student’s team, so sharing on social media in increase involvement is encouraged.

ISU No Shave kicks off their virtual event on Facebook, 6 to 7 p.m., Nov. 1.

For more information, visit Iowa State Colleges on Campus on Facebook at www.facebook.com/isu-cac/ for info on this year’s No Shave and other upcoming events.
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Iowa State Daily
620 Join up
61 Property
60 One on a ladder,
356 Tie the knot on
for university holidays, scheduled
Monday through Friday during the
Winter Break and the Spring Break.

FOR RELEASE APRIL 3, 2014

PUBLICATION BOARD:
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Los Angeles Times Daily Crossword Puzzle
By Don Gagliardo and C.C. Burnikel 4/3/14

SUDOKU
BY THE MEMPHEM GROUP

Complete the grid so each row, column and 3-by-
3 box (in bold borders) contains every digit, 1 to
9. For strategies on how to solve go to
www.sudoku.org.uk

CORRECTIONS
Yesterday the winners of Yell Like Hell were incor-
rectly listed as Alpha Delta Pi and FarmHouse. The
correct winners were Alpha Delta Pi, Alpha Sigma
Pi, Alpha Kappa Lambda, Chi Phi and Delta Phi
Lamba, Sorority Inc. The Daily regrets the error.
The Iowa State Daily welcomes comments and
suggestions or complaints about errors.
To submit a correction, please
contact our editor at 515-294-5688 or via email at
editor@iowastatedaily.com.
What's a great way to unwind after mid-terms? Go for a night out at Cy's Roost. With a relaxed atmosphere and convenient location on Welch Ave, Cy's is the place to be for a good deal and great time.

"I'm here because I don't have any exams this week," Joe Staudacher, sipping from a vodka soda, said. "And I'm here for the drinks."

Cy's was crawling with zombies celebrating Halloween, with many attendees splattered in red paint and fake black eyes.

"It's the zombie crawl, so a lot of people are dressed up," said Shelby Smith. "We're actually here because it's our friend's 21st birthday tonight, and they have a 21 mug punch card, which gets you 21 punches for $21. So you basically get mugs for a dollar each."

When asked what she was going as for Halloween, Smith said, "I'm going as Alice from Alice in Wonderland, which I'm really excited about."

Her friend, Kelly Rue, chimed in, "I'm going as a cat this year... mainly because it's cute and really easy."

At the other end of the bar sat an enthusiastic group of patrons with mugs scattered across their table.

"I've actually never been here, I'm from Nevada and I flew down for the weekend to see my fiancé," Alex Libby said. "We just came out here to get some drinks and hang out."
Feeling down Aries? You’ll be feeling back to your old self soon. Give yourself a break and take care of yourself, your mental health is important! Saturday is ideal to reflect on what you’ve done so far and what is needed to keep going. Good things are coming, Aries!

Watch your spending this week, Taurus. You may be feeling invincible because of a recent financial increase but burning through it quickly will only get you back to square one. Consider creating a budget or setting weekly spending limits and avoid making frivolous purchases!

You tend to worry about others before worrying about yourself, Gemini. Helping someone else may give you temporary satisfaction but it can also wear you down. This week, give yourself permission to say no if it won’t benefit you. Sometimes it’s okay to be a little selfish and this is one of those times. You have already given so much to others, now is the time to do something for yourself.

You are tired of your routine, Cancer. The stars are calling you to try something new and adventurous this week. Something completely out of your comfort zone is ideal. Whether it’s skydiving or hitting the bar scene, you will feel satisfied and proud of trying something different.

Nostalgia is calling you to meet up some old friends! Make plans for a classic hangout like Cy’s Roost and catch up. Thursday you’ll reconnect with an old friend. This is a low-key and fun week for you, Leo, enjoy it!

Right now, you’re holding onto something that isn’t doing anything beneficial for you, Virgo. Whether it’s a friend, romance, or job, now is a time to consider the good that could come about if you moved on. Consider your options and confide in a trusted friend to guide you.

How many weeks away is Thanksgiving break? You’re dragging your feet, Libra, but now is the time to power through and work to your full potential. Friday is your best time for productivity, so plan on spending some time at Parks Library or Caribou to do some homework or studying. Once you cross some things off your list, you’ll feel energized and ready for the weekend.

Everyone is drawn to you this week, Scorpio! You always have a winning personality and magnetic energy about you, but this week you want to show it off! Plan on a busy weekend filled with old and new friends. Friday night is your time to shine!

A vision or dream that you’ve had is finally beginning to work out. You may be feeling anxious about whether the timing is right. Allow it to work itself out and happen. You have been dreaming about this for too long to be second guessing if it’s the right time.

Your weekend will start out rather dull, Capricorn. Thanks to your creativity and charm, however, it will pick up the pace. Surround yourself with your favorite people and be the leader of the pack. Saturday night will be a memorable one!

Lucky Aquarius! Someone you admire is crushing on you hard. Saturday is the perfect time to plan a date to see if it’s a good match. You’ll be feeling extra confident and flirtatious. Word of advice: be your honest self. Your potential romance will admire that about you!

Someone close to you may be appearing distant lately. You tend you take things personally, Pisces, but this has nothing to do with you. Let this person know you’re there if they need you but give them the space they need right now. They’ll come around soon.

Q: What do mummies like to listen to on Halloween?
A: Wrap Music

Q: What do witches use in their hair?
A: Scare-Spray

Q: What do you call a single vampire?
A: A bat-chelor

Q: What ghost is the best dancer?
A: The Boogie Man

Q: Why did the police officer ticket the ghost on Halloween?
A: He didn’t have his haunting license
Cy’s 5 Fun Facts

Cy’s Roost, located at 121 Welch Ave, has been a staple bar in Ames for the past 30 years. At Cy’s people will find great drinks, good people, and an even better atmosphere. Some interesting and unique things about Cy’s Roost include...

1. Cy’s is part of the “Big Four” string that holds the best four bars in Ames together (Paddy’s, SIPS, Cy’s and Outlaws). The Big Four work individually and together to host events, gatherings and promote deals. The Big Four puts on an annual Breast Friends Bar Crawl to help support Breast Cancer Awareness each year to raise funds by selling the Breast Friends Mug.

2. The bar has a beer garden that includes an outdoor bar and games that for bar-goers to play with outside. Offered games include multiple giant Jenga games and cornhole.

3. Every Wednesday night, Cy’s holds a Ping Pong Tournament. The event starts at 10 p.m. with a $10 buy-in, which includes a pitcher to play the game. On Tuesday nights they hold their Mario Kart night, there’s a chance to win prizes like $25 Visa gift cards, and don’t forget their deals; wells and domestics two for $3.

4. Every week Cy’s holds Friday After Class (FAC) deals to help students (and faculty) unwind after a stressful week. FAC goes from 3 to 10 p.m... Some of the deals include $1 wells domestics.

5. Head there for any birthday; not just your 21st, to receive a punch card with 21 punches on it for free drinks (some drinks are worth more than one punch).
DARING PAIRINGS

EXILE’S BEATNIK SOUR + BRIE CHEESE & CRACKERS

BY MATILDA KEUNSTER
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Trying a ‘sour beer’ may seem like a daring feat, so, here are some tips to get the best out of a sour beer experience. Some of the better known sour beer styles are Flanders Red Ale, Gose, Berliner Weisse and American Style Sour Ales.

The Huffington Post helps explain the process of making a sour beer, “During the brewing process, wild yeast and bacteria were purposely introduced to the wort by cooling it in a large vat or by aging the beer in wooden barrels. The combination of bacteria and wild yeast created a sour flavor that is still characteristic of modern sour beers.”

Flanders Red Ale
This type of sour beer gets its name from the first place that this beer was brewed in Belgium, particularly the West Flanders Province. The beer gets its distinctive red hue from specialty malts that it is brewed with, and the acidity that it carries comes from the bacteria that is added to the oak barrels while it is maturing.

Gose
These are a traditional German-style unfiltered sour wheat beer that is really making a splash right now in America, with many breweries making their own spin-off of this. Gose sours contain both malted wheat and malted barley in their brewing process, as well as coriander and salt that are added during the process. Traditionally goes is spontaneously fermented; however, this can be replaced with primary fermentation. The result of this would be a low alcohol content, slightly tart, and lemony wheat-based beer.

Berliner Weisse
Berliner Weisse is another variation on a German sour wheat beer, only this one was first brewed right outside of Berlin in the late 1800s. With the style of beer, the grain bill is split between malted wheat and malted barley, like the Gose style. The finished beer has a low ABV between three and four percent, they can be mildly tart, clean and have a fruity character with a dry finish. These beers are traditionally accompanied by a fruit syrup that is added when serving for a shot of sweetness, such as green woodruff or berry syrup.

Local Sour Beers to Check Out:
Beatnik Sour, Exile Brewing, 5.6% ABV
Sidehill Sour, Big Grove Brewing, 4.2% ABV
Sour ‘N’ Dipity, Confluence Brewing, 6.9% ABV
Dragon Fandago, Toppling Goliath, 5% ABV

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DARING PAIRINGS...
Vodka originally comes from the Slavic word for water ‘voda.’ Allowing certain grains, fruits and sugars to ferment so that they produce an intoxicating beverage has been around since the beginning of time. Vodka is a diverse alcohol in the sense that it can be made from just about any sugar-filled plant matter; wheat, rice, barley, molasses, potatoes and even grapes. In order to create vodka, anything containing starch or sugar is fermented. Vodka is an alcoholic beverage distilled at a high proof, otherwise known as a measure of alcohol percentage, from a fermented vegetable or grain mash. The process of fermentation is a chemical change caused by the yeast, bacteria and mold in a vegetable organism.

1. **Mash**
   - The manufacturing process of vodka begins with preparing the mash. This is when the grain or vegetables (depending on what kind of vodka flavor you’re going for) are loaded into what is called an automatic mash tub. Ground malt meal is added to help convert starches to sugars.

2. **Sterilization**
   - The second step is an important one; sterilization. In order to prevent the growth of bacteria, the mash is sterilized by heating it to the boiling point. Afterwards, it is injected with lactic-acid bacteria to raise the acid level needed for fermentation because this doesn’t happen naturally.

3. **Fermentation**
   - Step number three: fermentation. The now sterilized mash is poured into large stainless-steel vats where next, yeast is added. Over the next few days, the yeast in the vat converts the sugary mash to liquid ethyl alcohol.

4. **Boiling**
   - During the next step, a stainless steel still is heated just below the boiling point of alcohol. Alcohol evaporates, is forced through chambers and eventually a condensing coil where it cools and is collected as liquid alcohol. This step in the manufacturing process, distillation, and rectification, significantly removes impurities in the alcohol.

5. **Water**
   - Because the concentrated vapor from step four is about 95% straight grain alcohol, water needs to be added to bring the alcohol percentage down to a desirable level.

6. **Clean**
   - During the final step of the process bottles are cleaned, filled, capped, sealed, labeled, and usually loaded into shipping containers. The finished vodka must be stored in glass bottles due to the non-reactive nature of glass.

7. **Distillation**
   - During the distillation step, professional taste testers sample vodka from several batches to maintain consistent taste quality among bottles. These testers ensure the vodka made is of the highest quality and ready to be sold to consumers.

Do you think that what occurs in a college bar is normal? Think again.

When was the last time you went to the bars sober... Well, The Draft dares YOU to go-out (without drinking) and let us know what you see or hear! There’s an entire list of unusual things college students do/say that wouldn’t be “normal” in reality. We would love to hear what you find.

Here are some personal experiences those of us with The Draft have had to deal with... Losing personal space once entering a bar is part of the inevitable. Alcohol kicks in and people just want to be wanted and loved! Oh, a lot of times people will think you’re invisible and walk right into you without an apology. "Excuse you!"

All types of emotions can be seen at a bar, the good, bad and ugly. A lot of this depends on what you’re drinking; dark liquor is associated with the stereotype of making people angry and aggressive, which never ends well. Stay at the bar long enough and you may hear senseless arguments going on.

Along with emotions, there are the random make out sessions that seem to come out of nowhere. It’s no surprise to find strangers locking lips in the basements or corners of bars. "Hey, I don’t know you, but I think you’re cute. Want to go downstairs and make out?"

Just when you thought it couldn’t get any worse, somebody spills a drink on you. And it’s not just a little spill. You were just watching an intense make out session and the next moment, there is an entire Vodka Cranberry accessorizing your outfit. “Thanks, a lot!”

AJ’s has the ultimate dance floor, it’s almost as if the people on stage are professionals. If you walk into AJ’s on a Saturday night you better bring your moves! If you’ve ever seen the dance battle scene from “White Chicks,” you know exactly what we’re talking about.

Sometimes you just need to take a break and go to the bathroom, only to find the nicest girls. You may even have class with them and they’ve never said a word to you but now all the sudden you’re best friends because you’re drunk going to the bathroom at the same time. "OMG I LOVE YOUR OUTFIT! WHERE DID YOU GET THOSE SHOES WORK IT GIRL!"

CLOSING TIME! Students hate to see the lights come on and hear the classic song “Closing Time” because that means the fun is about to end. But, the inappropriate comments and gestures don’t have to. People have no sense of manners at 2 a.m. and all of a sudden you start getting stares you typically wouldn’t on a Monday afternoon. “That’s hot,” or “Can I get your number?”

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**Vodka Education**

**BY JILLIAN MCKEE**
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**Unusual Things Students Do in Bars**

**BY PAIGE STEPHENSON**
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**HAPPY HOUR**

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**THE DRAFT**

For Advertising: [advertising supplement](mailto:advertising supplement)
The Adelante Club was incorporated as Adelante Fraternity on November 12, 1912. Since that time it has repeatedly turned down requests to become a chapter of a national social fraternity and is today Iowa State’s only unaffiliated local fraternity.

The founders set up high ideals of scholarship, fellowship, leadership and adopted the Spanish word Adelante, which means “forward.”

To provide a permanent home for its members, to uphold the higher and broader ideals of college life, to be always ready to aid in promoting a better college spirit, to foster the democratic ideals on which our institution is founded, and to aid its members in attaining moral, intellectual, and social excellence. These are the purposes of Adelante.

The Adelante Andiron, 1957

www.adelante.org
What is your desired cocktail?

1) What type of alcohol do you prefer in a cocktail?
   A) Whiskey
   B) Rum
   C) Gin
   D) Whiskey

2) What is your favorite garnish?
   A) Cherry
   B) Lemon spiral
   C) A wedge of lime
   D) Lemon rind, sugar glass or orange slice

3) What type of glass do you like to drink from?
   A) Cocktail glass
   B) Highball glass
   C) Rocks glass
   D) Old fashion glass, cobbler

4) How is your favorite cocktail prepared?
   A) Stirred and garnished
   B) Stirred gently and poured over ice
   C) Add it right to the glass stacked with ice
   D) Shake with ice then poured

5) What else would you prefer be mixed in your cocktail?
   A) Sweet Vermouth and bitters
   B) A splash of cola
   C) Bubbly tonic
   D) Lemon juice and sugar, with the occasional egg white

If you picked A for most of the answers, your cocktail of choice is a Manhattan. The Manhattan is a standard drink, often offered in cafes, restaurants and most bars.

If you picked B for most of the answers, your cocktail of choice is a Long Island Iced Tea. This drink can be varied by adding different amounts of the five alcohols needed to create it.

If you picked C for most of the answer, your cocktail of choice is a Gin and Tonic. The flavor can be drastically altered depending on the brand of Gin used to make the drink. Some of the most common brands of gin used are Beefeater, Sacred and Sipsmith.

If you picked D for most of the answer, your cocktail of choice is a Whiskey Sour. The most common whiskey used to create a Whiskey Sour is bourbon and rye whiskey. An unusual ingredient that is occasionally added to the drink is egg white.
JOIN THE DRAFT SATURDAY NIGHT

WHERE YOU GET THE VIP Treatment
Don’t be stupid on Halloween

Whether you believe Halloween is a made-up holiday for candy and costume companies to cash in on or you live for dressing up in costumes and putting yourself into a massive sugar coma, it’s important to remember a few things about the holiday. Mainly — be smart.

Like any holiday, Halloween isn’t an excuse to get so intoxicated that you become a danger to yourself or those around you. It’s no secret that many college students drink, but please do so safely.

Many of the Halloween festivities and bar deals took place over the weekend, but you should drink responsibly on the actual holiday as well.

The Iowa State University Police Tweeted that there were 42 citations, seven arrests and 26 first aid calls at the game on Saturday.

Whether this was due to the excitement over the big ISU win, Homecoming or Halloween is of course unclear.

However, there are some things that we each experience and interpret on our own. Only we can speak to how those experiences have impacted us. As college students and millennials, we are often placed in the same box. However, as we know, our identity impacts our experience.

For example, look at my experience here at Iowa State University. I am a white, cisgender male that studies agriculture and identifies as a member of the LGBT community.

My identities conflict with the boxes that society tries to place me in. Each of my experiences on our campus has formed me piece-by-piece into who I am today, and I know that no one else can understand them like I do. The crucial part is that we share them so people can sympathize.

I write today to ask you, my fellow Cyclones, regardless of race, gender, sexual identity or any other defining factor to share your experience. The Campus Climate Survey will remain open until Nov. 7 and it’s time for us to stand up and share our experiences.

It is your opportunity to make your voice heard, so we can build a better, more inclusive campus for generations to come.
Johnson: Iowa State's rock

BY NOAH ROHLFING
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A lost year for the Cyclones' women's soccer team wasn't exactly how Brianna Johnson wanted to end her college career.

Iowa State has been eliminated from competing in the Big 12 soccer conference tournament. A road game against newcomers Kansas State on Oct. 27 was her swan song. Johnson will graduate in May with a degree in kinesiology.

"I learned to never take anything for granted," Johnson said in a reflective tone. "I was here for five years and it still flew by." The Cyclones' starting center back has seen her fair share of highs and lows since arriving in Ames from Northwest High School in Fort Worth, Texas. She is the only player on the roster who arrived during the days of former coach Wendy Dillinger, who was at Iowa State from 2008 to 2013.

The longest tenured Cyclone has become a defensive stalwart over the past three years, culminating in playing every minute of the 2016 season and leading the Cyclones to the cusp of the NCAA tournament.

Despite falling just short at 10-8-1, it was Iowa State's best season since the team's only NCAA tournament appearance in 2005 (11-7-3).

Johnson had a frustrating freshman year in which she played in only two games, but in her second year she began to steadily increase her contributions.

Head coach Tony Minatta described her freshman year as one of learning how to adjust to the Big 12 level.

"When she first got here, she struggled a lot," Minatta said. "I don't even think she was 18 yet when she got here. It was a matter of getting confidence and understanding the workload required at this level.

In her second year, small steps were made. The Cyclones finished 7-11 on the season and failed to make the tournament, and she appeared in five games off the bench.

However, it wasn't until her redshirt sophomore year that she began to make a lasting impact.

Starting 17 of the team's 18 games in a 6-12 season, she established herself as a leader for the Cyclones and has since provided her defensive line with what Minatta calls, "a calming presence."

Junior defender Jordan Enga, who has played with Johnson since she was a freshman and made the transition from left back to center back this year, is thankful for Johnson's help and guidance.

"It's awesome having someone that I can look up to and help me transition to center back," Enga said.

She became an ever-present force in 2016 and led the Cyclones to the team's best performance under Minatta. She's started in 17 of Iowa State's 18 games this season.

Despite the 3-12-3 record, Johnson has been a boon for Iowa State in the midst of a season that deteriorated due to injuries and overtime heartbreak.

Johnson's senior year has served as an opportunity to use her position as co-captain to prepare her teammates for not just the next game but for the years ahead.

Her self-described style of "leading by example" has been vital.

Johnson was the lone returning starter from last year's backline, as injury ended the season of fellow senior and right back Sasha Strinon and held sophomore defender Carly Langhurst out for almost two months.

The players were given extended minutes in new positions with no prior experience in those roles.

While that did damage the attack and contribute to Iowa State's poor finish to the season, the Cyclones still managed to get consistent performances out of their backline.

Sophomore defender Merin Mundt moved from left wing to left back in the third game of the season, and she attributes the defensive solidity of the team to Johnson.

"She can deal with any kind of situation on the field," Mundt said.

The youthfulness of the 2017 team has also been apparent. With only three seniors seeing the field this year and with injuries forcing Minatta's hand, three underclassmen have seen time in defense.

Freshman defender Shelyn Sullivan came to Ames as a center back but she has seen time at right back and left back this year, and started in place of the now-injured Mundt against Texas Tech.

Sullivan sees Johnson as a role model on the field.

"For me, she helps with everything," Sullivan said. "She sets a really good example for me. She never gives up."

Junior midfielder Emily Steil echoed her teammates and summed up why Johnson will be missed by this Cyclones team.

"Bri is our rock," Steil said. "She's not the most outspoken person in the world but she leads with her actions."
Cold and flu survival guide

BY MANICHANH NAONADY
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Despite attempts to avoid illness, cold and flu season has come to campus. Here are some home remedies for when you’re feeling under the weather, so you can kick those sick days and be back to normal in no time.

Homemade Cough Remedy

Prep Time: 5 minutes
2 tablespoons raw apple cider vinegar
2 tablespoons honey
2 tablespoons water
1/8 teaspoon cayenne pepper
1/4 teaspoon ground ginger
Place all the ingredients in a small jar and stir to combine. Leave at room temperature for a few days or store in refrigerator for longer shelf life. Shake well before using.
Recipe courtesy of barefeetinthekitchen.com

Apple Cider Vinegar Elixir

Prep Time: 5 minutes
1 1/2 cup cold water
2 tablespoons of apple juice
2 tablespoons of raw apple cider vinegar
1/2 teaspoon cinnamon
1/2 teaspoon sugar
Place all the ingredients together in a glass. Stir and enjoy.
Recipe courtesy of delightedmomma.com

Chicken Noodle Soup

Prep Time: 20 minutes
1 tablespoon vegetable oil
2 cloves garlic, diced
1/4 cup white onion, diced
3/4 cup carrots, chopped
3/4 cup celery, chopped
2 cups shredded cooked chicken
2 cups uncooked wide egg noodles
1 tablespoon chopped fresh parsley
1/4 teaspoon salt
1/4 teaspoon pepper
1 dried bay leaf
5 cups chicken broth

In a 3-quart saucepan, heat oil over medium heat. Add garlic, onions, carrots and celery. Cook until carrots and celery are slightly tender, stirring occasionally. Stir in remaining ingredients. Heat until boiling; reduce heat. Stir occasionally until noodles are tender. Remove bay leaf. Cool for five minutes before serving.
Recipe courtesy of bettycrocker.com

Classic Hot Toddy

(21 and older for this recipe)
Prep Time: 5 minutes
2 tablespoons bourbon
1 tablespoon honey
2 teaspoons lemon juice
1/2 cup boiling water
Pour bourbon, honey and lemon juice in mug. Pour in hot water and stir until honey is dissolved.
Recipe courtesy of epicurious.com
1915 who died as a chief dietitian due to the flu epidemic. She is honored in the “integrity” stain glass.

MARSTON HALL
Kerry Anne Dixon, facilities project manager, believes a little girl haunts the hall of Marston Hall. During the 2016 renovation, Dixon was hearing multiple stories of people hearing a little girl laugh on the upper levels of the building. They didn’t know whose child would be running through what was then a construction zone. However, Dixon experienced the young girl's giggles for herself and there was no one to be found. During the construction small things continued to be moved around or misplaced without explanation.

When one of the project engineers from the construction management firm was walking through the building, locking up at night all of the toilets flushed at once. Dixon doesn’t believe it was a prank as there were four floors of bathrooms that flushed.

“Our little girl was at it again, she never did anything vicious, just a little mischievous,” Dixon said. “She’s not really been around much of the first floor, but we heard her giggles for herself and there was no one to be found.”

MUSIC HALL
Former Iowa State student, Erin Cochran, was waiting for a friend in a practice room of the Music Hall. It was approximately 11 p.m. and Cochran assumed the building was mostly empty.

The sound of a piano was coming from another room. Curiously, Cochran began to investigate and realized the tunes were coming from the practice room next door.

“I peek inside and the lights were off so I knocked to see if someone was in there,” Cochran said. “There was no response. I opened the door and there was not a soul inside.”

The employee believed someone was playing a trick on them, so they straightened out the exhibit was being shown and when they started their shift the student realized that all the place settings were moved to a precise 45 degree angle.

The employee called the main office and nobody confessed to the joke. The University informed her that she had been the only employee who checked in and out of the Farm House.

FARM HOUSE MUSEUM
David Faux, program assistant of University Museums, explained the dining setting in the Farm House Museum was late Victorian styled.

A student employee was working at the time the exhibit was being shown and when they started their shift the student realized that all the place settings were moved to a precise 45 degree angle.

The employee believed someone was playing a trick on them, so they straightened out the settings and continued on her shift.

The next day, the same employee returned for her next shift. All the settings were placed back to the 45 degree angle.

The employee called the main office and asked that whomever was playing the trick would stop. Nobody confessed to the joke.

When the employee returned for their next shift the following week, the place setting was at 45 degrees.

“I guess [the employee] took the time to actually physically thread and sew each piece of silverware into the table cloth,” Faux said.

As the employee walked in the next day for their shift, the thread had been snipped and all the place settings were changed to the mysterious 45 degree angle.

Frustrated, the employee called the university to see who had keyed in and out of the Farm House.

The University informed her that she had been the only employee who checked in and out of the building.

“(The employee) freaked out,” Faux said. “She refused to work there any longer. Another student who worked there came in set it to normal and it never happened again.”

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