MUFFINS, MAN
Check out three delicious muffin recipes to stress bake before finals and brighten your morning.

AGRICULTURE IN IOWA
Former Iowa Governor Tom Vilsack will speak about culture change and agriculture at 7 p.m. tonight in the Memorial Union.

DIVING INTO SERVICE

The pool in Beyer Hall is typically used for competitive purpose, but Wednesday night, a special event was hosted there. The Combat Water Survival Training (CWST) is an event held annually for the Army ROTC at Iowa State. Students in the Army ROTC have to pass this test before they graduate.

For some, the event is not seen as a challenge, but rather as an exciting opportunity to better themselves.

“It’s supposed to build confidence in the water, and confidence in yourself,” said Nick Arevalo, senior in mechanical engineering. Arevalo has done this challenge twice before and he is just as excited for his third time.

“Once I did it, it was actually kind of fun. Now, it’s actually something I look forward to,” Arevalo said.

The CWST consists of five different events. These events test the swimming abilities of the Army ROTC students. In the first event, the cadets swam laps in the pool for ten minutes straight without stopping or holding on to anything. It isn’t important how fast the cadets swim in this event.

The second event consisted of treading water for five minutes straight.

For the third event, cadets wore a load bearing vest (LBV) and carried a rubber rifle. The cadets were then required to jump in the pool, get out of the LBV and get rid of the rifle in the shortest amount of time possible before coming back to the surface of the water.

In the fourth event, students had to swim across the pool from one side to the other while holding the rubber rifle above the water the entire time.

The fifth event was the highlight for some of the cadets, but it was the event that tested the cadets’ courage the most. Cadets walked up the stairs of the three-meter diving board, held the rubber rifle out in front of them and walked off the diving board blindfolded.

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For Shelby Robinson, junior in animal science, the diving board has been her favorite event. She has participated in the CWST several times and has always enjoyed the jump.

“I think you feel pretty good about yourself after you go off, because you’re blindfolded,” Robinson said.

All of these events happened simultaneously, which helped the cadets get more involved and have a lot of fun during the CWST.

One other aspect of the CWST that really stands out is for the seniors. In past years, they were required to jump off the high dive blindfolded. When they jumped, their position after they graduate was shouted out to them.

“The jump was a test of courage and trust, but after coming back up to the surface and knowing their position, it was a jump that was well worth it,” said Lt. Col. Ethan Dial.

This year, the Army ROTC did this event for seniors in a different way. Instead of finding out during the jump, the seniors were told their positions on Tuesday.

“This event has been going on since as long as I can remember,” said Lt. Col. Ethan Dial. “It’s not as challenging athletically as it is for their confidence. The cadets have a lot of fun with this event.”

It was an exciting moment for all, but the days before they found out their positions were full of nerves and suspense.

“The week leading up to this was really nerve-wracking, because you really have no idea where you’re going to fall,” said Charles Bormann, senior in the Army ROTC.

For one cadet, he still hasn’t found out his future position. Peter Watkins is a senior, but he will be graduating in the fall of 2018. Even though most of the cadets in the Army ROTC get a position in their top choices, waiting for his position still gives Watkins a lot of nerves.

“It’s nerve-wracking because you don’t want to be the one to not get what you want,” Watkins said.

However, he is still excited for the day he finds out.

“I’m hopeful, because everyone mostly got what they wanted,” Watkins said. “I got to watch all my friends and roommates get the choice they wanted.”

BY SARA PETERSEN
@iowastatedaily.com

MIKINNA KERNS/IOWA STATE DAILY and ISAIAH JOHNSON/IOWA STATE DAILY
Cody West and Cody Smith have been working within a period of transition.

Last March, the duo secured their bid for Student Government president and vice president. Eleven days later, then-President Steven Leath announced he would be submitting his resignation from Iowa State to instead continue as president of Auburn University.

A month and a half later, the Board of Regents would undergo a leadership change with a new president and two new board members. Additionally, Kim Reynolds would assume the governor’s office in late May.

Everything, it seemed, was shifting.

From Student Government president to the president of the United States, 2017 was a year of elections and transitions, something West and Smith felt they could and have tried to use to their full advantage.

“I think it’s made us be more flexible and adaptable than a lot of other people in the past,” Smith said.

“It doesn’t set you back, but you have to be a lot more methodical and thoughtful on how you approach certain things knowing that the same members haven’t been around the table during the entire process,” West said.

With only a few months left until the end of their term, West and Smith agreed.

“It’s going to be definitely getting her on page five in the room next semester navigating what the students can handle as far as that tuition increase goes,” Smith said. “It’s very obviously changed the culture and tone here at Iowa State compared to when President Leath was here.”

However, with nearly two years under his belt of working with administrators and nearly a year for Smith, they feel they’re “at the point now where we know most of the people in positions of leadership on campus.”

“We hope to use that to our advantage. I also think it’s really interesting too, we used the transition period to improve at all levels,” Smith said.

He noted that even during the administration, the campus climate as notably changed.

“Here at the university, President [Benjamin] Allen has been way more responsive to campus events and way more sensitive to the feelings of minority students and more vocal about that,” he said. “It’s very obviously changed the culture and tone here at Iowa State compared to when President Leath was here.”

So, what are West and Smith hoping to accomplish in the remainder of the term? Here’s a brief rundown, with a wide range of topics from athletics and residence to safety and affordability.

Residential rating system: “The residential rating system is a student rating system for housing. I think that is a great thing to get started and I hope that whoever comes in next will continue that conversation. I, at least, want to have the guidelines and what that badge of honor looks like, what are the stipulations, how do we get business on board? Also, how can we tie Rent Smart into that? That is definitely one of my primary things,” Smith said.

Collaboration with the athletics department: “One thing we do not do a whole lot of — used to but not anymore — is work with athletics. I don’t know if we do any of these already, but one is providing a student discount for concessions at games. Second thing, West Virginia started a really cool program this year where they started a raffle for first generation and Pell-eligible students for season ticket holders. I think that would be a really cool thing to start at Iowa State — just providing that opportunity for those students,” West said.

Low-interest loan program: “We realized that with tuition going up, especially if the 7 percent plan were to go in effect, we would have to target resources to the students who need it the most in order to keep our enrollment steady. The baseline point that we’re trying to get home is that this could be a program where the state could see a great return on investment,” Smith said.

Tuition increases: “Because the state regents have pretty much given us their word that unless the university was cut an ungodly amount, we would only do one tuition increase this year. We are going to be in the room next semester navigating what the students can handle as far as that tuition increase goes and also if we are going to have to look at cutting programs at Iowa State, and I think they are going to include us in those conversations,” West said.

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Discussing the role of residency

Iowa State experienced an uptick in need for on-campus housing and the lagging resources of what already existed. In order to combat this, Geoffroy Hall was built. Now, accommodating housing for students is not as large a problem with the rise of off-campus housing.

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Agriculture and Climate Change

Tom Vilsack

Tom Vilsack served as Secretary of the U.S. Department of Agriculture for eight years in the Obama administration and is now president and CEO of the U.S. Dairy Export Council.

Thursday, November 16, 2017

7 pm - Great Hall, Memorial Union

INDIVA (funded by Student Government)

Sponsored By: Citizens Climate Lobby, Des Moines Interfaith Green-Coalition Environment Law & Policy Center, Iowa Environmental Council, Iowa Interfaith Power & Light, National Affairs Series (funded by Student Government)

7 pm - Great Hall, Memorial Union

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BY RYAN.PATTEE

@iowastatedaily.com

Earlier this year, the Iowa Legislature passed a law pitting Ames residents against each other. On one side were landlords and property managers, breathing a sigh of relief that Ames can now better restrict occupancy based on familial status. On the other side were neighborhood associations, fearful that without the ordinance, their neighborhoods and houses would become largely renter-occupied.

Caught in the middle? Students — aware of the large impact their temporary presence has on Iowa’s lease and Ames’ ordinances on housing. Working under a deadline of Jan. 1, 2018, the city has discussed limiting low-density residential housing based on student status, number of bedrooms and even parking spaces. Other issues have been raised, too, such as: Is the city taking a proactive or reactive approach to rental enforcement? Which is the better option?

As a way to better understand the issue of housing in Ames — specifically relating to rentals in single-family residential homes and neighborhoods — and its impact on students, the Iowa State Daily has created a series of articles looking at the issue that affects our city, our residents, our landlords and our students. This is the seventh article in that series.

Realtors are interviewed with city, student and university officials and stakeholders on how rental housing directly, and indirectly, impacts them.

For the first time in a while, Iowa State has more beds available to its students than it does students who need them. Nine years ago, housing on-campus looked entirely different.

“Since 2008, demand for on-campus student housing has grown about 58 percent,” said Pete Englin, director of the Department of Residence. “We only had 7,900 people living on campus which was the lowest it had been since 1991.”

A constant, however, has been a draw for students in case of an emergency.”

And Iowa State is no stranger to accommodating students — particularly in 2008 when it experienced the uptick in need for on-campus housing and the lagging resources of what already existed.

In order to combat this, Iowa State needed to make some quick adjustments, such as building Geoffroy Hall, a new residence hall on Lincoln Way.

Now, accommodating housing for students is not as large a problem as it was back in 2008, Rutherford said, and neither is getting students the help they need.

“There’s help on the Iowa State website with many different avenues to help ISU students use the resources and come to talk to us,” Rutherford said. “If you’re having issues, they can be easily solved, and students can easily be helped. Please talk to us, our staff, we have departments to help you.”

This raises the question, however, what about students that live off campus — the ones who do not live in the jurisdiction of Iowa State?

“Our role is to come in and help someone if they need a place to live,” Rutherford said. “There are some resources that the university can help with, but not with the [off-campus] housing department.”

Student Legal Services is the proper place to go if a student is having issues with housing off-campus. Englin listed some other issues students may run into, as well.

“In our case, it’s a student lives with a shortage of money and they come to us, if the leases are run through Iowa State we will release them from their contract,” Englin said. “If they are off-campus and they’ve signed a lease… there is very little we can do.

“What we will often do is refer them to Student Legal Services to see if there is anything in the lease agreement that they signed with someone else to see if it gives them any sort of flexibility and latitude,” he said.

Many students choose off-campus because they feel it may be cheaper or will have more independence than on-campus. Englin negated this.

“We have a number of different price points on campus, and I would argue if you look at some of those apartment communities you can’t find cheaper housing in the Ames community,” Englin said.
POLICE BLOTTER
11.14.17

An individual reported the theft of a bicycle at 119-512 Stanton Ave (reported at 1:54 p.m.).

An officer checked on the welfare of an individual at Geoffrey Hall (reported at 10:04 p.m.).

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IOWA STATE DAILY

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Women athletes inspire hard work

BY REBECCA NELSON
@iowastatedaily.com

Support women’s and men’s sports equally

Two hours, 26 minutes and 53 seconds. To you, this is the length of a lab, a flight home for Thanksgiving break or how much sleep you got last night. For Shalane Flanagan, every second was history. Every minute was a star. For this woman to continue to persist, to want to win just because she didn’t win, she wasn’t seen as a role model or competitor stated she was born in Boulder, Colorado and raised in Massachusetts, becoming a runner from the start, striving to get to the finish line. By the time she was 18 years old, she was running cross country at North Carolina State winning several national titles. She then went on to assist coaching with the cross country team at Portland State University, impacting several young adults just like her, just like you and me.

Last Sunday, her life was changed, by just a few minutes. We all woke up Monday morning heard the news, read the headlines and then moved on with our daily lives. What we failed to celebrate was not just this incredible runner, but the mother and woman behind her title. After winning, Flanagan told the NY Post a list of “life lessons” she has learned, including how important self-care was to achieving her goals. After a minor set back from a back injury she decided to take 10 weeks off from running, instead going on vacation, spending time with her daughters, as well as writing another cookbook. To call this woman a runner is a disgrace, she’s a super hero.

This three-time Olympic runner is not hyped enough. Just three years ago, Flanagan finished the Boston Marathon with the fastest time by an American woman in the race’s history. Runners World reported her time at two hours, 22 minutes and two seconds, beating her time achieved last Sunday. However, just because she didn’t win, she wasn’t seen as a role model or champion. For this woman to continue to persist, to want to win more than anything is truly amazing.

So often we ignore the good in the media, and focus on the drama, the violence and the unnecessary. Even in sports, we ignore the women because they “don’t win” or come in “second.” It’s time we see that women are lighting the path for the younger generations in so many different settings. Flanagan not only represents persistence, but she represents focus, hard work and having big dreams. For men and women all over the world, all over our campus, she has made strides for all of us to continue our personal races.

Columnist Rebecca Nelson believes women athletes deserve more attention for the determination and hard work they display. Nelson believes these qualities can inspire the next generation.

Flanagan is not just another Olympic medalist running for money and press. She has a story, like all of you. Running Coach Bill Fennelly, the women’s basketball team has built. It is notable to be at a school that pushes women’s and men’s sports equally.

There’s nothing that inherently makes women’s sports less interesting than men’s sports. With more women making editorial decisions, women’s sports are likely to get more coverage. The age old argument is men’s sports make more money than women’s sports. But men’s sports are also marketed more than women’s sports. The paradigm has to be shifted somewhere.

Push for more women in sports journalism. Often women don’t go into sports journalism because there aren't enough role models in the field, research from the City University London and the University of Huddersfield shows. With more women making editorial decisions, women’s sports are likely to get more coverage.

Flanagan represents persistence, focus, hard work and having big dreams. Let’s celebrate the success of women’s athletics just as you would for men’s athletics. Let’s start by recognizing the fanbase the women’s basketball team has built.
After Iowa State men's basketball media day on Oct. 17, the team knew redshirt junior Nick Weiler-Babb and senior Donovan Jackson were going to be the primary leaders.

The two averaged just over 10 points last season combined but with Monte Morris, Naz Mitrou-Long, Deonte Burton and Matt Thomas gone this season, it’s their time to shine.

Even coach Steve Prohm said the young team is looking up to those two to control the offense and give the right types of encouragement throughout the season.

Maybe they need a little encouragement themselves before a long weekend in South Carolina for the Puerto Rico Tip-Off.

"Last year, [Jackson] was a part of a lot of success and a lot of special moments," Prohm said. "I need to talk with him tomorrow and continue to encourage him."

To start this season, Iowa State is 0-2 and the two guards are averaging 17.5 points per game, with the majority of the points coming from Weiler-Babb who had 14 points at Missouri and 11 points against Milwaukee.

The two also have a combined five assists within those two games with all five coming from Weiler-Babb on Friday night against the Tigers. They also hold 11 turnovers in the first two games.

Prohm needs those two to step up as leaders during this tough stretch and especially with new territory coming at the Cyclones this upcoming weekend.

Iowa State will be heading east to Myrtle Beach, South Carolina, to participate in the Puerto Rico Tip-Off starting Thursday and running until the end of the weekend Sunday.

This will be the first time for many of the Cyclones’ players to play in a tournament-type atmosphere with a high level of competition each game. There are eight teams, including Iowa State, that will be making the trip to South Carolina for the tournament.

Illinois State was 28-7 overall and 17-1 in the Missouri Valley Conference last season. The Redbirds made it to the National Invitation Tournament (NIT) last season and will be playing South Carolina on Thursday. The Gamecocks finished their 2016-17 season 26-11 overall and 12-6 in the SEC and lost to Gonzaga in the Final Four in the 2017 NCAA Tournament.

Boise State is another team that had a winning record last season, going 20-12 overall and 12-6 in the Mountain West Conference. The Broncos lost in the second round of the NIT and have won against their two opponents by an average of 30 points per game.

Boise State will take on University of Texas at El Paso on Thursday, who finished the 2016-17 season with a 15-17 overall record and a 12-6 record in Conference USA. The Miners didn’t reach a tournament at the end of the season and just recently won by 50 points on Friday night against Louisiana College.

Tulsa also finished 15-17 overall last season with a 8-10 record in the American Athletic Conference. The Golden Hurricanes didn’t reach a tournament last season, but are 1-1 to start the 2017-18 season.

Western Michigan will take on Tulsa on Thursday night after having a 16-16 record overall and an 11-7 record in the Mid-American Conference. The team didn’t reach a tournament at the end of the season.

Tulsa also finished 15-17 overall last season with a 8-10 record in the American Athletic Conference. The Golden Hurricanes didn’t reach a tournament last season, but are 1-1 to start the 2017-18 season.

Besides those three matchups, the final one is Iowa State and Appalachian State.

The Appalachian State Mountaineers haven’t had a winning season since 2010-11 when it went 17-15. Last season, the Mountaineers went 9-21 overall and 4-14 in the Sun Belt Conference.

Even with a losing season last year, Appalachian State is starting off this season 2-0 with dominating performances. The Mountaineers started the regular season with a 101-point victory, 135-34, over Toccoa Falls College and won their second game 95-57 over Bridgewater College.

Weiler-Babb and Jackson will have their hands full Thursday night against two powerful point guards for the Mountaineers.
LIFESTYLE 07

**Free “Gas Money” for Your Next Trip Home**

We’re offering you a $20 Casey’s Gift Card if you do us a favor. (And you’ll be a hero to seniors in your hometown!)

We made this offer 2 weeks ago, and over 100 students signed up. Here’s your chance to do the same on your trip home for Thanksgiving.

We have over 1,000 leftover copies of our hard-cover book (at left). It’s filled with full-color pictures and warm stories shared by Iowans.

We’re getting ready to do a second edition of this book. But…what should we do with all these leftovers of the first edition? We decided people in Iowa retirement facilities would love paging through this book!

So we’re going to give all these copies free to retirement facilities across Iowa.

But…How Do We Get Them There? We are asking you and other ISU students to help us. Instead of paying to ship the books, we’ll pay you to take 25 copies to your Iowa community.

We’ll give you a $20.00 Casey’s gift card…if during your next trip home you and/or your parents will drop off copies of these books at several senior centers in your hometown. The card can be used for gas, pizza or snacks at any Casey’s store. (See $100.00 bonus offer below.)

**For Details:** Stop at the Our Iowa offices (address below) any time between 10 a.m. and 5 p.m. Mon.-Fri., Nov. 13-17. We’ll briefly explain what’s expected of you, then give you a box of 25 books and the $20.00 Casey’s gift card. (And tell how you can earn an extra $10.00 card.)

**$100.00 BONUS!** After this program is complete on Dec. 1, we will draw three names from all those who participated…and those three students will receive a $100.00 Casey’s gift card!

Recipe courtesy of foodandwine.com.

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**BLUEBERRY CRUMB MUFFINS**

**Crumb Topping:**
- 1 cup all-purpose flour
- 3 tsp light brown sugar
- 2 tsp sugar
- 1 tsp baking powder
- 6 tsp unsalted butter, melted

**Muffins:**
- 1 3/4 cups all-purpose flour
- 2 1/4 tsp baking powder
- 1/2 tsp salt
- 1 cup sugar
- 1 cup sugar
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 cup pecans, chopped

In a medium bowl, combine the flour, brown sugar, sugar, baking powder and salt. Stir in the melted butter, pinch to form pea-size crumbs.

Heat oven to 375°F. Line muffin tin with liners. In a medium bowl, combine flour, baking powder and salt. In a large bowl, whisk the sugar, eggs and oil. Beat in milk and vanilla extract. Add the flour mixture to the wet mixture until smooth. Gently fold in blueberries. Fill muffin liners till 3/4 full and sprinkle with crumb topping mixture. Bake for 25 to 30 minutes. Cool for five minutes before serving.

Recipe courtesy of foodandwine.com.

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**BANANA NUT MUFFINS**

**Prep Time: 10 minutes  
Cook Time: 20 minutes**

- 2 cups all-purpose flour
- 1 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup light brown sugar
- 12 tbsp unsalted butter, melted and cooled
- 2 large eggs
- 1 tsp vanilla extract
- 1/2 cup pecans, chopped

Heat oven to 375°F. Line muffin tin with liners. In a small bowl, mash two bananas with a fork; set aside. In a medium bowl, whisk the other two bananas and brown sugar until smooth. Mix in the melted butter, eggs and vanilla extract. Add the flour mixture to the wet mixture until smooth. Gently fold in mashed bananas and pecans. Fill muffin liners till 3/4 full. Bake for 18 to 20 minutes. Cool for five minutes before serving.

Recipe courtesy of foodnetwork.com.

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**CRANBERRY-ORANGE MUFFINS**

**Prep Time: 20 minutes  
Cook Time: 25 minutes**

- 2 cups all-purpose flour
- 1/2 cup sugar
- 1/2 cup light brown sugar
- 2 tsp baking powder
- 1 large egg
- 4 tbsp unsalted butter, melted
- 1/2 cup of milk
- 1 cup pulp-free orange juice
- 1 cup fresh cranberries
- 1/2 cup pecans, chopped

Heat oven to 375°F. Line muffin tin with liners. In a medium bowl, whisk the egg, melted butter, milk and orange juice. Add the egg mixture to the dry mixture until smooth. Gently fold in cranberries and pecans. Fill muffin liners till 3/4 full. Bake for 20 to 25 minutes. Cool for five minutes before serving.

Recipe courtesy of williams-sonoma.com.
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