veterans resemble Founding Fathers
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Daily scoop

News:
Fireworks on display in Ames
Interested in the Fourth of July fireworks show? Check in with the Iowa State Daily at iowastatedaily.com to find out where and what time fireworks and other Fourth of July celebrations will be in Ames and surrounding areas.

Entertainment:
80/35 music festival in Des Moines
Music festival 80/35 is taking place Friday and Saturday at Western Gateway Park in downtown Des Moines. Check iowastatedaily.com for online coverage.

Human Trafficking:
Part four of human trafficking series
Part four of the Iowa State Daily’s human trafficking series will be available online on July 3. This week’s article takes the angle of the trafficking of children and how it has hit home right here in Iowa.

News:
Student loans interest rate doubles
The student loan interest rate doubled on July 1 due to lack of action by congress. The interest rate on Federal Stafford Subsidized loans doubled from 3.4 to 6.8 percent. Congress left for the Fourth of July holiday with a promise to return with a solution. Check online with the Iowa State Daily to see if a change is made by July 10.

Education:
Public relations added as a major
Iowa State’s Greenlee School of Journalism and Mass Communication will offer a public relations degree program beginning fall 2013. The Board of Regents approved the program last week.

Police blotter

April 27
A water leak caused a fire alarm to activate at the Food Sciences Building (reported at 4:52 a.m.).

Luis Sanchez, 18, 2411 Wilson Hall, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at Wilson Hall. He was subsequently released on citation (reported at 7:36 p.m.).

Nicholas Goings, 19, 1594 Helser Hall, was cited for underage possession of alcohol at Helser Hall (reported at 10:07 p.m.).

Zackary Cordes, 20, of Buffalo, Minn., was cited for underage possession of alcohol at Baker Street and Lynn Avenue (reported at 2:33 a.m.).

April 28
Adolfo Ninaquispe, 28, 519 Welch Ave., was arrested and charged with public intoxication (second offense), disorderly conduct, and interference with official acts at the 400 block of Stanton Avenue (reported at 2:54 a.m.).

An individual reported the theft of license plates at Lot S8. The incident occurred sometime between April 14 and April 28 (reported at 2:56 p.m.).

Vehicles driven by Pavel Szczetanczyk and Shubang Sridhar were involved in a property-damage collision at Lot 3 (reported at 5:33 p.m.).

May 1
An individual reported the theft of an iPod at the Landscape Architecture (reported at 1 a.m.).
What are you doing for the Fourth of July?

Yichao Dou
Sophomore
Mechanical Engineering

Stated that he wasn’t doing anything too special for the Fourth of July.

Eric Lee
Senior
Chemical Engineering

Stated that his favorite Fourth of July activity was by far the fireworks and Bombpops popsicle sticks.

Brittany Alley
Non-degree
Liberal Arts and Sciences

Said that her family created a new tradition involving a huge Fourth of July party with friends and family at her mother’s house.

Grace Kikkebusch
Summer Intern

Said her favorite Fourth of July activity was boating and spending time with friends and family.

Dan Weller
Summer Intern

“All of the above! Boating, fireworks, hanging with friends. Can I say drinking in the paper? Because I will be drinking.”
By Beau Berkley
@iowastatedaily.com

On June 22, 2013, Iowa State announced the hiring of new track and field director Martin Smith. With five national titles, 25 conference titles, two national coach of the year awards and 300 All-Americans spanning during his 35-year career with five different teams in five different conferences, Smith has figured out how to not only build a program, but also how to live and thrive outside his comfort zone.

When did you start talking with Iowa State?
I talked to Jamie [Pollard] probably within a day after he heard from Corey [Ihmels], that he was gonna head out to Boise. Then I had met with Jamie for the first step of the interview process last Wednesday, [June 19].

And you and Mr. Pollard have a history together?
Yes, Jamie was actually in the administration at Wisconsin when I was on the coaching staff for cross country and track and field.

What else about Iowa State drew you here?
I don’t know if there was any single factor, other than it just felt right for Renee and I. We had been at Oklahoma for eight years and had been very fortunate to have a good experience there and a strong commitment to the cross country and track and field program. The opportunity to get little bit closer to [wife] Renee’s home in Madison, Wis. She has a family farm there and we’re having our first grandchild in December, so there were some personal reasons that related to family that were very strong. Obviously, the fact that this program has a really rich tradition going back to Bill [Bergan] and Chris [Murray] with the women and the work each subsequent coach has done. Corey has built a really strong distance/cross country program and that was my event area, so the fact that in the latter part of my career I might be able to focus a little more of my energies into the area where I started out was very appealing. It just felt right.

You’ve had success coaching long-distance, and in the last five years that has been the ISU women’s staple. How do you continue that success?
Well, each coach will do it their own way, but how do you do it? The first thing will be to complete the staff, so we make sure we have the right staff on board, so we can then make sure that we are covering all of the different event areas, with a focus on men’s and women’s cross country because the season is right around the corner, and then as soon as I get a little bit organized here, our recruiting period begins July 1, so to achieve that level of success, we’re going to have to have strong recruiting years and try to bring in that caliber of talent that Corey brought in.

How do you get the team to come full circle so the sprinters, hurdlers, throwers and long distance runners are all competing at a high level?
Obviously, you have to recruit competitive talent at the Big 12 level and beyond and hopefully get the staff that can coach them up and build them to that level, and then it’s just a day-to-day process of building a culture and environment where athletes enjoy the expectation and accountability, that we can be successful at the Big 12 level as a track team. You use the distance core as a catalyst to show what can and can’t be done. There are pockets on the existing team that are strong, we just need to fill in the gaps and have a little more depth in those areas.

In recent years, the men’s team has been overshadowed by the women’s success. How do you bring the men up to that same level?
Hard work. There’s a fairly consistent pattern here: Those areas of the program that have been exceptionally strong and fairly successful, how do you maintain that? It’s simple. Work smart hard. Be relentless and not let that standard drop. And in those areas that haven’t been as strong, it’s the same formula: Intelligent hard work based around a team approach and just being totally committed to not settling for anything less than fixing those holes, and that’s a process that doesn’t necessarily happen over night. It’s the long path, and you have to stay the course and have endurance. In the practical sense, that can’t be impacted if you don’t have the best teachers that are the right fit for Iowa State. If they [athletes] like living here and they believe in what we’re doing: they’re going to do a better job in the classroom and in practice. Everything else will take care of itself; quite truthfully.

You’ve been able to win with every team you’ve coached, what is your coaching philosophy like?
Well, just never give up. I don’t really spend a lot of time in self-reflection of why things work, probably more of why things didn’t work. I think if there were some common denominators, they would possibly be that I tend to have great endurance not to give up and I genuinely enjoy what I’m doing. There are long hard hours, that’s true for anyone who’s successful in their endeavor, but I kind of don’t look at it as a job, it’s just something I really enjoy doing.

Excluding the SEC, you have coached in almost every conference. What is the biggest thing you have taken away from coaching in all those different locations?
They’re all different, yet in the end, they are all the same. Each conference has been neat, they all reflect the geography of where they are located and the institutions. Conferences back then were a little more homogeneous before the movement began, so they had histories and traditions and they used to reflect that. The Big Ten had a certain profile, the Pac-10 had a certain profile and when I was with the ACC it had a certain profile. They’re all learning experiences and they build on your learning curve and take away something from each one. At the time, I never thought anything of it. It gives you a chance to have a broader view of things and forces you to adapt and think outside your comfort zone because you have to evolve and change as you enter each new place. I find that very healthy and it keeps you on your toes. It’s something I personally enjoy and helps keep me motivated.

Which of the regions did you enjoy living in the most?
You know, I’ve liked them all. I loved living in Eugene, Ore.; Madison, Wis. was awesome; Charlottesville, Va.; Norman, Okla., like Ames, was a neat college town with a relatively small population base, so I’ve just been lucky that we’ve enjoyed everywhere we’ve lived and hope that it continues. This one is a little more natural fit for us since I spent many years in the Midwest while at Wisconsin and my wife is from Wisconsin.
History on Campus: Parks Library

By Miranda Cantrell
@iowastatedaily.com

The first library building was built in 1925. Prior to that, the university’s written collections had been housed at various times in Old Main, Morrill Hall and Beardshear Hall. The first addition to the library was completed in 1961 on the west side of the original building. A second addition was completed in 1969, this time adding a multi-tier stack and an extension to the first addition.

It is the third addition to the library, however, that is most important. The third addition was completed in 1983, and brought the library to four times its original size. This vast expansion of the library was spearheaded by then-Iowa State President W. Robert Parks and his wife, Ellen. In 1984, the library was officially dedicated and named after the Parks family. The newly christened Parks Library quickly gained recognition as one of the most impressive college library facilities in the country.

Parks Library has numerous collections and resources available for students to utilize. As of 2012, the library has nearly three million books in its collection, and thousands of academic journals, photographs, slides, and video and audio materials.

The main circulation desk is located near the entrance of Parks, where students may check out books they find within the open stacks. The media center, in the lower level of the building, is where students can check out various media resources and use the in-house audio/visual equipment to view non-circulating media materials. Scanning and printing services are also here.

Some of the most interesting library materials can be found in the Special Collections department, located on the top floor of Parks. This department houses the biggest, smallest, oldest and most rare books in the library’s collection. None of the materials kept here can be checked out, but students can request to look at a specific item. Special Collections also maintains the University Archives, which “collects, describes, preserves and exhibits university records that contain historical, administrative, legal, or fiscal value.”

Along with its various academic materials and resources, the library features numerous art displays, several of which were created by famous artists. Iowa native Grant Wood (of American Gothic fame) created several murals depicting the influence of agriculture on American life. These murals adorn the first floor of the library.

The works of famed sculptor Christian Petersen also grace the interior of the library building. Petersen came to Iowa State in 1934 and taught until 1955 in a converted studio space in the Quadrangle (now Lagomarcino Hall.) Petersen’s sculpture entitled “Boy and Girl” sits in the landing of the first floor stairwell of the original library building, while “Old Woman in Prayer” stands in the southeast corner of the glass curtain wall of the 1983 addition.

Lastly, Parks Library is the home of the Bookends Cafe, located on the first floor just beyond the Reading Room. This ISU Dining-run cafe serves Roasterie coffee, espresso beverages, smoothies and other blended and specialty drinks, as well as various food items.
The fight isn’t over for student loans

Sour news reached the ears of thousands of students on the morning of July 1, as Congress’s inability to come to a decision resulted in a tremendous interest rate spike.

The debate on Stafford loan rates was reborn from last year, when Congress pushed a one-year extension of the 3.4 percent interest rate to create time for a longer-lasting decision to be reached. However, the year provided has come and gone without the creation of any long-term agreements.

Fears of this rate hike have echoed since the beginning of summer, as the current Congress has proven itself unwilling to resolve many debates.

Once the rate hike sets in, interest rates on subsidized Stafford loans will jump from 3.4 percent to 6.8 percent.

This is terrible news for students who depend on government loans. Congress’ indecision will cost the average student with Stafford loans approximately $2,600, according to a Congressional report.

Even when college educations are sometimes close to or more than $40,000, $2,600 is a hefty chunk. To many eligible for college on solely academics, it’s a big enough chunk that higher education may not be an option.

Imagine working through four years of high school, hoping that your GPA and test scores will grant you the federal or scholarship assistance you need to afford college. Imagine graduating and planning for your university education only to have the cost jump by over $2,000 for each year.

Dreadful as the interest spike is, the game isn’t over yet. The loan rates have doubled as of July 1, but a retroactive decision may be made to overturn this.

As the interest hike rolled in, Congress was released for a week-long recess during the Fourth of July holiday. If enough public outrage is stirred up by the time Congress meets again on July 9, perhaps it will address the problem with more urgency. Many Congressmen have expressed they wish to retroactively “fix” this spike. However, they have differing ideas of solutions.

Democrats want to extend the 3.4 percent interest rate until 2015, while Republicans want to have a more flexible rate that matches market interest rates, not exceeding 8.25 percent.

In either case, this is not the time to quietly accept the decisions made by federal lawmakers. Even if you are not personally affected by the increase, undoubtedly you have a friend or family member who depends on the consistency of low loan rates previously provided by the government.

In order to convince Congress that a decision must be reached, complaints have to be voiced. Letters and emails to your Congressmen have all the power that they used to, but in the present day and age, social media outrage can be even more effective.

To prevent the interest spike from hurting the future of thousands of students, we have to make a little noise.

Strut your stuff: Take Pride in your freedom

On June 30, I participated in my first LGBT Pride Parade. My day started out by waking up at 6 a.m., picking up a couple friends, riding the Metro into Chicago’s loop and preparing for the world’s single greatest celebration of equality.

The train ride into the city was full of rainbows and glitter. People were pouring into Chicago from all directions, at every moment of the day, via every mode of transportation. It became quickly apparent that the easiest way to navigate from the Metro, to the Loop, to Boystown was to simply “follow the rainbows.”

So, we followed the rainbows. We boarded the elevated rail for north Chicago’s Belmont Avenue and walked off into a sea of fabulousness. One of the first things I saw was two women sporting nearly-nude pairs of breasts, confidently walking by a gaggle of Chicago police officers. The next thing I saw was the bare behind of an equally confident man.

To Belmont, the train car we chose happened to be full of mostly female high schoolers all decked out in Pridewear - in less clothing than their parents would care to see. While scoffing at the brace-faced, underwear-clad 14-year-old, I was simultaneously thinking about what freedom means to an adolescent growing up to inevitable adulthood. I became lucid in the idea that that experience could be pivotal in their maturing.

Those who have long matured and are old enough to be the
grandfather of said 14-year-old have already lived a lifetime of marriage and sexual discrimination, whether they were straight or not. Between the older generation and the pubescent, age mattered little, and everyone revelled in the celebration of freedom.

Walking through the crowd of more than one million people, the fascination continued. There would be a typical suburban-esque family talking with a “Dykes on Bikes” couple. If you have a better example of breaking barriers, I’d love to hear it.

I was happy to see parents taking children as young as 3 years old to Pride. It shows there is hope for a future America that will be less discriminatory and offer more freedom than ever before. These children will grow up knowing that a straight person is not better than a gay person, and that marriage and sex is not controlled nor defined by heterosexuals.

Pride is not exclusively a celebration of the LGBT community. That is definitely how it started 44 years ago in Chicago, but it has since evolved into a celebration of freedom and human rights. Rights of love and freedom of expression as well as the desire for removal of victimless crimes are what define Pride.

The Pride Parade is the be-all-end-all form of public displays of freedom; I would even argue that you’re not a true American until you’ve been to a Pride parade or minimally entertained the idea.

Ian Timberlake is a senior in aerospace engineering from Chicago, Illinois.
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A maple tree is planted outside of the north end of the Memorial Union. The tree was planted as a dedication for the Vietnam Veterans who attended Iowa State University by the ISU Veterans Club in the fall of 1978.

Founders and veterans leaders in community

By Katie.Grunewald @iowastatedaily.com

The nation’s Founding Fathers signed and adopted the Declaration of Independence 237 years ago.

Those men and women wanted and fought for their freedom and independence from Great Britain. Today, men and women continue to fight for those same freedoms.

“ISU veterans are heroes and sheroes,” said Dr. Tom Hill, Senior Vice President of Student Affairs at Iowa State.

“What they bring is a reminder of what it takes to be a great country, which is committed citizens who serve their country.”

Jathan Chicoine, Veterans Services Coordinator at Iowa State, has a mission of “strengthening the lives of veterans, military personal, their families, and our community.”

The Founding Fathers of the United States of America were political leaders who signed the United States Declaration of Independence, took part in the American Revolutionary War, and established the United States Constitution. Just like the people who founded the United States, current veterans are leaders.

“Veterans are really natural leaders in a lot of ways. A veteran could have been a platoon leader, had multiple deployments and was responsible for the wellness of their soldiers,” Chicoine said.

The change in responsibility some veterans face when returning home to civilian life can be a difficult one.

“It’s a challenging thing to go from an environment where you’re recognized for your accomplishments to an environment that doesn’t,” Chicoine said.

“That can be a common thread for my brothers and sisters that go from leadership roles to an environment that doesn’t see their potential. Finding a place to fit in, in a civilian context is challenging. When I was thrust into leadership roles, I became a natural...
veterans resemble Founding Fathers

leader in my family, my community and my nation.”

While the transition to civilian life can be a challenging one, many veterans begin that transition by seeking higher education. When veterans interact and connect with each at colleges and universities, they can pursue a higher education while reflecting on a common experience with other veterans.

“When we put veterans back in leadership roles they excel. It benefits our entire university system inviting them into that discussion, and for the average student here at Iowa State, it really is an opportunity,” Chicoine said. “What’s amazing is when you stop and think about it, you see the fortitude and dedication and gifts all of these students bring to this university.”

Chicoine received a text message from a student who had been deployed several times and had experienced “every obstacle imaginable,” who had just received a B on their math final.

That is one example of the dedication the veteran students have to their schooling.

At Iowa State, veterans have the Veterans Center as one resource.

“Sometimes the Veterans Center is rich with conversation and people connecting. That’s the privilege I get to have being in here. The connections that happen for people just coming into the university and visiting with another student that’s been through the same thing they have. These circles of support begin to emerge organically, and we naturally support one another,” said Chicoine.

The Veterans Center has a commitment to provide the best support possible to veterans, and place a high value on their ability to learn, grow and adapt to continue to provide the best resources possible, according to Chicoine.

“I have an opportunity to organize different resources available with the tremendous amount of support around the university.

The VA certifying officials, the financial aid staff, the account receivable staff are all terrific people here to help veterans,” said Chicoine.

The Founding Fathers are veterans in their own way. They all had the same mission and came from very similar walks of life. Veterans today are not one demographic, they come from all different walks of life and all have their own experiences.

“Vets are difficult to stereotype what the veteran thinks because they are not one demographic,” Chicoine said. “When you visit with individuals who served in the military, we have all kinds of experience. It’s a different culture and sometimes reintegrating into that discussion, and sometimes reintegrating back into a university system can be difficult.”

Chicoine decided his junior year of high school that he wanted to serve in the military, and served in the U.S. Navy for six years after he graduated high school. His father and brother were also both in the U.S. Navy.

“I decided when I was going to serve in the military in Special Forces and that was a big decision and I had to do my homework,” Chicoine said. “My biggest concern was I would regret it, but it was the right decision for me at that time in my life. My military service doesn’t define who I am, but it certainly was a huge part of my life story.”

There are several opportunities at Iowa State to interact with veterans, but this is something often overlooked by people who are not directly associated with them.

“The privilege I have is for many people it’s about fireworks and an opportunity to get out of a day’s work, but I think any sort of holiday like this is an opportunity to reflect more deeply on the men and women who serve and continue to serve for each of us as a society.”

Jathan Chicoine

“The privilege I have is to continually work with extraordinary men and women,” Chicoine said. “Sometimes I believe that we need to increase dialogue across our university setting and across our communities to create deeper empathy for the sacrifices and services veterans and their families make. If you’re not a veteran or directly connected, then you don’t have to think about it a whole lot.”

Telling the stories of veterans is important, but Chicoine urges people to not forget about the families of veterans.

“I think it’s important to shift the focus from veterans to those affected, it allows for opportunities to create empathy,” Chicoine said. “Everybody wants to focus on what’s going on with veterans, but we can’t forget about the families.”

There is a rich history of military tradition at Iowa State. The Gold Star Hall, in the Memorial Union, is one example.

“A lot of times people miss it, but if you walk just north of the Memorial Union, there is a maple tree,” said Chicoine. “Little things like that we might miss if we don’t think about it, and take time to notice.”

The ISU Veterans Club planted the tree during the Vietnam War era in 1978. Under the tree there is a plaque that reads, “May this Crimson Maple stand in honor of those who served, and symbolize our future growth in peace and prosperity.”

“Veterans bring a wealth of experience and knowledge about the world and the value of freedom to our campus,” Hill said. “Our role in serving those who have served us is to provide them with first class service and respect, and it is an honor to have the opportunity to serve them.”

237 years ago the Founding Fathers of the United States declared the nation’s independence, that is the significance of the Fourth of July.

“I think the Fourth of July is an opportunity for us to reflect more deeply on our own story and the context of the society in which we live,” Chicoine said.

“For many people it’s about fireworks and opportunity to get out of a day’s work, but I think any sort of holiday like this is an opportunity to reflect more deeply on the men and women who serve and continue to serve for each of us as a society.”
Former Cyclone gives back

By Kalyn. Gallup
@iowastatedaily.com

To work on his master's program, former ISU football player Ben Durbin hosted a non-profit youth football camp, Champions of the Cardinal and Gold, on June 29 in Gilbert, Iowa, giving back to his supportive community.

The camp, which featured various stations that taught kids the basics of every position, went from 9 a.m. to 11 a.m. Roughly 120 kids signed up and about 30 others walked in, despite minimal advertising. Camp coordinators handed out flyers and got support from businesses, while avoiding Iowa State’s copyrights.

Volunteers helped direct each session to best help kids understand the importance of every position on the field. Children were grouped by age and rotated through timed stations, each with different curriculum based on the position.

The stations ranged from tackling, to catching long passes, to accelerating, juking and spinning. Each ended in a team-building pep talk.

“We organized it this way because a lot of kids are put into a single role, even though there might be a big kid out there with a really great throwing arm,” Durbin said. “We wanted to give them a chance to try out every single position.”

Many volunteers were also football players from Iowa State, or had previous football experience. Some came from churches, some were friends of Durbin, but all expressed that they were there to help give back to the community.

Former Cyclone defensive end Roosevelt Maggitt said he was happy to volunteer.

“I love working with kids, and this is a great opportunity to give back to the community through the children,” Maggitt said.

Former Cyclone and current New York Jets defensive end Jake McDonough also volunteered at the camp.

“I think it’s great to see ISU give back to the community,” McDonough said. “And give others opportunities that we didn’t have. I wish there were more camps like this when I was a kid. It’s exciting that we had such a great turn out today.”

This session not only helped the children, but also gave back to the community Durbin said he appreciated so much.
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Transform Trucking is associated with EFCO Corp in Des Moines, IA, is currently hiring experienced flatbed drivers for its trucking operation. Excellent pay, new Peterbilt, home weekly, paid vacation, 10 paid holidays, health, life, dental, 401K, 27 year old company. Call 800-747-4835 or email don.peterson@efcoforms.com. (INCN)

TanTara Transportation is now hiring OTR Drivers APU Equipped Pre-Pass EZ-pass passenger policy. 2012 & Newer equipment. 100% NO TOUCH. Butler Transport 1-800-528-7825

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**Crossword**

**Across**

1. Bug spray target
2. Hospital bug
14. Where the buck stops?
15. Opening of a memorable walrus song
16. F follower in vintage TV
17. Pius XII’s successor
19. Totaled
20. Trailer caution
21. Breaks down slowly
23. “Beowulf” translator Heaney
24. John of “Harold & Kumar” movies
25. Confused
26. Firms
27. “__ melt”
29. USPS assignment
30. Huff
31. Not likely to fall
33. Mesa natives
35. Road hog?
38. Magic power
42. Material flaw
43. Laid the groundwork for?
44. Didn’t quite expect
45. God that leaves one smitten
46. Dr. Dean ___ of talk radio
47. “Groundhog Day”
48. Stephen King classic
49. In a single effort
50. Lore components
51. Capital near the Red Sea
52. Celebrity perks
53. Employ with vigor
54. Pew part
55. Humanities dept.

**Down**

1. Fiddles with
2. Situation when the first pitch is thrown
3. Like many “Argo” militants
4. One of five popes, ironically
5. Mortgage payment component
6. “__ the Falling Snow”: Enya song
7. Golden ratio symbol
8. Intensified
9. Blade brand
10. “__ space
11. Hang out (with)
12. Cookbook phrase
13. Laid eyes on
18. Ice-breaking aid
22. Over the hill, say
24. Saw your breath while singing, maybe
27. Ponder
28. Quaint pointing word
31. Giving a once-over, with “up”
32. Subtle absorption
34. Symbol of tiredness
35. Pompadour sporter
36. One way to Martha’s Vineyard
37. Showed affection for, in a way
39. Begins to share
40. Maker of Natural Glow lotions
41. Meandering journey
44. Georgian greeting
46. Catch
48. Butcher block wood
50. Vittles
51. Jet
54. Swear words

---

**Sudoku by the Mepham 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 Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

**Thursday’s solution**

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<td>3</td>
<td>2</td>
<td>7</td>
</tr>
</tbody>
</table>
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**LEVEL:** 1 2 3 4

---

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Weekly Horoscope by Jennifer Shepherd

**Aries**
March 21–April 19
Don’t measure your accomplishments against those of other people. Even if you’re not yet happily married with three kids, the sun is reminding you that you’ve been making progress with your personal life. Don’t give up on being in a great soulmate relationship someday.

**Cancer**
June 22–July 22
The moon is giving you some great ideas about how to improve your life. You might be thinking about getting in shape, adopting a new life philosophy, or joining a social group where you’ll find like-minded people. All of these things would be good for you.

**Libra**
Sept. 23–Oct. 23
Someone from your past might get in touch with you again out of the blue, courtesy of Mercury. This could be a former flame who is still thinking about you. But before you rush back into a romantic entanglement, make sure you know what you’re doing.

**Capricorn**
Dec. 22–Jan. 19
With three planets opposite your sign, take it easy. Don’t put a lot of pressure on yourself to figure everything out about life and love. You need to time to relax, have fun, and be entertained with simple activities.

**Taurus**
April 20–May 20
Sensitive Mercury is urging you to take notice of things that must be dealt with. You might be feeling restless about your current romantic relationship. The moon is giving you an itch.

**Leo**
July 23–Aug. 22
Sometimes you give too much. Make sure you’re not providing the sole emotional or financial support within your romantic relationship. The moon is reminding you that you need to seek more equality and balance with your partner.

**Scorpio**
Oct. 24–Nov. 2
Things could reach a breaking point within a relationship that has had its share of problems. A moon opposition is reminding you of all the stuff that isn’t working. Try not to lose yourself in negativity, though. Find a rational way to discuss your issues.

**Aquarius**
Jan. 20–Feb. 18
As a social Air sign, friendships are more important to you than love relationships. You enjoy being with a partner, but only if you can still spend lots of times with your other friends. These issues could surface this week, thanks to Venus.

**Gemini**
May 21–June 21
You could feel pulled in several directions at once. Mars is making you a little anxious, and you probably believe that you need to make a big decision. But this isn’t the right time to do anything too dramatic. Instead, take time to consider all of your options.

**Virgo**
Aug. 23–Sept. 22
A practical moon is showing you that there might be elements of your social life that aren’t working. If you’re feeling drained by toxic friends or negative coworkers, limit your contact with them. Spend time with people with great energy.

**Sagittarius**
Nov. 22–Dec. 21
Mars is giving you an itch. You’re feeling restless about your current romantic situation. If you’re in a relationship, you could be wondering if it’s time to end things. If you’re single, you can’t stand being alone and might be tempted to have a sudden fling.

**Pisces**
Feb. 19–March 20
Friendly Jupiter is bringing you luck. You’ll find it easy to present yourself in a positive way if you have to go to an interview, give a speech, or go out on a first date. Expect people to be impressed by your many charms.

**Fun Facts**

Cats cannot taste sugar. They do not have sweet taste buds.

The University of Minnesota is older than the state of Minnesota.

In the early days of firefighting, the Dalmatian served an important purpose. They not only made good watchdogs, they also formed very close bonds with the station horses and kept them company.

Mr. Clean has a seldom-used first name: “Veritably.” The name came from a “Give Mr. Clean a First Name” promotion in 1962.

Henry Ford was a proponent of hiring the handicapped. In 1919, more than 20% of his workforce had some form of disability.

The original name for the starship in Star Trek was “Yorktown,” not “Enterprise”.

The first single issued by singer-songwriter Cat Stevens was titled “I Love My Dog.”

The Flatfish is born with one eye on each side of its head, giving it a grotesque appearance. As it grows, one eye begins to move until both are on the same side, allowing the fish to lie on the ocean floor and scan above for food.
Daily by the day

**WEDNESDAY**

North Grand Farmers’ Market
What: Shop fresh, local goods and products at the North Grand Farmers’ Market every Wednesday and Saturday from April through October.
When: 8 a.m. to 1 p.m.
Where: North Grand Mall

**THURSDAY**

Ames Municipal Band Patriotic Concert
What: Concertgoers will have the opportunity to meet the Ames City Council. Ames Municipal Band concert is conducted by Michael Goelmo.
When: 8 to 9 p.m.
Where: Durham Bandshell

5! On the 4th! 5k Race
What: Join the annual 5! on the 4th! 5k Race. Families welcome! Medals presented by Core Members.
When: 8 a.m.
Where: Ada Hayden Heritage Park

Ames Fourth of July Parade
What: Make your way to Ames’ Main Street for an enjoyable Fourth of July.
When: 11 a.m.
Where: Downtown Ames

Community Pancake Breakfast
What: Join the City of Ames’ Mayor and City Council for their annual Community Pancake Breakfast before the parade!
When: 8:30 to 10:30 a.m.
Where: Ames City Hall

**FRIDAY**

Ames on the Half Shell
What: Join the Ames Jaycees for a weekly Friday night live band extravaganza in downtown Ames. Enjoy the awesome sounds of many local bands, socialize with friends and enjoy a fun-filled evening of warm, summer weather. The costs are $4 per person, but free for kids 10 and under.
When: 5 to 8 p.m.
Where: Ames Bandshell Park, Downtown, Ames

Live Music at Snus Hill Winery
What: Make your way to Snus Hill Winery to enjoy an evening of live rock ‘n’ roll music with Hold On!
When: 6:30 to 9:30 p.m.
Where: Snus Hill Winery in Madrid, Iowa

Independence Day Fireworks Display
What: The Ames Independence Day Fireworks Display will begin at dusk.
When: Dusk
Where: Jack Trice Stadium Parking lot

**SATURDAY**

Ames Main Street Farmer’s Market
What: Make your way to the Ames Main Street Farmer’s Market to find the best locally-grown produce, baked goods and crafts! YPA Kids Zone will be present as well!
When: 8 a.m. to 12 p.m.
Where: 400 Block Main Street, Tom Evans Plaza

North Grand Farmers’ Market
What: Shop fresh, local goods and products at the North Grand Farmers’ Market every Wednesday and Saturday from April through October.
When: 8 a.m. to 1 p.m.
Where: North Grand Mall

Discovery Station
What: Join Reiman Gardens for their Discovery Station!
When: 10 to 11 a.m.
Where: Reiman Gardens

**SUNDAY**

Live Music at Snus Hill Winery
What: Make your way to Snus Hill Winery to enjoy an afternoon of live blues music with Bebad and His Case of the Blues!
When: 2 to 5 p.m.
Where: Snus Hill Winery in Madrid, Iowa

**MONDAY**

Great Plants for Iowa Series
What: Join Reiman Gardens for this educational series designed to help develop your knowledge of the wide variety of garden plants that grow well in Central Iowa.
When: 6 to 8:30 p.m.
Where: Reiman Gardens

**TUESDAY**

Kids’ Story Time
What: Each session features a theme with two or three books read aloud, followed by a related craft or activity. The books, crafts and activities are intended for children ages two to seven years old. All children must be accompanied by an adult.
When: 10 to 11:30 a.m.
Where: Reiman Gardens

**WEDNESDAY**

Intermediate Photoshop
What: Build on your basic understanding of Photoshop to learn new processes and techniques. This class will cover things like adjustment layers, filters, color adjustment, layer effects, and blending modes as well as other more advanced tools. Participants should have a basic understanding of some Photoshop tools and their functions.
When: 6:30 to 8 p.m.
Where: Workspace, Memorial Union