Iowa State Daily (Celebrate Summer 07-2012)

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Come Celebrate the 4th of July with Star Spangled Events on Main Street

Fun for the Whole Family!

Wednesday, July 4th

8:30am - 10:30am Pancake Breakfast (City Hall)
9am - 11am Billy Riley Talent Search @ Tom Evans Plaza
11am Parade
Noon - 3pm Festival on Burnett Avenue

Tuesday, July 3rd
10pm Fireworks

Main Street Cultural District

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Flavors

Sizzle it up with summer kabobs

By Lindsay McNab @iowastatedaily.com

With summer already here, it's time to fire up your grill and get cooking. If you're in need of a simple, yet tasty idea, grab those kabob skewers and get started. From teriyaki chicken to chocolate-drizzled raspberries, there is a perfect summer kabob out there for you.

Here are a few tips that will help transform your kabobs into a delicious and healthy treat that everyone can enjoy:

Lighter options

Alternate your skewer with cubes of cold mozzarella cheese, sliced tomato and fresh basil. As an extra touch, lightly drizzle with olive oil.

Entertaining

Antipasto kabobs make the perfect appetizer. Combine cooked cheese tortellini with light balsamic vinaigrette dressing and chill in the refrigerator for a few hours.

Once marinated and drained, alternate with black olives, sliced salami, cherry tomatoes, mozzarella cheese, sliced pepperoni and green olives.

Got shrimp?

Instead of marinating shrimp in a calorie-rich sauce, try adding a hint of lemon or lime juice on top. The citrus juice is sure to give your kabob an extra zing.

Fruit fanatic

Try picking out a variety of fresh fruit at your local farmer's market. Alternate with chunks of juicy fruits such as watermelon, pineapple, strawberries, oranges, melons and more. You can even cut the fruit pieces into various shapes, like stars or hearts, for a tastier appeal.

Chocolate lovers

Create a kabob with strawberries, slices of banana and raspberries. Drizzle with white, dark or milk chocolate.

Taste for teriyaki

Marinate chicken or lean pork in a light teriyaki sauce, drizzled raspberries, there is a beautiful and lighter choice for a dessert. Take your barbecue to the next level this year. Use these layered desserts to showcase your red, white and blue spirit, and soon your guests will be seeing stars.

This patriotic trifle from the Food Network makes for a beautiful and lighter choice for a dessert. Try topping it with sparklers to add extra flare.

Mixed Berry Trifle

- 1/4 plus 2/3 cup sugar
- 1/4 cup lemon juice
- 1/4 teaspoon almond extract
- 1 premade angel food cake, cut into 1-inch slices
- 1 pound light cream cheese, room temperature
- 2 cups heavy cream, room temperature
- 2 pints fresh blueberries
- 1 pint fresh raspberries
- 2 pints fresh strawberries, sliced

Heat 1/4 cup sugar, the lemon juice and 1/4 cup water in a saucepan over medium-high heat, stirring, until the sugar dissolves. Remove from the heat and stir in the almond extract. Brush both sides of each slice of cake with the syrup. Cut the slices into 1-inch cubes.

Beat the remaining 2/3 cup sugar and the cream cheese with a mixer on medium speed until smooth and light. Add the cream and beat on medium-high speed until smooth and the consistency of whipped cream.

Arrange half of the cake cubes in the bottom of a 13-cup trifle dish. Sprinkle evenly with a layer of blueberries. Dollop half of the cream mixture over the blueberries and gently spread. Top with a layer of strawberries. Layer the remaining cake cubes on top of the strawberries, then sprinkle with more blueberries and top with the remaining cream mixture.

Finish with the remaining strawberries and blueberries, arranging them in a decorative pattern. Cover and refrigerate one hour.

Have some calorie counters joining in the festivities? Not to worry. This layered parfait is sure to help them get their sweet tooth fix.

Layered Parfait:

- 1 16-ounce carton of plain or vanilla low-fat yogurt
- 1/2 teaspoon almond extract
- 1 8-ounce container light whipped dessert topping
- 6 cups fresh raspberries and strawberries
- 6 cups fresh blueberries

Stir together yogurt and almond extract. Fold in whipped topping. Alternate ingredients into individual clear glasses and chill. Makes 12 servings.

Sweets

Layers are the name of the game for desserts

By Steph Ferguson @iowastatedaily.com

The Fourth of July makes for a great excuse to add some color to your plate. Take your barbecue to the next level this year. Use these layered desserts to showcase your red, white and blue spirit, and soon your guests will be seeing stars.

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Looking for something exciting, appetizing and downright delicious this summer? Grab your friends and take a road trip out to some of the Midwest's best summer food festivals. Whether you’re craving a juicy burger or a refreshing glass of wine, there is a food festival out there for you.

Here's a list of some of the tastiest festivals this summer has to offer:

**Pretzel City Festival, June 30 in Freeport, Ill.**

Since the Billerbeck Bakery started making pretzels in 1869, this town has been named Pretzel City, USA. Even crazier? Their high school sports team is called the Pretzels. Activities for the day include an annual Pretzel City 5K, a petting zoo, dunk tank, pretzel recipe contest and other activities to enjoy.

**Taste of Chicago, July 11-15 in Chicago**

With live music, family activities, food vendors from over 35 different restaurants and a beautiful lakefront view, Taste of Chicago is anyone’s hot spot for a taste of the city and Chicago’s diverse dining community.

Menu items include a variety of items such as Lou Malnati’s famous deep dish pizza, deep fried Chinese bread from Lao Sze Chuan, Pazzo’s chicken vesuvio sandwich and so much more.

**National Cherry Festival, July 7-14 in Traverse City, Mich.**

Prepare yourself for a burst of tart flavors and cherries galore. With over 150 events, a cherry pancake breakfast and a cherry pit spitting contest among many other activities, this festival is perfect for the cherry fanatic in you.

**Eastern Iowa Wine Festival, July 16 in Sherrill, Iowa**

Raise your glass and get ready to toast to wineries from all across Iowa. Enjoy a refreshing glass of wine, a cooking with wine demonstration, a live musical performance from Free for the Haulin’ and more.

**Burger Fest, Aug. 4 in Seymour, Wis.**

According to the Wisconsin State Legislature, Seymour has been declared as the “Original Home of the Hamburger.”

The town celebrates with a hot-air balloon glow at night, the world’s largest hamburger parade, the serving of a 150 pound cheeseburger, a ketchup slide and more fun for everyone.

**Corn on the Cob Days, Aug. 19 in Plainview, Minn.**

Want to devour all the sweet corn you can? Then this is certainly the festival for you. It is estimated that 8 to 10 tons of corn are hauled by forklift, steam cooked and served for all to enjoy. And don’t worry, they have plenty of butter and salt to accompany your delicious corn cobs.
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HAVE A SAFE & HAPPY 4TH OF JULY!
Celebrate our hometown

NEVADA, IOWA

Wednesday, July 4, 2012

SCHEDULE OF EVENTS

7:00am - 10:00am..... Breakfast at Fire Station
                      Sponsored by Nevada EMS- Free Will Donation
10:00am................ Annual Parade (Main St from E Ave to American Legion)
                      Sponsored by Nevada Fourth of July Committee
12:00pm - 2:00pm... Chicken Noodle Dinner at American Legion
                      Sponsored by Nevada American Legion
12:00pm - 7:00pm.... Fawcett Family Aquatic Center Open
                      Bounce Houses, Kid's Games, Sweet Treat Walk
5:30pm - 7:30pm..... Kid's Train Ride at SCORE Pavilion Area
                      Tickets for $2.00 (all games require tickets)
                      Sponsored by Nevada Masonic Lodge and Nevada Fourth of July Committee
5:30pm.............. Free Cookout Meal
                      Sponsored by Bacon Funeral Home
                      for community members at SCORE Pavilion
                      (quantity is limited to 250)
                      This will be a free will donation with proceeds
going to the 4th of July committee fund
Dusk.................... Fireworks at SCORE Park

SLATER

SUMMER DAZE

July 3rd and 4th, 2012

Tuesday, July 3rd

All Day.............. Carnival by Smith's Amusement
12:00pm - 1:00am.. Beer Tent
6:00pm.............. Kiddie Parade with the Goose Man
                  Grand Marshall - Brad & Angie Kamps & the Triplets
6:15pm.............. Puppet Show @ Nelson Park
6:30pm.............. Community Band / Choir @ Nelson Park Stage
8:00pm - 12am..... The Burnin' Sensations (at Nelson Park Beer Tent)
10:00pm............ Fireworks @ Grimm Park
                  (Rain date set for July 4th)

Wednesday, July 4th

All Day.............. Carnival by Smith's Amusement
All Day............... Craft and Food Booth's @ Nelson Park
10:00am............. Parade - Grand Marshals - Don & Joyce Thornwall
12:00pm............. Welcoming Ceremonies @ Nelson Park Stage
12:00pm............. Mud Volleyball & Horseshoe Tournament
                  @ Grimm Park (Registration for both is at 11am)
12:00pm - 11:00pm.. Beer Tent @ Grimm Park & Nelson Park
                   DJ by Ty Tunse

Nelson Park Stage Activities - Presented by Master of Ceremony - Bob Krause

12:30pm............. Dog Show (Registration starts at 12pm)
                  Categories: Best Licker, Best Trick, Best Dressed
1:30pm.............. Slater's Got Talent (Registration starts at 1pm)
                  Categories: Up to 7 years old
                  8 - 14 years old
                  15 years and up
4:00pm.............. Hypnotist - Ray Thompson
5:30pm.............. Performance & Presentation of awards
                  for Slater's Got Talent
                  Queen Candidate Announcement
                  Raffle Drawing

AMES

Tuesday, July 3rd

10:00pm - Fireworks at Jack Trice Stadium

Wednesday, July 4th

8:30 - 10:30am..... City Council Pancake Breakfast
                    Front entrance of City Hall, Downtown Ames
9:00am.............. Bill Riley Talent Search (Main St)
                    Presented by American Country Home Store
11:00am............. Parade - Main St. @ Clark Ave.
                    North on Douglas Ave, West on 5th St
12:00pm - 3:00pm.... Fourth of July in the District
                    Presented by Ames Silversmithing
                    Festival on Burnett Ave.

BOONE

July 4th, 2012

7:30pm - Eve of Destruction, Boone Speedway
Dusk - Fireworks, Boone Speedway
Community

Make a difference: Volunteer your time

By Ashley Hunt
@iowastatedaily.com

Students in the Ames area during the summer have probably noticed the decrease of hustle and bustle happening during the hot summer months.

Student population decreases dramatically, creating an almost ghost town on campus and campustown.

Naturally, with the lack of people living in the area, as well as the lack of the heavy homework load students might be burdened with during the fall and spring semesters, students living in Ames during the summer months may find themselves with more free time on hand than usual.

Now the question is, what can students do with all the extra free time?

Make a difference.

The Ames and Story County areas have plenty to offer in forms of volunteering. Volunteering is a great way to keep students from getting bored during the summer, as well as a great way to feel good about yourself and to do something for the greater good.

One popular volunteer opportunity in Story County is the Big Brothers Big Sisters of Central Iowa program.

“Bigs” can spend as little as a few hours a couple times a month, or as much time as their schedule allows, with their “Little.”

Making a difference in a child can be as simple as sitting down and spending time with them. From crafts to video games to going to the park or a museum, there are a variety of activities both the “Big” and the “Little” can enjoy.

The program looks for both big brothers and big sisters, but is usually low on male volunteers. According to the Big Brothers Big Sisters of Central Iowa website, more than 70 percent of the children waiting for a “Big” are boys.

To sign up, fill out an application online. You will also need to provide references, take part in an interview and go through a background check.

For more information contact Megan Bradke, membership and marketing coordinator, at mbradke@bbbsia.org.

Another program in the Ames area that offers a variety of volunteer opportunities is the Ames Repair and Care program. This program aims to help residents of Ames who are not able to maintain the homes due to age, disability or lack of resources.

Volunteers for this program help provide assistance to home owners in need. Some activities that a volunteer would take part in are removing yard debris, trimming trees, mowing grass and painting.

More information regarding this program can be found by contacting Shellie Orngard, executive director of the Volunteer Center of Story County at shellie.orngard@vcstory.org, or Jeff Benson of the planning and housing department for the city of Ames at jbenson@city.ames.ia.us.

The Ames and Story County areas provide many more volunteer opportunities than just the ones discussed previously. There is a program for any and every interest, hobby and person.

So instead of spending your free time this summer only lounging by the pool or sitting inside watching Netflix, get out and find a program that interests you.

Have some fun and make a difference.
It’s that time of year again. With the Fourth of July just a few short days away, good old USA pride is at its yearly high.

However, this summer is particularly patriotic with the London Olympics starting July 27 and thus donning red, white and blue all summer long is a must.

Hanging a flag isn’t the only way to show one’s pride. There are many ways you can show your support for Team USA while staying fashion-forward and true to who you are. While most go all out on the Fourth of July, there are subtle ways to wear the trend.

Whether you’re spending your summer filing papers for your corporate internship or lounging by the pool, you can incorporate America into your daily wardrobe, easily flaunting the signature red, white and blue without looking overdone or too “star-spangled banner”-ed.

Try going nautical this summer with navy blue and white horizontally-striped dresses and tees. To add a pop of red, try accessorizing with red pumps or a scarf. The look is perfect, day or night.

If you need an excuse to rock bright red lips, another way to combine the signature colors is to pair a sultry red lipstick with a trendy chambray blue button-up.

White can be incorporated into this ensemble by wearing white cutoff jeans or white high-waist shorts. White cutoffs and jeans have become a summer staple and can instantly upgrade any outfit to summer wear.

Sprucing up your wardrobe with red, white and blue can give you a perfect Fourth of July outfit. White shorts, a blue top and red lips can create a simple outfit, or you can make DIY clothing with white clothing and paint.

Flag poles aren’t the only place you’ll be spotting stars and stripes this summer. From zip-ups to tanks, the flag print is definitely making its yearly comeback. If you’re in the mood for a little DIY project, you can follow four simple steps to make your own flag shorts.

First, take a pair of white jean shorts and adhere stars to one pant leg and spray with blue spray paint, let dry and remove the stars (white silhouettes should remain in their place).

Next, to create vertical stripes, apply painter’s tape on the opposing pant leg. Spray the area red, let it dry and remove the tape.

When finished, you will have created your own American flag that can be worn to any summer event.
Music

Rock out in Des Moines with 80/35 festival

By Trevor Werner
@iowastatedaily.com

Some of the hottest jam and indie artists in the country will take the stage in downtown Des Moines for the 80/35 Music Festival next month. We've got all you need to know right here in order to have a great weekend.

Time and location

80/35 will take place July 6 and 7 in Des Moines' Western Gateway Park, located at 12th and Locust. Doors open at 4 p.m. July 6 with the show at 5 p.m. On July 7, doors open at 11 a.m. with the show at noon.

Tickets

You can purchase tickets for the show online at Midwestival.com, or by calling 515-244-2771. Advance tickets cost $65 for the two-day passes and $39 for single-day passes. Purchasing tickets on the day of the show will raise the price to $45 dollars for one-day tickets. Children under 11 will be allowed in for free.

What to bring

After getting tickets, you should be aware of what you can or can’t bring to the festival.

Items that you are allowed to bring: blankets, small non-frame backpacks, one empty water bottle, one factory-sealed water bottle, a small snack, empty Camelback-style containers, personal pocket-size point-and-shoot cameras and disposable cameras.

Lawn chairs and umbrellas will be allowed, but only in certain areas.

You will not be allowed to bring coolers, outside beverages (aside from water), large framed backpacks, audio-recording devices and professional cameras.

Once you arrive at the park, there is plenty of free parking on the grounds, and then you can start enjoying everything 80/35 has to offer.

What to do at the park

Beyond music, there are plenty of activities for the entire family, including the Wellmark Kids Zone. The Kids Zone features interactive activities led by the Science Center of Iowa. In this area children will be able to play in an inflatable play area, learn hula hoop tricks, color 80/35 posters and make bracelets and beads.

While enjoying the music, adults can also enjoy many attractions. There will be many interactive areas for adults featuring local art and a green zone showcasing choices Iowans can make for a green and healthy life.

There will be plenty of food and drinks provided as well as 80/35 merchandise. A meet-and-greet will be available for fans to receive autographs from the bands during the show.

Line-up

Friday:
- The Avett Brothers
- Dinosaur Jr.
- Useful Jenkins
- F***ed Up
- Freddie Gibbs
- Pieta Brown
- Bright Giant
- Dumptruck Butterlips
- Taji
- Dustin Smith & the Sunday Silos
- DJ Eight Ten
- John Solars
- Alex Brown
- Winner of the 80/35 Play-In Contest

Saturday:
- Death Cab for Cutie
- Leftover Salmon
- Greensky Bluegrass
- Atmosphere
- Dan Deacon
- Dead Larry
- Leslie and the Ly's
- Jason Isbell and the 400 Unit
- Jaii
- Night Moves
- Mantis Pincers
- The Sundogs
- Christopher the Conquered & His Black Gold Brass Band
- Maxilla Blue
- Mumford's
- The Sun Company
- Delta Rae
- Now, Now
- Derek Lambert and the Prairie Fires
- Mark Mallman
- K-Holes
- Little Ruckus
- Brad Goldman
- Jesse Jamz
- Jade Reed
- Winner of the 80/35 Play-In Contest

The crowd rocks out at the 2011 80/35 Music Festival in Des Moines. Advance tickets for this year can be purchased for $65 for both days or $39 for a one-day admission.
Cooking

Tips for summer grilling safety

By Ashley Hunt @iowastatedaily.com

With the Fourth of July holiday fast approaching, grill outs and barbecues will be taking place left and right.

While these events can be a fun way to get outdoors and spend time with family and friends, they can also be dangerous if the proper precautions are not taken.

According to the U.S. Consumer Product Safety Commission, approximately 30 people are injured each year as a result of explosions and fires from gas grills. Additionally, approximately 100 people are injured as a result of accidents from charcoal grills, and 30 people are injured carbon monoxide gases.

In order to prevent such occurrences, the U.S. Consumer Product Safety Commission released a collection of safety tips for the general public when using gas and charcoal grills this summer season.

Gas grills

Before starting your gas grill, check tubes and pipes for insects, spiders or food grease. Use a pipe cleaner to clear any blockage. Check hoses for holes, cracks and leaks. Be sure to check that there are no bends in any of the hoses or tubes. Make sure gas hoses are located as far as possible from any hot surfaces. If the hoses are not able to move, install a heat shield.

Your grill came with an instruction booklet of some sort. Check the instructions in the booklet for how to check for gas leaks and be sure to do routine checks. If you smell gas or detect a leak, turn off the gas immediately. Do not attempt to light the grill until you have the leak fixed.

Gas grills are highly flammable, so be sure to keep lighted cigarettes, matches or any other type of flame a safe distance from a leaking grill. Grills are not meant for indoor use. Use your grill at least 10 feet from any building.

When transporting gas containers, keep the container in a secure and upright position. Do not keep the container in a hot car or trunk. Pressure increases when affected by heat, which could cause a gas leak.

Charcoal grills

Charcoal should never be burned inside buildings, vehicles, tents or campers.

Carbon monoxide fumes are produced until the charcoal is completely extinguished. Do not store the grill inside.
A warm summer day can mean the opportunity for a wide variety of outdoor fun. One great way to cool down and still have fun without breaking the bank is to take advantage of Iowa’s lakes and rivers.

Tubing, kayaking, rafting, canoeing and fishing are just a few activities that one can enjoy out on the water with a large group of friends and offer the chance to see some beautiful landscapes. Keith Abraham, recreation supervisor of Ames parks and recreations, and Kevin Shawgo, parks and facilities superintendent of Ames parks and recreations, suggested the Skunk River, River Valley Park or Ada Hayden as great places to get started.

Buying or renting the equipment needed for the perfect day out on the water is as easy as a trip to Jax, an outdoor store that rents kayaks and canoes.

Inner tubes can be found at most stores offering outdoor gear. However, stopping by a vehicle repair shop can be beneficial in finding inexpensive and durable truck and tractor inner tubes.

Safety and planning are two things to spend time figuring out before a lazy float.

“Make sure you don’t plan too long of a trip,” Shawgo said. “Know how long it’s going to take from spot to spot.”

Knowing where you are going to get in and where you are going to get out are the first steps to planning any trip on the water, especially the river.

A vehicle that can carry whatever equipment you choose to bring needs to be placed at each point.

The height of the river is also important. If the river is too low, then you need to figure it will take longer to get to your endpoint. If the river is too high, then you need to make sure you will be able to get out before shooting past your stopping point.

Shawgo suggests bringing plenty of water and sunscreen for any water activities. Sunburn and dehydration can lead to a bad experience.

“Watch how much alcohol you consume, don’t trespass, don’t litter, and bring life jackets,” Shawgo explained about how to stay safe.

The drivers of both the drop off and pick up vehicles should not consume alcohol while relaxing in the water.

According to Seven Oaks website, they offer two canoe or kayak trips and one tubing trip, all available seven days a week.

The tubing trip covers 8 miles and is estimated to be a three to five hour float. Trip option one for canoeing or kayaking covers 7 miles and could take two to four hours. If you are looking for a longer trip then trip option two for canoeing or kayaking covers 15 miles and will take five to eight hours.

If being out on an unpredictable lake or river is too much for you, then stick to the lazy river at the Furman Aquatic Center. Admission for an ISU student is $4.50.