```c
/*
 * Lab0.c
 *
 * Created: 1/31/2017 10:48:01 AM
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 */

#define F_CPU 16000000L //Clock speed of Arduino 16 MHz

#include <avr/io.h>
#include <util/delay.h>

// Define function prototypes
void pin_init(void);
void pin_high(void);
void pin_low(void);

// Write functions
void pin_init(void){
    // Specify the pin5 on portB (1<<DDB5) to out
    DDRB = (1<<DDB5);
    // Set this pin as LOW
    PORTB = (0<<PORTB5);
    }

void pin_high(void){
    // Set pin5 on portB as HIGH
    PORTB = (1<<PORTB5);
}

void pin_low(void){
    // Set pin5 on portB as LOW
    PORTB = (0<<PORTB5);
}

// Main program
int main(void)
{
    pin_init();
    /* Replace with your application code */
    while (1)  // run indefinitely
    {
        pin_low();
        _delay_ms(1000);
        pin_high();
        _delay_ms(1000);
    }
}
```