God's CO-PILOTS

Bachmann kicks off bid for 2012 presidency

Belding: Politicians passing the buck

Garrett keeps NBA hopes alive

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Weather | Provided by weather.gov

**Daily Snapshot**

- **Tue 64°** Sunny, with a high near 83.
- **Wed 69°** Mostly sunny, with a high near 84.
- **Thu 73°** Mostly sunny and breezy, with a high near 90.

**Police Blotter:**

**Ames ISU Police Departments**

The information in this section is based on reports from ISU and Clery Act police departments. All accused violators are innocent until proven guilty in a court of law.

**June 13**
A staff member reported the theft of several keys at C.Y. Stephens. (Reported at 9:32 a.m.)
A staff member reported the theft of an iPad. (Reported at 10:42 a.m.)
Tommy Lyon, 38, of 5616 Lincoln Way, was arrested and charged with theft. (Reported at 3:00 p.m.)
Amanda Aldrich, 33, of 124 Kingsbury Ave., was arrested and charged with assault [simple]. (Reported at 6:30 p.m.)
Durian Holiday, 19, of 5215 Frederiksen Court, was arrested and charged with possession of a controlled substance at Frederiksen Court. He was subsequently released on citation. (Reported at 6:35 p.m.)

**June 14**
William Kress, 19, of 4931 Hemmingway Dr., was arrested and charged with interference with official acts [simple]. (Reported at 12:23 a.m.)
Dallas Pansent, 18, of 608 Durrell Cir., was arrested and charged with public intoxication at the Arboretum. He was transported to the Story County Justice Center. (Reported at 1:54 a.m.)
Steven Roy, 41, of 236 S. Kellogg Ave., was arrested and charged with probation violation. (Reported at 11:30 a.m.)
A warrant was served for the theft of a backpack at Beyer Hall. (Reported at 7:59 p.m.)
A warrant was served for theft of a cash from a wallet at Beyer Hall. (Reported at 9:14 p.m.)

**June 15**
Laura Hulsart, 18, of 1510 Delaware Ave., was arrested and charged with domestic abuse [serious]. (Reported at 5:45 a.m.)

**Performance:** Ballerinas dazzle in the park for Des Moines Arts Festival

Two dancers from the Ballet Des Moines group perform on the Performing Arts Stage of the Des Moines Arts Festival in Western Gateway Park on Des Moines on Saturday. Photo: Victoria Mardal/Iowa State Daily

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2012 Election

Bachmann begins

By Austin Ballhagen @iowastatedaily.com

Minnesota congresswoman Michele Bachmann announced her presidential candidacy this morning from the Snowden House in her birthplace Waterloo.

“T’m Michele Bachmann and I’m running for President of the United States,” she said.

Her official announcement came two weeks after Bachmann announced that she had filed paperwork with the Federal Election Commission to seek the Republican nomination.

“I’m a descendant of generations of Iowans,” Bachmann said.

Throughout her announcement, Bachmann reiterated her connections to Iowa. The congresswoman also made a point that Iowa, and the nation, were very different 50 years ago.

“We trusted in God and our neighbors, and not in government,” Bachmann said.

Bachmann informed the crowd that her campaign would be based on the principles of constitutional conservatism.

“Americans are the solution and not the government,” Bachmann said.

The congresswoman also emphasized her connections to the tea party. Bachmann mentioned the tea party and its connection to her campaign several times.

“Our voice has been growing louder and stronger,” said Bachmann. “It’s the tea party movement and I’m one of them.”

In a recent poll from the Des Moines Register, Bachmann placed second behind candidate Mitt Romney as Iowa’s number one pick for the 2012 Republican nominee.

In a poll released by the Public Policy Polling organization, which asked voters to choose their top pick to run against Barack Obama, Michele Bachmann garnered the fewest number of votes.

Rep. Michele Bachmann, R-Minn., greets supporters after making her formal announcement Monday in Waterloo that she will seek the 2012 Republican presidential nomination. Bachmann, who was born in Waterloo, will continue her announcement tour this week with stops in New Hampshire and South Carolina. Photo: Charlie Riedel/Associated Press
JAARS aims to boost Bible literacy

**By Ben. Theobald**

*TAO@IOWASTATEDAILY.COM*

Jungle Aviation and Radio Service (JAARS) hosted a program Saturday and Sunday at the Ames Municipal Airport. The program was called Missions at the Airport.

JAARS, an organization that provides technical support services intended to increase Bible literacy, is known for more than just airplanes. Missionaries work the missionaries had done in many exotic areas of the world. Missionaries talked about their experiences and what they have been working to accomplish.

Other missionaries were at the event for people to talk to and learn about the different aspects of the Bible translation movement and how they could get involved, Mower said.

“The people may be high and Sunday at the Ames Municipal Airport, which was hosted by the religious non-profit JAARS and Radio Support for 34 years and has been a pilot for 32 years. He has visited 41 countries and lived in 12.

Krenzin was a part of the program Missions at the Airport, which was hosted by the religious non-profit Saturday and Sunday at the Ames Municipal Airport.

Krenzin had his first airplane ride when he was just five months old. At age six, he became a Christian, at 11, he flew with his father to the villages where the missionaries were working in Sudan.

“In Sudan, when you fly you see the Nile River,” Krenzin said. “It’s only green for about half a mile [on] each side of the Nile River. Then it’s all desert.”

Krenzin’s father also had a motorcycle and would take him for rides on it. It was on these rides that Krenzin realized what he wanted to do with the rest of their lives,” Mower said.

Roger Krenzin, a missionary pilot, has been with JAARS for 34 years. He has been flying for 32 years. “Now I just share stories and speak in churches and schools — elementary through universities,” Krenzin said. “Bible translation is our real goal. It’s been exciting to be a part of that.”

It was at that moment that Krenzin committed himself to becoming a missionary.

“God said to me, ‘Who is going to reach to those people?” Krenzin said. “I said ‘Lord, I will follow my parents into missions and maybe mission aviation if you want me to.’”

Krenzin’s first mission took place in Ecuador in 1982. One day, Krenzin got a call from Ramon Pegonca, a man who was dying from an internal staph infection. Krenzin was needed to fly the man to the nearest hospital.

“I flew down from our missionary center, and when I landed, I saw them carrying him down the path to the airplane,” Krenzin said. “I laid him in the airplane. He had red eyes. He was gasping for breath. I said, ‘Lord, just help me get him to the missionary hospital before he dies.’”

Krenzin, Pegonca’s father, and many others from the village had gathered around the plane to pray for Pegonca. The flight to the hospital was about 20 minutes long.

“I prayed the whole 20 minutes,” Krenzin said. “Two weeks later he recovered. It was more from prayer, I’m sure. The only treatment back then was penicillin.”

Krenzin has been excited to be a part of Jungle Aviation and Radio Service.

“I have no regrets serving the Lord,” Krenzin said.
Binge drinking can throw obstacles in students’ paths

By Ted.Sics @iowastatedaily.com

It is no secret that many college students regard binge drinking as a normal behavior. ISU police may not be able to change that belief, but they work hard to mitigate its consequences.

Binge drinking is “a pattern of drinking that brings a person’s blood alcohol concentration to 0.08 or above,” according to the National Institute on Alcohol Abuse and Alcoholism website. For most men, that means about five drinks in two hours. Most women need about four drinks in two hours to reach that level.

More than 40 percent of college students reported binge drinking in the past two weeks, the website said. However, that figure ranges between one and 70 percent, depending on the school the students attended. Habitual binge drinking is associated with academic problems, liver damage, sexual assault, fatal injuries and other adverse outcomes.

The ISU Department of Public Safety does not collect actual binge drinking statistics, which are typically obtained through self-report surveys. Instead, they calculate the

DRINKING.p10 >>
Focus on U.S. before trying to save the world

The House voted 295-193 Friday to deny the authority to wage war against Libya to President Obama, but failed to kill funding for the operation.

Obama maintains that the United States was not at war in Libya. He holds that the 1973 War Powers Act obviates the need to seek Congress’ support after 90 days of U.S. military presence in Libya.

The U.S. has sent armed drones, fired missiles from submarines, had B-2 stealth bombers bombing, enforced a no-fly zone and authorized intelligence gathering on the ground in Libya.

It also aims to depose Libya’s current leader. To most people, that probably sounds like war. Apparently, though, the president doesn’t see it that way.

The United States has always supported those seeking freedom from oppression. In the current financial crisis plaguing the United States, people are not as receptive to the hundreds of millions of dollars Obama is tossing around being spent on a foreign civil war.

Assisting others is a vital part of maintaining America’s standing with other countries. It also gives us a leg up in the King of the Hill contest we strive so hard to win. But this is more than merely an uphill battle.

We need to offer help, support the U.N. and be an ally to those who are struggling. At the same time, we must direct our efforts inward for a time, and focus more on domestic problems for a while.

After we have rebuilt our crumbling empire, we can go back to saving the world. Until then, we cannot continue to play the Daddy Warbucks role.

House shouldn’t pass the buck

A few weeks ago, a freshman member of the House of Representatives sent a letter to President Obama demanding that he put forth a specific plan to reduce the national debt and reform entitlement programs. It’s probably time to talk about the political stunts over the past few months that have centered around raising the debt limit.

Remember that we reached our legal debt limit on May 16. Since the Treasury Department suspended investment in pension funds, we now have until August 2 before we exceed that limit. This past week, we saw House Majority Leader Eric Cantor (R-VA) storm out of budget discussions led by Vice President Joe Biden.

Additional money cannot be borrowed until the debt limit is raised by an act of Congress. Congressional Republicans made lots of noise last month — and continue to do so — about this issue, stating that the limit will not be raised until Obama delivers a plan of spending reform that cuts expenditures and does not raise taxes.

Representative Diane Black, R-Tenn., wrote in her letter that “[i]n light of now multiple credit ratings agencies threatening to downgrade American bonds without significant long-term steps toward deficit reduction, it is time for the president to stop sitting on the sidelines of this debate.” That kind of statement does nothing to solve the problem. Rather, it only tosses the ball into another court.

The Constitution gives Congress, not the president, the power to appropriate money. Traditionally, presidents have been given the money they’ve asked for, no matter how reckless their appropriations, because their Congresses have given it. It is, further, the prerogative of the House of Representatives to write bills for raising revenue.

For these reasons, it is unacceptable that members of Congress, especially Representatives, to demand that Obama act in their stead.

The presidency may be a position of leadership in this country, but the President acts as head of state and chief executive. The president may ask for policy and appropriations. They executive and legislative branches of government may not be distinct in countries like the United Kingdom, but they are in America. Executive officials hold no legislative power. “The executive Power shall be vested in a President,” the Constitution says. It goes on to say that “All legislative Powers granted herein shall be vested in a Congress of the United States.”

Congress makes laws, and the president carries them out faithfully. If members of Congress are dissatisfied with the policies and spending of the United States, they should introduce their bills accordingly, debate their merits on the floor in a candid exchange of ideas, and convince one another to act.

Instead of playing to the media and the people back home who voted them into office, they should practice politics among themselves and work together. And if the folks back home want something done, they should urge their representatives to take actions of their own.

Constitutionally, Congress acts independent of the presidency. The two branches don’t actually need to negotiate. The lawmaking happens on Capitol Hill, not in the White House. But in this day and age, the two negotiate and collaborate closely. When one party leaves those discussions, nothing happens.

Imagine a group of doctors administering medicine to a patient. They must agree with one another on the treatment. Now think of the consequences of one doctor, whose input and agreement are necessary, abandoning his fellow doctors. Surely, that doctor would be censured.

Abandoning the people of the United States to the inevitable isn’t acceptable behavior for any citizen, let alone the Majority Leader of the House of Representatives. He especially is supposed to cultivate this polity; not leave it to the vicissitudes of fate.

Time doesn’t stop for hesitant politicians. And if we wait for Aug. 2 to arrive, arrive it will. If that date arrives and we have done nothing to protect our credit, our credit will be damaged.

Congresspeople playing pass the buck with powers delegated to them by the Constitution are abdicating their responsibilities and undermining the credibility of our nation.
Recall Elections

Think before you vote

Sarah Huempfner is in a junior in English.

On June 8, Wisconsin’s Government Accountability Board approved the recall elections for three of nine Democratic state senators. The recall approval follows the senators’ flight to Illinois during the tumultuous negotiations over Governor Walker’s budget bill. Six Republican state senators joined the fleeing senators. These six were targeted because of their support for the budget repair bill.

That bill’s most controversial section imposed sizeable limitations on collective bargaining for state employees. Teachers stood to be the most severely affected by these limitations. At the time the budget was under consideration, media members swarmed to the Capitol in Madison, which had quickly crowded with protesters. While media attention has since shifted to other matters, the issue persists.

The recall election primaries are set for July 12 for the Republican senators and July 19 for the Democratic senators. The race during which both will run against each other will be held August 16.

With the dates of the recall elections fast approaching, Wisconsinites must ask themselves whether they plan to vote. I ask the constituents elected them to be. These senators failed those constituents so thoroughly that voters might well be inclined to support their recall.

Of course, disappointed constituents won’t be the only ones who favor their recall. Support for it can be expected from more conservative voters as well, on the basis of their policy disagreements with incumbents. Though Gov. Walker’s poll numbers are sagging, there is a chance that a Republican senator will still be elected. The success of the Marinette Marine Corporation (though it was an initiative of Herb Kohl rather than Scott Walker), seems to have proven to many members of the public that the governor is making good on his promise of jobs and “opening Wisconsin for business.”

On the other hand, Sen. Hansen has consistently voted along Democratic Party lines, and recently voted against the voter ID bill when most of the other Democrats chose to abstain. Hansen has represented Green Bay’s constituents well in the past. Keeping a strong Democratic presence in the Senate might be an excellent idea when Wisconsin’s state senate is already conservative. We wouldn’t want a homogeneous Senate now, would we? Variety is what makes America what it is — “the melting pot,” as School House Rock would put it. The Democrats fled because they wanted more time to find a way to prevent passage of this disastrous bill. Was it a poor decision? Of course. But their hearts were in the right places, and they continue to strongly oppose the bills put forth by the more conservative members of the Senate.

Citizens living in these recall districts should pay close attention and take time to vote, even amid the lazy haze of summer.
Coberley talks on his success

By Darrin Cline

Mark Coberley came to college with a passion. He turned that passion into a career. Now that passion has led him to be named the National Athletic Training Association Trainer of the Year.

“I can't take all the credit for it. My staff is great. The people I get to work with are great, said Coberley. “It's just a full reflection on our staff, not just me in particular.”

Coberley came to Iowa State in 1983, after turning down multiple invitations to play college athletics. Though he chose not to participate, Coberley still wanted a connection to sports — and found it through athletic training.

When it came time to choose a college, the Iowa native selected Iowa State. The university employed trainer Frank Randall, who mentored the young Coberley and taught him much of what he knows about sports medicine.

“He was way ahead of his time. He was thinking about things to get athletes better — and also help protect athletes — long before other people in sports medicine were doing it,” Coberley said.

“He pushed the envelope ... and pushed the people who worked for him to do the same: to think outside the box and look at the problems that are coming down the road.”

Following his graduation from Iowa State with a degree in biology, Coberley headed to the University of Arizona for graduate school. The Cyclone head trainer said Arizona was the premier university for graduate-level education.

Iowa State came calling once more. In the fall of 1993, Coberley returned to his alma mater. He became a trainer for the baseball, basketball and football programs.

His original plan was to spend a few years monitoring and healing Cyclone athletes before moving on to direct his own sports medicine program. However, the training program at Iowa State met Coberley’s standard of excellence.

His legendary predecessor Frank Randall moved to an administrative role, allowing Coberley to assume his former position. In 1998, Coberley became head athletic trainer for Iowa State University.

Over the following decade, Coberley would see many of his projects come to fruition, as well as the further progression of Iowa State’s top-tier program.

“We just try to do the right things and do everything we can to give our athletes the best chance to get healthy. We put mechanisms in place to allow the people on our staff to be successful at what they do,” Coberley said. “You have to have people in place, you have to give them the tools they need to be successful. And if you can get that done, typically good things happen.”

During that time, he has overseen the development of new technologies and methods for prevention and safety. Two things that Coberley has taken great pride in throughout his tenure are the growing sports medicine education program at Iowa State and the people he has had the opportunity to interact with.

Coberley stayed positive

By Zach Gourley

Last Thursday, Diante Garrett was surrounded by family and coaches as he watched the 2011 NBA Draft, waiting to hear his name called.

“It never happened. Both rounds went by, and although Garrett’s name was eventually second on Jay Bilas’ “Best Available” board, nobody selected him.”

Garrett ranked in the top-100 in the nation last season in points (17.1), assists (6.1) and steals (1.7) per game his senior season at Iowa State, earning him All-Big 12 Second Team honors.

Despite the setback, Garrett’s hopes of following in the footsteps of his father Dick Garrett and becoming an NBA player are still far from dashed.

He has remained optimistic and even says that not getting drafted can be a positive.

“It can be a blessing in disguise,” Garrett said. “What happened in the draft happened, and I just have to use it as a positive and move forward.”

“Early in the draft, a lot of teams are drafting for need, but it gets down toward the end. A lot of teams are just drafting the best player available, and a lot of times, that puts a guy in a bind if he goes somewhere and there’s four guys already under contract,” added Dick Garrett. “This way as a free agent, you’re given the opportunity to kind of pick and choose where your best chances are.”

Garrett has already begun to test free agency, and has found that there is no shortage of NBA teams that are willing to give him a chance, naming the Phoenix Suns, Miami Heat and Washington Wizards, among others, as teams that are interested in his services.

“Based on where I’m at and my parents’ to see what the best option is for me this coming week,” Garrett said.

Garrett’s plans right now are to travel to Phoenix in this week to attend their mini-camp and compete to be invited back to camp, but a potential lockout could throw a wrench in Garrett’s plans.

The NBA’s current collective bargaining agreement is set to expire July 1, and barring the forging of a new labor agreement which seems increasingly unlikely the NBA will be on the path to an NFL-esque lockout over revenue sharing.

What this all means for undrafted free agents like Garrett is that there is a good possibility when July 1 rolls around that the NBA teams he needs to try out for will be forced to shut their doors.

“Just to tell Diante to go to these camps and play as well as you can play, and let the chips fall where they may,” Dick Garrett said. “It’s just a case where you have to keep your head up, and sometimes things don’t go your way and it’s just another hurdle to get over.”
Women’s Basketball

ISU guard Lauren Mansfield tries to avoid a Missouri double team in the second half of the Cyclones’ 71-56 win over Missouri on Jan. 29 at Hilton Coliseum. The Cyclones won 71-56. File photo: Jake Lovet/Iowa State Daily

New squad starts gearing up for 2011

By Zach Gourley
@Iowastatedaily.com

The Cyclone women’s basketball team has returned to Ames for the summer to begin voluntary workouts for the upcoming 2011-2012 campaign.

With five new freshmen on the roster, sometimes a scrimmage can feel more like a meet-and-greet.

“We’re just trying to get to know each other and getting to know how everyone plays,” said senior guard Lauren Mansfield. “Everyone’s kind of getting a feel for each other, and we’re just really doing a lot of scrimmaging and pick-up games.”

As the Cyclones begin to form their squad, one of the lingering questions is who will help fill the void left by Kelsey Bolte’s graduation.

It appears at this point that it will be a committee of last season’s core returnees hoping to fill the All-American Bolte’s shoes.

“I feel like me and Chassidy Cole as seniors, that’s definitely our position to try to step up,” Mansfield said. “There is also a bunch of juniors, so I feel like we’re going to be OK. We just have to continue to work together.”

Offensively, Cyclone coach Bill Fennelly returns multiple key contributors from last season, but it is unclear who will be able to step up and shoulder the burden left by the loss of Bolte’s 16.9 points per game.

Junior Anna Prins and Sophomore Hallie Christofferson will be the top returning scorers, after scoring 9.9 and 8.3 points per game, respectively, during the 2009-2010 season.

“I think this is definitely going to be the year where all of us have a part in providing something to the team just with each of our individual skills,” said the 6-foot-7-inch Prins. “I think everyone has something to give to the team.”

In the Bill Fennelly era, 3-point shooting has been a staple of Cyclone women’s basketball, a trend that Lauren Mansfield does not expect will end any time soon.

“Shooting is my main focus right now,” Mansfield said. “We have to shoot well.”

With the departure of Colorado and Nebraska from the Big 12 conference, the Cyclones will now be playing each conference opponent twice each season.

The team knows this will be a tough task in a conference that boasts the defending national champion Texas A&M, along with another Final Four caliber team in Baylor.

“With the way the league is happening right now, it’s definitely going to be tough, and we know that, so we’ve just got to push ourselves,” Mansfield said. “We need to push each other and show the freshmen what it’s going to be like.”
average blood alcohol content of detainees in alcohol-related arrests. In 2010, the average was 0.189 — more than enough to significantly impair judgment, perception and motor skills.

“We track and analyze alcohol-related information on an ongoing basis, including custodial arrests and alcohol overdoses,” said Jerry Stewart, director of public safety. “Our goal is to identify any trends, so that it might help us direct our future prevention efforts.”

Custodial arrests, Stewart said, occur before an individual is detained and transported to the Story County Justice Center in Nevada. In 2010, campus police made 419 alcohol-related custodial arrests. Of those, 304 were for public intoxication; the rest were for OWI charges. Most incidents occurred on campus property. Three hundred twenty-one of those arrested were male.

“A fairly large percentage of our arrests are driven by either direct observation by officers or third-party reports,” Stewart said. “One of the more interesting facts is that 50 percent of the people arrested by the Department of Public Safety are not affiliated with Iowa State.”

Arrest rates tend to rise during football games, Veishea and other periods of increased activity, Stewart said. “The criteria for officers contemplating an arrest largely centers on whether that individual poses a danger to self or others,” Stewart said.

Each time someone is arrested on an alcohol-related charge, campus police gather information and fed into various prevention programs.

“We do attempt to track where the individuals we arrest had their last drink, and then we try to determine whether there is any evidence of overserving,” Stewart said. “We then forward this information to the City of Ames so that they can direct their education efforts to the community.”

These education efforts, often conducted by Ames police officers, include training for bouncers, bartenders and others responsible for upholding alcohol-related laws.

“The criteria for officers conducting an arrest large- of overserving,” Stewart emphasized the importance of responsible, cooperative behavior above all else.

“We encourage community members to immediately report alcohol overdoses. In those cases, the prompt delivery of medical care is the highest priority,” Stewart said.
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To the three banditos who spit their chew in bottles during class... SOO NOT OK!!!

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I can be faithful.. why can't you?

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Word of the Day:

Shaggy-dog \(\text{\textit{shag-ee-DAWG}}\)

adjective
1: of, relating to, or being a similar humorous story whose humor lies in the pointlessness of irrelevance of the punch line.

Example:
The actor’s next film is a shaggy-dog comedy in which he plays a burnt-out, unemployed slacker who falls for the girl next door.

Sudoku

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

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Celebrate Summer

IOWA STATE DAILY

Fishing for a good time

Photo: Lyn Bryant/Iowa State Daily

Tuesday, June 28, 2011 | www.iowastatedaily.com
By Joy Wessels
jwessels@iowastatedaily.com

While most students pack up their stuff and head back to their hometowns for the summer, some stay to enjoy summer school and work around the Ames area. Whatever your reason for staying in Ames, students should take a break from those activities to explore the city and what it has to offer during the summer months.

Ames has many restaurants unique to the area that students should take the time to try, especially when those aforementioned ice cream lists grow weary. Make it a goal to try all of the different flavors Tropical Sno has to offer. Nothing beats deliciously flavored ice when temperatures soar into the 90s. This little shaved ice shack offers several different recreational parks to take advantage of.

Brookside Park is a great place to grill out, throw a ball around, or even hike through. Try to get a big group of friends together to grill out one night. The park offers grills, picnic tables and shelters for the times when the weather isn’t great.

Ledges State Park, located just 15 miles west of Ames, offers 13 miles of hiking trails, boating and fishing on the Des Moines River and a 550-foot long river and 5,500-square-foot recreational pool. The best part? It costs only $4.25 for ISU students to park.

Two other places to enjoy Ames scenery are Ada Hayden and Peterson Pk. They are located on the north side of Ames along U.S. 60. If you enjoy running, walking, or biking, Ada Hayden offers a 3.2-mile figure eight path that runs along the lake. If you’ve never hiked before, make it a goal to rent one and head out to Ada Hayden for the day to take advantage of the lake’s calm waters and scenic foot launch.

What better way to spend time outdoors than listening to bands at the intersection of 6th Street and Duff Avenue? Attend music every Friday night from 5 p.m. to 11 p.m. With talent ranging from boy bands to local favorites, there’s something for the college crowd.

If you want to escape the hot summer heat but still have a good time, try Perfect Games. The place offers bowling, laser tag and a full-service restaurant. You can’t do any better than free bowling, so check that out between 11 a.m. and 3 p.m. Mondays through Fridays. Perfect Games also hosts a “Teen Party” from 2 to 5 p.m., offering discounts on food and bowling. Be sure to head to Perfect Games sometimes before the summer ends to play for less than $3.

There’s no reason that Ames should be the only place to enjoy the water. Whether you’ve never been to Italy and had gelato, Capanna’s might be the perfect place to try it. Gelato is less deeply frozen, air filled and fat filled than ice cream, which gives it an authentic Italian taste, located across from Hy-Vee on west Lincoln Way. Capanna’s gelato is created daily, and ranges in flavor from tiramisu to blood orange. You’ve given the chance to sample as many as you like before choosing the flavor that best suited your taste buds.

If you’re love successful in trying different kinds of food around Ames, then it’s time to switch it up with a little gelato. Gelato is less deeply frozen, air filled and fat filled than ice cream. Whether you’re new to camping or a veteran of spending time outdoors, Ledges State Park is a place for all to enjoy. As one veteran of spending time outdoors, I can’t do any better than free bowling, so check that out between 11 a.m. and 3 p.m. Mondays through Fridays. Perfect Games also hosts a “Teen Party” from 2 to 5 p.m., offering discounts on food and bowling. Be sure to head to Perfect Games sometimes before the summer ends to play for less than $3.

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Options abound in and around Ames

By Ben Theobald

It’s June, which means it’s time to get the fishing rods out and head to the nearest fishing location. In the Ames area, there are a number of fishing spots.

“Ada Hayden” and “Skunk River” would be Ada Hayden,” said Brett Flooden, sales associate at Jax Outdoor Gear. “Others spots would include Lake Lovewe and Skunk River. According to the city of Ames website, people cannot fish from the bridge, along the trail or clean fish at the lake.

There are also a few areas just outside of Ames where Roberts can go:

“Just outside of Ames in Peterson Park,” Flooden said. “Another spot in McFarland [Park] which is just a little east outside of Ames.”

Peterson Pit is about four miles northeast of Ames, and is about 11 acres. McFarland Park is also northeast of Ames. You must be 16 years or older to fish in both Peterson Park and McFarland Park.

Ada Hayden and Skunk River are both listed as being under Ames jurisdiction by the Iowa Department of Natural Resources.

“You have to have a fishing license and abide by the rules,” said Kevin Shawgo, superintendent at Ames Parks & Recreation.

In order to have a fishing license, you must be 16 years or older. Both hunting and fishing go into the fish and wildlife trust fund.

“That money can only be used on fishing,” said Kevin Baskins, head of communications at Iowa Department of Natural Resources. “It improves fishing access and covers some of the law enforcement for fishing.”

Fishing licenses can be purchased at the courthouse, at Wal-Mart locations, in hardware stores, and online at the Iowa DNR website.

The Iowa DNR website also has the latest information on regulations for hunting and fishing in Iowa.

By Ben Theobald

Kah Wei Chan, senior in chemical engineering, fishes at Peterson Pit on June 12. There are several popular fishing spots in Ames, such as the Peterson Pit and Ada Hayden Heritage Park.

Photo: Chloe Lim/Iowa State Daily

Fulfill your wish to fish

Outdoors

Need a quick fix?

Need a quick fix?

Filling your wish to fish

Options abound in and around Ames

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Photo: Chloe Lim/Iowa State Daily
 Celebrate July 4th with fireworks & more

Nevada
July 4th
7am-10am Breakfast at Fire Station 10am Parades (Main Street from E Ave to American Legion) 11am-2pm Chicken Noodle Dinner at American Legion 11am-2pm Band & Park at The Branding Iron Restaurant 4:30pm-7:30pm Kids’ Carnival with Face Painting, Kid’s Train Ride at SCORE Pavilion Area 7pm Concert by Nevada Community Band, SCORE Pavilion Area 9pm Fireworks at SCORE Park

Ames
July 4th
8:30am-10:30am Pancake Breakfast City Hall, Downtown Ames 9am-11am Bill Riley Talent Show 11am Parade, Downtown Ames Noon-3pm Free children’s activities and food vendors, Bandshell Park 10pm Fireworks

Boone
July 4th
7:30pm Live of Destruction, Boone Speedway 10pm Fireworks, Boone Speedway

Slater
July 2nd
All day Carnival 10am Kiddie Parade 1:30pm Mud Volleyball & Horse-shoe Tournaments (Register at 11:00), Grimm Park 2pm Amy’s School of Dance, Nelson Park Stage 4pm The Gustafson’s, Nelson Park Stage 6pm Teen Dance-Nelson Park in the Karl Chevrolet tent 10pm-1am Beer Tent, Nelson Park

July 3rd
All day Carnival 3pm Dog Fun Show, Nelson Park Stage 5:30pm Community Band & Choir, Nelson Park Stage 7pm Fireworks, Green Park (Rain Date-July 4th) 9pm-1am Beer Tent, Nelson Park

July 4th
All day Carnival 10am Parades 1:30pm Welcome Ceremonies 1:30pm Slater’s Got Talent, Nelson Park Stage 4pm Hypnotist-Sam Thompson, Nelson Park Stage 7pm Bob Bulle Concert 1pm-10pm Beer Tent, Nelson Park

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Hydration is key when exercising in the heat

By Lee Peterson

We’re in the midst of summer and the heat is here to stay. Whether you’re exercising or just trying to beat the heat, staying hydrated is crucial. The human body is 60% water, and during exercise, this water is lost through sweat. Drinking enough water is essential to maintain proper body function and prevent dehydration.

The best way to stay hydrated is to drink water before, during, and after exercise. However, sometimes it can be challenging to drink enough water, especially when the weather is hot. Here are some tips to help you stay hydrated:

1. Drink water before exercise: Even if you don’t feel thirsty, drink water before you start exercising. This will help to prevent dehydration during your workout.
2. Drink water during exercise: It’s important to drink water during exercise to replace the fluids lost through sweating.
3. Drink water after exercise: After exercise, your body will be dehydrated and will need replenishment. Drink water to help your body recover.

Remember, staying hydrated is key to maintaining good health and preventing heat-related illnesses. So, keep a water bottle close by and drink plenty of water throughout the day.

Recreation

Ames is perfect for any park lover

By Joy Mozarto

If you’re an outdoor enthusiast, Ames is the perfect place to be this summer. With numerous parks and trails, there’s something for everyone.

Brookside Park is one of the most popular parks in Ames. It offers a variety of activities, from picnicking to playing frisbee. The park is also home to the Ames outdoor theater, which hosts a variety of events throughout the year.

Simpson Park is another great spot for outdoor enthusiasts. It features a disc golf course, hiking trails, and a dog park. The park also offers a variety of programs and events throughout the year.

Whether you’re looking for a place to hike, a place to play sports, or a place to relax, Ames has something for you. So, get out there and enjoy the outdoors!

Ames is a great place to live, work, and play, and it’s easy to see why so many people love living in this beautiful city.
Food

Festive recipes to light up the Fourth of July

The Fourth of July is one of the most festive and beloved holidays of the year. Whether you're planning a party, the food you serve should be both bright and festive. Here's a list of foods that stay true to traditions, but are also interesting and exciting.

Summertime hot dogs with barbecue sauce

Grilling out is a popular activity during the summer, particularly on the Fourth of July. This recipe for summertime hot dogs with Dr Pepper barbec sauce from the Better Homes and Gardens website is a revelation. The traditional hot dog is dressed up by adding an interesting, yet easy to make sauce.

By Katherine Klingsaps
lk@ameastal.com

Uncle Sam ice cream cone

When the Fourth of July occurs each year, the weather in Iowa is usually extremely warm. Most people will be looking for recipes that fit the mood. Cold foods provide a better relief on a hot summer day. This recipe, taken from the Disney Family Fun website will not only cool you down, but also bring excitement to your face.

Photo: Rebecca Brownless/Ashes Daily

Grilled corn with honey-ancho chili butter

A summer picnic recipe uses fresh sweet corn on the cob and an ancho chili as the main flavors. Honey-ancho chili butter will add an extra bit of flavor to the mmomemtary.

Photo: courtesy of Thestock.com

Cream cheese and pecan stuffed bellies

Like corn, strawberries are extremely popular in Iowa during the summer months. This fresh-from-the-corn recipe was created by Paulette Dezi. Although they smell the fresh-from-the-grill, some of the dates are upgraded. By adding cream cheese, these bellies can be a separate course to brighten up your meal. Dine with a fluffy, filling dessert.

Photo: Korune Angue/Lara Daily

Edible eagles

This month's recipe from the Disney Family Fun website, the Uncle Sam hot dog recipe uses the flag's colors for a very cute looking dessert. These appetizers make edible eagles instead.

Photo: Korune Angue/Lara Daily

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Beverages

Tropical tastes to beat heat

When the weather outside is unbearably hot, there’s nothing better than cooling off with a refreshing drink. Here’s a list of five cheap and easy-to-make drink recipes:

**Hula Coola**

This recipe is from the Diseny Family Fun website. Don’t let the season fool you, this drink is not just for kids. This drink has as much flavor as any other drink on this list. Also, unlike the other drinks, the Blue Lagoon contains milk and yogurt. The addition of dairy makes this concoction perfect as a simple drink, snack or light breakfast.

**Blue Lagoon**

No food-related list is complete without a recipe from foodnetwork.com. Of all the summer drinks on the site’s list of 50, Honeydew Ice is my favorite. It has a very clean, crisp taste to it. This is a great drink to have when you’re lounging in a lounge or next to a pool.

**Honeydew Ice**

A favorite summer drink of mine is Blue Lagoon. It’s an example of her mastery in the kitchen. It’s perfect combinations of pineapple, coconut and lemon. As you drink it, you will be transported to a tropical paradise.

**Tangy Citrus Lemonade**

This recipe is from the Disney Family Fun website. Don’t let the season fool you, this drink is not just for kids. This drink has as much flavor as any other drink on this list. Also, unlike the other drinks, the Blue Lagoon contains milk and yogurt. The addition of dairy makes this concoction perfect as a simple drink, snack or light breakfast.

**Apricot-Raspberry Refresher**

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Celebrate Summer

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Happy 4th of July!
Movies

Summer movies intrigue, entertain

Those wonderful summer months of sun and relaxation are the season when many blockbuster films appear. Here are my top five picks for films to watch this summer for the purpose of entertainment.

“Harry Potter and the Deathly Hallows Part II”

Photo courtesy of Warner Bros

There is no reason anyone in this country, or in other countries, should boycott this. It is the culmination of one of the most epic and influential movie franchises to hit the big screen. This momentum built is going to be action packed. It’ll also be emotional, while still fun for fans, considering the amount of time most people have spent reading the books and watching the previous seven installments.

I try to time the time to watch the entire series again, so as to have the entire Potter drama fresh in your mind when you step ontoscreen (and, if you’ve read the books, you’ll be able to remember the experience as a real rereading by attending four of the midnight premieres, so those will be packed to the brim with devoted and enthusiastic fans.

“X-Men: First Class”

There is no need to have seen the other X-Men movies, but you might as well watch them anyway, just to see how much better “First Class” is. It’s really with the movies of comic film is going to change the movies for the better. I’m sure, maybe you should go see “Green Lantern” said “Capernaum America: The First Avenger.”

Honoroble Mention

“Transformers: Dark Side of the Moon”

It will probably be a hit as the previous makes it, but it will be less influential and less memorable. This summer's films are a surefire hit for fans and newcomers alike.

Pino Gentile
Iowa State Women’s Assistant Golf Coach

Pino Gentile is in her fifth season with the Iowa State women's golf team, helping the Cyclones achieve national recognition in her time in Ames. Gentile earned her Ladies Professional Golf Association (LPGA) Teaching and Club Professional Division card in 2002. She has worked as an assistant golf professional at Crestwood Country Club in Bloomington, Ill., and Edgewood Valley Country Club in Elgin, Ill.
Music

The ideal soundtrack for the summer

By Katherine Klingeis
klingeis@beaconjournal.com

“Rolling in the Deep” by Adele

“Rolling in the Deep” is Adele's latest single from her second album, “21.” Released in Nov. 2010, “Rolling in the Deep” has been Adele’s breakout hit to date.

“Rolling in the Deep” certainly isn’t like previous releases, such as “Chasing Pavements” or “Someone Like You.” Adele's voice is both powerful and soothing, delivering messages of heartbreak and hope.

The song’s haunting melody and Adele’s emotive vocals have captured the hearts of music fans around the world. “Rolling in the Deep” is a perfect addition to any summer playlist.

“The Lazy Song” by Bruno Mars

With millions of people looking forward to the summer, Bruno Mars’ “The Lazy Song” is perfect for those lazy summer days.

“From the pool to the beach, it’s time to let your worries go,” Mars sings. “I got the lazy song perfect for the job.”

Bruno Mars' infectious beat and catchy lyrics make “The Lazy Song” the perfect summer anthem.

“E.T.” by Katy Perry

Katy Perry has been a hitmaker for many years, but “E.T.” is her breakout hit. The song was released in 2010 and quickly became a fan favorite.

“E.T.” is a fun, catchy song that features a memorable beat and Perry’s signature vocals. The song’s playful lyrics and upbeat tempo make it perfect for summer fun.

“Till the World Ends” by Britney Spears

Britney Spears has been a pop icon for many years, and “Till the World Ends” is one of her biggest hits. The song was released in 2006 and quickly became a dancefloor favorite.

“Till the World Ends” is a high-energy song that features Spears’ signature vocals and a catchy beat. The song’s empowering lyrics make it perfect for summer parties.

Enjoy Gilbert This Summer!

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