



THU JUNE 28, 2012

The perfect fit

Charlie Poulson takes next step in transition from woman to man



Photo courtesy of Charlie Poulson

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Daily scoop

Sports:

Alumna qualifies for Olympics

During the month of June, athletes have been competing at the U.S. Olympic Trials for their various events. In track and field, Cyclone athletes Meaghan Nelson, Kianna Elahi and former Cyclone Lisa Uhl (Koll) competed at the track and field trials in Eugene, Ore. Uhl made the U.S. Olympic team in the 10,000-meter run.

Swimmer Imelda Wistey swam the 100-meter backstroke in Omaha, Neb., at the swimming and diving Olympic Trials.



Scan the QR code or find the story online at isdai.ly/MPfJt

Hoiberg claims national spotlight

ISU men's basketball coach Fred Hoiberg was given a national honor by being named a recipient of the Ten Outstanding Young Americans Award. The award is given to individuals that display outstanding leadership in one's community. Also known as "The Mayor" to Cyclone fans, Hoiberg led Iowa State to the NCAA Tournament in just his second year of coaching with 12-6 record in the Big 12.



Scan the QR code or find the story online at isdai.ly/NJgpmO

News:

Curtiss renovation picks up speed

This week marks a turn in the renovation of Curtiss Hall. Staff of the global programs office were able to move into renovated space in the south student services wing of Curtiss Hall's ground floor. They joined the staff of the College of Agriculture and Life Science's career services unit. Next week, the college's student services staff will be moving in across the hall.

Renovation will begin picking up momentum in other parts of Curtiss this summer, according to Inside Iowa State.



Scan the QR code or find the story online at isdai.ly/L580Hk

PrISUm unveils new solar car

On June 24, the PrISUm team unveiled its 11th solar car in Ankeny, Iowa, alongside what has been touted as Iowa's first net-zero energy home. The team was approached by Century 21 realtor Laurie Culp during the 2012 Ames Eco Fair with an invitation to show off their latest model, Hyperion, at the weekly open house.



Scan the QR code or find the story online at isdai.ly/MUKEWR

Police blotter

Ames, ISU Police Departments

The information in the log comes from the ISU and City of Ames police departments' records. All those accused of violating the law are innocent until proven guilty in a court of law.

June 11

Vehicles driven by **Macie Cline** and **Michael Dew** were involved in a property damage collision at Haber Road and University Avenue (reported at 12:12 p.m.).

A staff member reported a series of purchases that possibly involved insufficient funds at the University Bookstore. The matter remains under investigation (reported at 12:36 p.m.).

A vehicle driven by **Austin Carney** collided with a parked car in Lot 22 (reported at 2:28 p.m.).

Jose Pantoja, 134D University Village, reported the theft of a bike at Agronomy Hall (reported at 2:46 p.m.).

Vehicles driven by **Kayla Marie Doverspike**, **Savanna Collie**, and **Stephanie Glinn Whitener** were involved in a property damage collision at Hawthorn Court Drive and Stange Road (reported at 5:19 p.m.).

A vehicle driven by **Mary Imm** collided with a wall at Memorial Union Ramp (reported at 9:15 p.m.).

June 13

Katherine Groehn, 21, of 1338 Walton Drive Apt. 205, was arrested and charged with operating while intoxicated at Beach Avenue and Lincoln Way (reported at 2:10 a.m.).

An officer assisted a woman who had been kicked by a horse at 1800 Christensen Drive. The individual was transported to Mary Greeley Medical Center for treatment (reported at 12:17 p.m.).

June 14

Joshua Scott, 33, 5615 West Lincoln Way Unit 18, was arrested on a warrant held by the Story County Sheriff's Office at Lincoln Way and Sheldon Avenue (reported at 1:08 a.m.).

Collin Fett, 20, of 2902 Lincoln Way, was arrested on a warrant, charging him with second

degree theft. The charge stems from the execution of a search warrant at Fett's residence on May 31 that resulted in the seizure of 40 bicycles (reported at 11:42 p.m.).

June 15

Kara Lind, 22, 1216 Walton Drive, Apt 205, was arrested and charged with operating while intoxicated at Mortensen Road and State Avenue (reported at 1:15 a.m.).

Zachary Yanisch, 22, 1108 South Fourth St., Apt 22, was arrested and charged with operating while intoxicated at Stanton Avenue and Storm Street (reported at 1:54 a.m.).

Evan McCann, 22, 431 Welch Ave., was arrested and charged with public intoxication and disorderly conduct at Chamberlain Place and Hunt Street. **Tyler Oelschlager**, 24, of Roland, Iowa, was arrested and charged with public intoxication (second offense) and disorderly conduct (reported at 2:20 a.m.).

A staff member reported the theft of two iPad computers at the College of Design (reported at 2:44 p.m.).

June 16

Samantha Rockwell, 19, of Urbandale, Iowa, was arrested and charged with public intoxication and interference with official acts at Chamberlain Street and Welch Avenue (reported at 12:54 a.m.).

Craig Maggard, 25, 4606 Ontario St., was arrested and charged with operating while intoxicated at Lincoln Way and South Wilmoth Avenue (reported at 1:02 a.m.).

Ahmet Unsal, 23, of 301 South Fourth St., was arrested and charged with public intoxication at Arbor Street and State Avenue (reported at 1:51 a.m.).

An 18-year-old male was referred to DOT officials for a .02 civil violation at Ash Avenue and Lincoln Way (reported at 3:00 a.m.).

ISD IOWA STATE DAILY

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PERIODICALS POSTAGE

Faces in the Crowd

Which of Royce White's previous hairstyles do you think he should rock for the NBA?



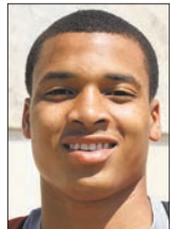
Royce White
Former ISU men's basketball player

"I like the Cyhawk, I'm going back to the Cyhawk, [but] I have to see how it looks with the beard; that's going to be pretty crazy."



Georges Niang
Incoming freshman on the ISU men's basketball team

"Cyhawk"



Sherron Dorsey-Walker
Incoming freshman on the ISU men's basketball team

"Cyhawk"



India Lovejoy
Sophomore
Event management

"Shaved!"



Scott Mead
Graduate
Architecture

"Cyhawk, because it shows commitment to ISU."



Hannah Garrett
Junior
Marketing

"Cyhawk, but shaved for the ladies."





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One-on-one with Johnny Orr

By Alex Halsted
@iowastatedaily.com

When Johnny Orr was at Michigan in 1980, he got a call from Iowa State as they looked at one of his assistants to coach the ISU men's basketball team. Orr would take the job himself, and Cyclone basketball would change forever.

During his time at Iowa State, Orr led the Cyclones to six NCAA Tournaments and saw seven players go to the NBA. By the time his ISU career was over, he had coached 218 winning games and brought "Hilton Magic" to Ames.

What is your greatest memory in your time at Iowa State?

I think my greatest victory was when we beat Michigan [in the NCAA Tournament] and then when we beat Kansas when they were No. 1 in the country. We won 39 straight games here at Hilton Coliseum — we were unbeatable here!

How would you describe the 'Hilton Magic' that you saw?

Well, I think the biggest thing was the pep band. A kid in the pep band got that idea of playing "Here's Johnny" and everything.

Like I said in my speech, when you lose 10 games in a row, it's hard to come out there like that, but when you win 39 games in a row, it's easy.

You coached Fred Hoiberg, did you ever see him as a future coach?

Oh yeah. He was always that way; he was good. You know when I recruited him, he didn't have great speed, but at like six feet, he was pretty quick, and he could really shoot the basketball. [Ames] won the state championship, and of course we had to get him here — but we were lucky.

How has he been doing here?

He's done a great job, I think, and I think it's going to get better all the time. He keeps getting good recruits, and I think you'll see this arena filled again.



Photo: Megan Wolff/Iowa State Daily
Johnny Orr shares his ISU basketball memories at the West Central Cooperative annual meeting on June 21 at Hilton Coliseum. Orr was the ISU men's basketball coach for 14 years.

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ISD road trip: Ankeny

Outdoor, indoor recreation found around Ankeny

By Frances Myers
@iowastatedaily.com

With the onset of summer comes the onset of temperatures climbing into the 80s, 90s and, some days, the 100s. With warmer temperatures, many people may be looking for activities outdoors. With two lakes and a state park, this is very possible for people visiting Ankeny.

Ankeny offers a variety of activities ranging from outdoors, to many different festivals throughout the year, as well as shopping centers and

something for every age.

For the Daily's road trip to Ankeny, we checked out the food at Chips Restaurant. Open since 1994, Chips is opportune for a summer meal with its lakeside location and choice of an outdoor patio.

After Chips, the next stop was Saylorville Lake. Even in the early part of the day, there were already plenty of people here, considering the day's temperature was already climbing into the 80s.

Saylorville Lake is a reservoir located on the Des Moines River. Here, people can enjoy outdoor recreational activities such as camping, boating, hiking, fishing, biking and swimming.

Another place for the recreational type might be Big

Creek State Park. Located just outside of Ankeny, the park offers many of the same recreational activities along with 26 miles of trails, 11 miles of snowmobile trails, along with hunting and year-round fishing in designated areas by the lake.

For those who may not be so interested in outdoors activities, there are shopping options in Ankeny, too.

The Delaware Shopping District in Ankeny offers more than 100 name brand and specialty items.

There is also Uptown Ankeny, which is a historic shopping district. This district also holds Ankeny Summerfest, a four-day event the week after the Fourth of July.



Photos: Frances Myers/Iowa State Daily

Ankeny offers outdoor recreation for many interests, along with shopping and summer food.

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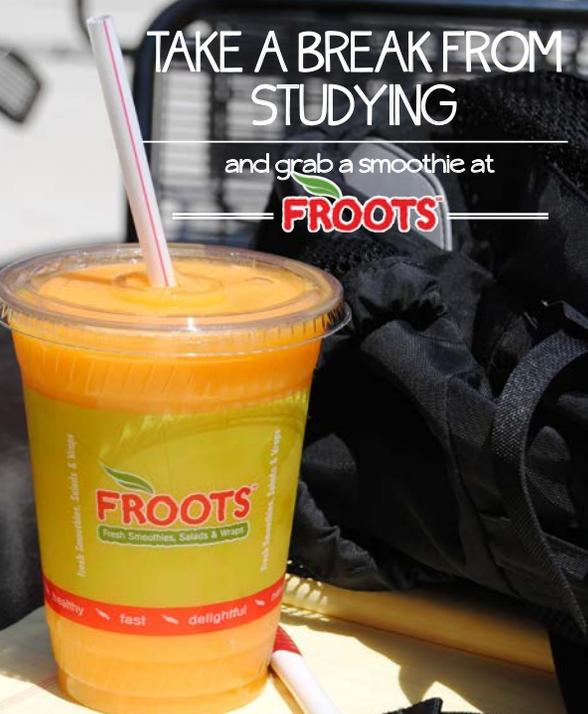
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Editorial

We can afford interest increase

Unfortunately, education is an interest group that, like every other interest group, protests wildly when its share of the public dole gets cut. Students are a part of that.

Whenever their interests as students are threatened with budget cuts, crowds of them can be relied upon to turn out and protest the changes. That truism applies across the world. Recently in the United Kingdom, students demonstrated against capping tuition at £9,000 rather than the £3,290 limit then in effect. Here in Iowa, Regents Day 2011 at the State Capitol came under fire as a partisan event that protested cuts to education

Republicans wanted to make that year.

The cut now looming above students (or so we are told) is the possibility of allowing the

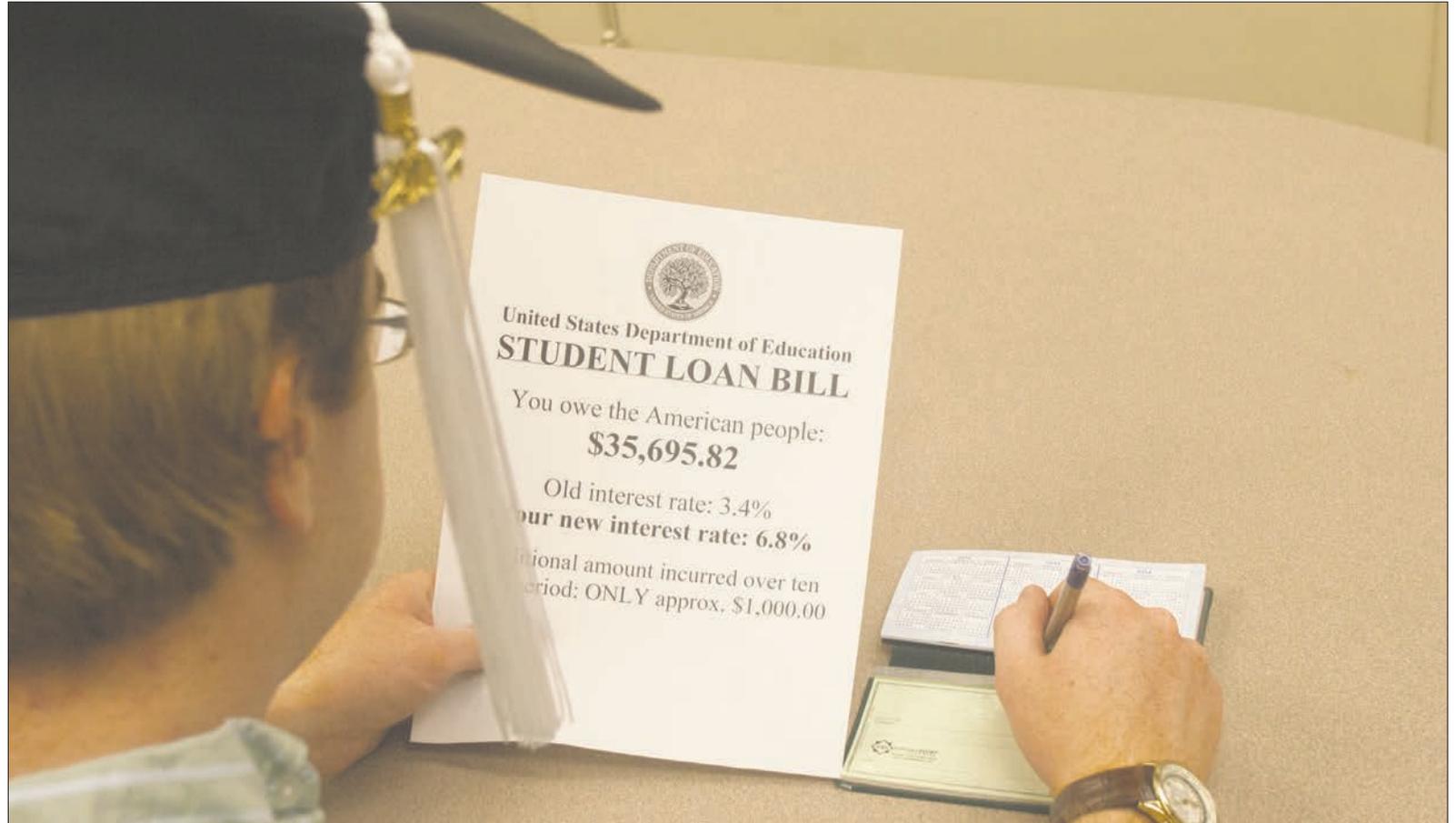


Photo: Megan Wolff/Iowa State Daily

The interest rate on Federal Stafford student loans could double July 1 from 3.4 percent to 6.8 percent. While certainly a major increase, estimates show the doubling would cost individual students only \$1,000 over the course of a 10-year period.

interest rate on Federal Stafford student loans to double July 1 from 3.4 percent to 6.8 percent. Both Republicans and Democrats in

Congress agree that the interest rate should be kept low; the real question — and the political grandstanding that has surrounded this issue

since the new year — is how to fund the lower interest rate.

Right now, fixing the interest rate on Stafford loans costs

the federal government about \$6 billion. By contrast, estimates say doubling the interest rate would cost students, individually,

about \$1,000 over the 10-year period in which they repay their loans.

Whoop-de-do.

The United States overspent itself by

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Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

\$459 billion in 2007-08; \$1,413 billion in 2008-09; \$1,293 billion in 2009-10; \$1,300 billion in 2010-11; and this year, the national deficit is expected to add \$1,327 billion to the national debt. \$6 billion in that is truly a drop in the bucket, but it is either \$6 billion that can be allocated to other programs or left unadded to the debt, with which we saddle future generations of Americans.

Going to college is, for many young people, a way of stringing out their youth as

"We choose to ... do the other things, not because they are easy but because they are hard."
— John F. Kennedy

they drag their degree out through five or six years, or as they go to graduate or professional school in the hopes that, by the time they graduate from that program, the economy and their job prospects will have improved. At some point, though, we have to take responsibility for bearing the cost of our own education, and \$1,000 is not much when spread over a decade.

At some point, we all have to leave Neverland and grow up.

The attention that the interest rate hike has received over the past several months has become a much wider debate about how government spending should be funded. The question before us, so it would seem, is whether we should fund some programs by cutting others and so prioritize the

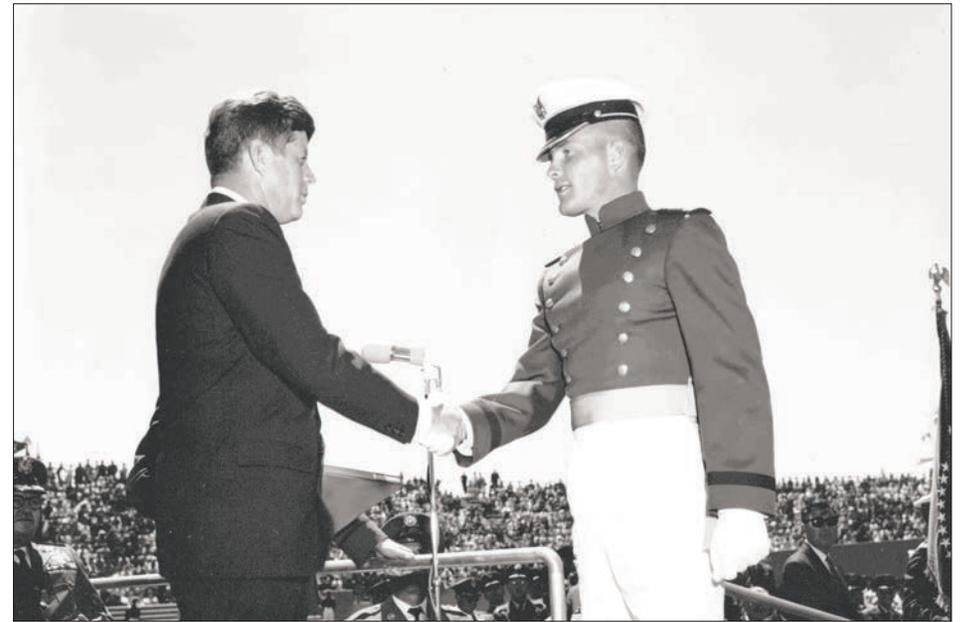


Photo courtesy of Wesley Fryer/Flickr

Accepting his responsibilities to the public, a lieutenant is congratulated by President John F. Kennedy at the 1963 Air Force Academy graduation.

subjects of public money, or whether we ought to fund everything that should be funded, and do so through tax increases.

That framing is overly simplified.

With this, as with many other issues, the words of President John F. Kennedy ring true: "Ask not what

your country can do for you; ask what you can do for your country." As holders of four-year degrees, graduating students are among the most competitive prospective employees. They can take care of themselves. They can afford paying an extra \$1,000 over 10 years.

Similarly, members of Congress should, both as their deadline of July 1 draws nigh and in the future as they have opportunities to affect education policy, make decisions that are right for the whole United States, not just a voter demographic.

We cannot have our cake and eat it too.

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Photo courtesy of Charlie Poulson

Born as Chloe, Charlie Poulson, senior in graphic design, has struggled with gender identity issues since the age of 3.

The perfect fit

Student takes next step, undergoes chest surgery

By Myra.Krieger-Coen
@iowastatedaily.com

Sitting with his mother, Charlie Poulson listens to his grandmother Ruth as she gushes over the Lady Gaga's CD she recently purchased. The intimate atmosphere is lighthearted and filled with hilarity. The constant laughter causes his mother's cheeks to turn the same shade as her vibrant pink shirt.

Sitting in the midst of them, it is difficult to imagine the family being anything but at ease. It is as though the family has been left perfectly untouched by hardships. However, that is not the case, as the family has been fighting an ongoing battle with identity and acceptance for almost two decades.

Charles Edward Poulson, the 21-year-old man with piercing blue eyes and the beginnings of a 5 o'clock shadow, was once female.

Boyish beginnings

Poulson was born under the name Chloe, and his mother lovingly described the little girl as very feminine, with nothing out of the ordinary. That is, until she turned three and was able to dress herself. T-shirts and gym shorts replaced dresses and bows. Poulson suppressed a smile and lightheartedly rolled his eyes as his mother and grandmother reminisce on a particular floral dress that was ditched for a favorite pair of Superman pajamas.

"I didn't feel the need to overcorrect it," said Suzanne

Poulson Spooner, Charlie's mother. "When she was older I just considered her a tom boy."

When it came time, Poulson was anxious about coming out to his family, describing it as a terrifying and uncharted experience.

Then he did it twice.

At the age of 13, Poulson came out to his mother as bisexual — lasting only a few weeks until his mother confronted him about only finding women attractive. He began to solely recognize as a lesbian, an identity he claimed until age 19. Even after coming out as a lesbian, things did not feel right. Physical appearance began to drastically contradict internal feelings.

"In my head I thought I was male, and it was totally normal, but I also knew my physical self was female," Poulson said. "Whenever someone would point out the fact that I was female, it never quite settled with me."

Realizing his struggle and desperately wanting to help her son, Suzanne tried to talk to him about what was happening. Neither knew how to approach the thoughts and feelings Poulson was experiencing.

"I didn't have the vocabulary to understand or to know where it was going," she said.

The vocabulary finally became accessible during his freshman year of college. A friend posted a YouTube video of a transgender man documenting his process.

Now a senior in graphic design, Charlie recalled being fascinated with the videos and how closely he related to them. He began to research and explore what he would ultimately come to identify as: a "trans man," or a female-to-male transgender person.

This past March, Poulson

legally changed his name to Charles Edward Poulson. Previous to this new identity, Poulson was eager to find ways to adjust his body so that it would align with his mind.

A new identity

Chest binders were a constant. Concealed underneath his shirts, the restricting binder compressed his chest so that it would appear flat. The tight nature of the binders caused marks and eventually scars that streak across his sides and shoulders. Regardless of the pain and restrictions, not wearing the binder was never an option to him.

Deciding the binder was no longer enough, Poulson began to receive weekly shots of testosterone on Dec. 22, 2010. Every Wednesday for the past two years, he has injected a syringe full of testosterone into the muscle of his right thigh.

Changes were slow at first. Starting with voice slowly dropping every few weeks and a few hairs marked the beginnings of a beard. Today, he can proudly tell you in a noticeably lower voice that he is fully capable of growing a full beard.

The testosterone affected much more than his body. His personality began to change to match his appearance. Poulson described being unable to communicate effectively and express his feelings. Regardless of these setbacks, he was excited to share with his family.

That's when Poulson faced a whole new dilemma. While he was thrilled about the changes, his family was still coming to terms with saying goodbye to Chloe. It was the hardest part of the process for himself and his mother.

CHARLIE.p9 >>

>>CHARLIE.p8

"I had to just sit back and watch people let go of Chloe," he said. "My family was still in the mourning process of losing their daughter when I wanted the process to speed up."

Hearing recordings of Chloe's voice still brings his mother to tears.

"There wasn't anything we didn't love and adore about Chloe," she said. "That little voice that's still Chloe is the only part of her we have left."

His family worked on little changes — using his name Charlie rather than Chloe and being careful when using pronouns. When these things became routine to his family, Poulson decided to take the next step in his transition.

Top surgery, or Female To Male Transgender Chest Surgery was performed by Dr. Charles Garramone in Sunrise, Fla. When he discovered surgery was an option, Poulson said he was ecstatic there was a visible way to fix his body. This surgery would grant him freedom from the chest binder's restraint. But his family was apprehensive about the procedure.

His mother described it as the point of no return. His grandmother recalled sitting

him down and requesting not to make any irreversible changes until the age of 25.

"It was a logical request for me, but Charlie had a clear vision of the path he needed to take," she said.

After explaining the necessity of the surgery to them, the only thing standing in his way was the surgery price tag. Poulson found a solution. Fashioning macramé bracelets out of shirts he had outgrown due to testosterone-induced growth, he began to fund raise. With the \$3 bracelets and proceeds from a charity concert, he raised more than enough for the \$5,900 surgery.

His mother now looks proudly at her son and adds, "Charlie has been a little girl, a tom boy, a lesbian, transgenering, transgendered, I don't know what else he can hit."

Charlie laughed: "I'm done! I'm done!" He followed up saying that no more surgeries are in his future, but he will continue to take testosterone shots for the rest of his life. Wanting to be a resource for transgender students, he plans to continue reaching out to the community. His YouTube channel, SirMasterCharlie, documents his transition and offers resources to those going through the same experience.

"People just don't have the education," he said. "Well, I am the education."



Photo courtesy of Charlie Poulson

LGBT terminology

- Transgender: someone whose self-identification or expression challenges traditional notions of "male" and "female"
- Transgender people may include: transsexuals, cross-dresser, drag queens and kings, gender queer, and others who cross or transgress traditional gender categories.
- Transsexual: Someone whose gender identity is different from their gender identity at birth. Transsexuals often undergo hormone treatments and gender reassignment surgeries to align their anatomy with their core identity, but not all desire or are able to do so.
- Gender identity: What we perceive and call ourselves
- Gender expression: Everything we do that communicates our sex/gender to others: clothing, hairstyles, mannerisms, way of speaking, roles we take in interactions, etc.
- Biological sex: A system set by the medical establishment usually based on reproductive organs or number of certain chromosomes in the DNA
- Gender: The social construction of masculinity and femininity in a specific culture, involving gender assignment, gender roles, gender attribution and gender identity
- Cisgender: Someone who has a gender identity that agrees with their societally recognized sex

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Basketball

A second home

White reflects on his 'fresh start'

By Alex Halsted
@iowastatedaily.com

The 6-foot-8-inch forward paused and smiled, admitting his emotion, as he thought back to the sea of gold rushing onto the court at Hilton Coliseum.

Royce White could have chosen from a list of personal performances to find his greatest ISU memory. There is the game-winning shot, his triple-double and NCAA Tournament performances against Connecticut and top-seeded Kentucky that sealed his NBA-bound fate.

Instead, Royce, who spent two years in Ames and one season on the court for the Cyclones, chose Iowa State's victory against No. 5 Kansas at Hilton Coliseum.

"That was pretty emotional, a pretty great time," he said. "There's just so much that goes into that game, so many generations, so much legacy in one 40-minute stretch of basketball."

During his lone season as a Cyclone, Royce averaged 13.4 points, 9.3 rebounds and 5 assists per game — all team-leading numbers — on his way to being named First-Team All-Big 12.

Finding comfort at Iowa State

Ames was not always supposed to be Royce's college home. As a freshman at the University of Minnesota, White was a member of the Gopher's basketball team. After two incidents in 2009, one involving shoplifting and the other a university laptop theft, Royce was suspended.

After time away from the court, other coaches recruited Royce. One of them was ISU men's basketball coach Fred Hoiberg, who was familiar with White from his time in the front office of the Minnesota Timberwolves.

"The very first conversation I had with Fred about Royce coming to Iowa State, he was very excited about what he could teach Royce," said Royce's mother, Rebecca White. "As a mother, that was refreshing for me."

White eventually chose Iowa State over Kentucky, in part because of its proximity to his home in Minneapolis and sat out the 2010-11 season before taking the court last fall.

In his time at Iowa State, Royce said he learned a lot about himself and said he is a different person now from the teenaged college freshman who was suspended at Minnesota.

"Having lifelong quality people as friends that care about you and care about your well being is definitely always a benefit," he said. "That's definitely something I found in [Hoiberg's] family and the whole Iowa State community."

Using anxiety to teach

Royce did not hesitate. "Anxiety," he said when asked about what NBA teams wonder about most.

For much of his lone season on the court for the Cyclones, Royce answered a barrage questions about his anxiety, which began toward the end of high school with panic attacks.

In fact, it was part basketball and part anxiety that put White in national headlines during the 2011-12 season.

"I'm proud of Royce. I 100 percent support him being transparent not just with his anxiety but who he is as a person," Rebecca said. "I think you limit yourself if you're not honest with yourself about who you are."

Looking back, Royce does not blame his past troubles on anxiety. And with or without the NBA, although Royce admits a professional career helps, he plans to keep spreading the word about mental illness.

"I'm just going to continue to talk about it and continue to be honest about it and open about it," he said of his goal to spread anxiety awareness. "I think that's what we need in this country and the world about mental illness — not only for myself but for other people who struggle with it and haven't gotten the help they need."

Hoiberg, who Royce considers a close friend as much as a coach, believes the NBA recruit can make a difference.

"I'm confident that he's going to have a very long career and he's going to do a lot of things to help a lot of people," Hoiberg said at Royce's departing news conference. "And that's the great thing about Royce."

His mother, who was often there to calm her son in times of his anxiety attacks as he was growing up, feels Hoiberg and Iowa State gave him a chance to grow not only on the court, but as a person too.

"I think Iowa State just provided a healthier environment, a nurturing community," Rebecca said. "So he could do what he needed to do both on the court, in the classroom and all of that."

WHITE.p11 >>



Photo: Jordan Maurice/
Iowa State Daily



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www.cityofames.org/SmartEnergy



File photo: Iowa State Daily

A 'sea of gold' cheers on the Cyclones in their matchup against No. 5 Kansas on Jan. 28. Former ISU forward Royce White chose the 72-64 victory as his favorite ISU memory.

>>WHITE.p10 Making Ames his 'second home'

Royce is thankful for Ames, and thankful for the community that took him under its wing and offered a second opportunity when he transferred.

"They did give me a second chance, and they were very embraceive in a situation where they didn't have to be, because I was coming here with a past and a bunch of red flags," he said. "There was a lot more positive reinforcement than there was negative feedback."

During his two-year stay in Ames, Royce became a fan

favorite, communicating with supporters through Twitter and embracing fans in public at local restaurants and stores.

On the court as a forward, Royce helped lead the Cyclones to their first NCAA Tournament appearance since 2005.

"I'm glad that Fred was there to guide his ability and teach him a little bit more to play at this level," Rebecca said. "I'll be looking to see how much better of a player he can be at the next level."

Royce said from the onset of his arrival, his goal was to emphasize creating a bond with the community.

His mother was not surprised.

"Royce comes from an upbringing where family is who you make it," Rebecca said. "For fans who have watched a little bit from a distance, I hope they're not feeling too disappointed that he has chosen to leave for the NBA — because he will be connected to Ames and Iowa State for the rest of his life."

After all, Ames has become a lot like a second home.

"It is home," Royce said. "The Twin Cities are home and [Ames] is home. It's definitely always a place that's going to be very special to me."

Timeline: Royce White

Oct. 13, 2009

Charged with theft and fifth degree assault

July 12, 2010

Comes to Iowa State

Jan. 7, 2012

Triple-double at Texas A&M. White achieved just the fourth triple-double in ISU history



Feb. 13, 2012

ISU 80 - Baylor 72

2009

2010

2011

2012

Feb. 3, 2010

Leaves University of Minnesota

Nov. 6, 2011

First game at Iowa State

Jan. 28, 2012

ISU 72 - Kansas 64

March 21, 2012

White announces intention to play professionally

March 15-17, 2012

NCAA Tournament Games

File photos: Iowa State Daily



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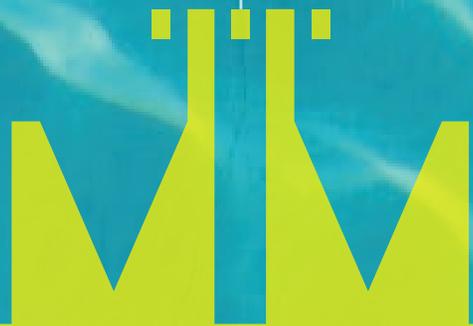
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11am Parade
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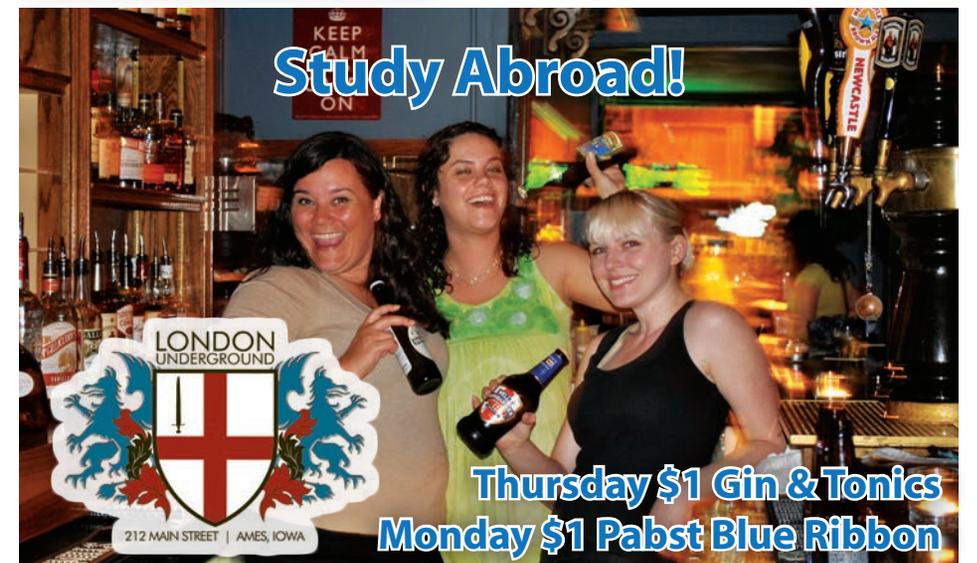
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Flavors

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, either bought from the store

or made from scratch. Pair with chunks of pineapple and green, red and yellow peppers and serve with a side of brown rice.

Crazy for veggies

Yellow and green zucchini, sweet onions, multicolored peppers, whole mushrooms, cherry tomatoes and red potatoes are some options for great veggie kabobs.

Herbs, herbs and more herbs

Instead of using a sauce or marinade which is typically high in calories, sprinkle your kabobs with a variety of different herbs, like basil, thyme, parsley, rosemary or oregano, in order to spice up the flavor.



Photo: Lindsay McNab/
Iowa State Daily

Sweets

Layers are the name of the game for desserts

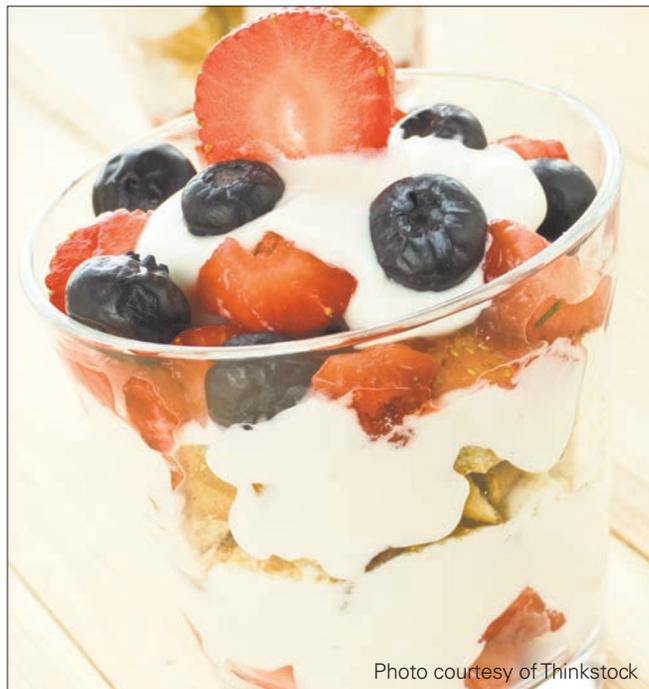


Photo courtesy of Thinkstock

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.

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 me-

dium 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 coun-

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

Layered Parfait:

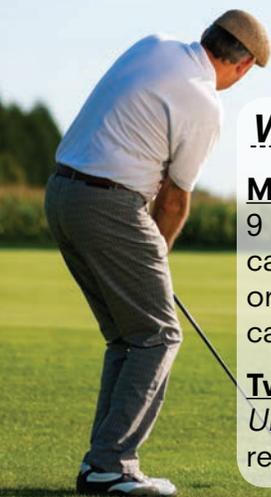
- 1 16-ounce carton of plain or vanilla low-fat yogurt
- 1/2 teaspoon almond extract
- 1 8-ounce container light whipped dessert topping
- 6 cups fresh raspberries and strawberries
- 6 cups fresh blueberries

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



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Travel



Photo courtesy of yuan2003/Flickr

Summer food festivals

By Lindsay McNab
@iowastatedaily.com

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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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**

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.

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)
- 10pm..... 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 Marshalls** - 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 Tunes

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

BOONE

July 4th, 2012

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

Community

Make a difference: Volunteer your time



Photo: Megan Wolff/Iowa State Daily

Jared Larsen and Naomi Bratsch-Prince volunteer at the Ames Public Library. Volunteering at the library can be a perfect way to spend a summer afternoon.

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.

Other volunteer opportunities found close to home are offered at the Ames Public Library. One position is an adult literacy tutor.

These tutors are asked to meet with students during the day, once a week for 30 minutes or more.

The Conversations in English Program also uses volunteers. This is a session hosted each Monday from 1 to 2 p.m. Volunteers will con-

verse with people whose first language is not English. The goal of this program is to help participants improve their English in a conversational, casual and fun way.

There are also several summer programs offered at the Ames Public Library to students of a variety of ages. Volunteers for these programs can work just once a week or multiple times, depending on the volunteer’s availability.

The Ames Public Library has other volunteer opportunities as well. For more information, send an email to sbohlike@amespubliclibrary.org.

During the warm summer months, students may be looking for more ways to spend time outside. There are several volunteer programs that will allow students to make a difference while being able to enjoy the summer weather at the same time.

Ames School Garden Projects start with students at local schools but continue to flourish with help from community members.

Two gardens — the Kate Mitchell Garden and the Sawyer Community Garden — are in need of volunteers to help take care of the garden during the dry summer months.

The goal of the Ames School Garden Projects is to give children the opportunity for hands-on learning and to instill healthy and active habits in children at an early age.

To get involved, fill out an application online.

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.orgard@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.

Style

Spruce up summer with all-American fashion

By **Jamie.Lauten**
@iowastatedaily.com

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 cut-off jeans or white high-waist shorts. White cutoffs and jeans have become a summer staple and can instantly upgrade any outfit to summer wear.

Not only do red and white create

an Americana look, it also makes for a bright, well-polished look.

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.



Photo: Megan Wolff/Iowa State Daily

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.



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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 Midwestix.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
- Tajh
- 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
- Jaill
- 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



Photo: Kendra Plathe/Iowa State Daily.

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.

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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.

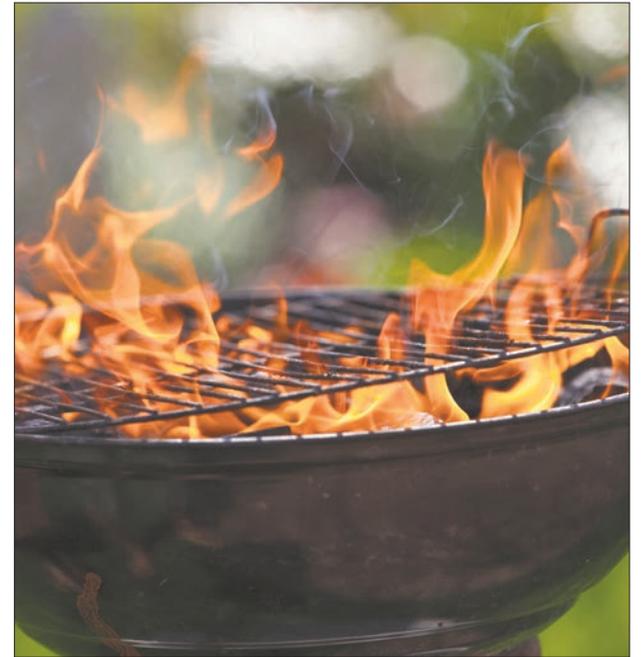


Photo courtesy of Thinkstock

Grills are a staple of summer fun, but use caution when trying to grill food outside.

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Recreation



River, lake activities offer *GREAT* *summer fun*

By **Katelynn McCollough**
@iowastatedaily.com

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 end point. 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.

Seven Oaks Recreation in Boone has 70 canoes, 16 kayaks, and 210 river tubes available to rent.

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.

Photo courtesy of Fuzzy Gerdes/Flickr

River tubing is a popular summertime activity. Seven Oaks Recreation in Boone offers an inner tube trip, which covers 8 miles of river, about a three to five hour float.



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Daily by the day

Thursday

Watercolor and Beyond

When: 9:30 a.m.
 What: Watercolor with instructor Jo Myers-Walker
 Where: Reiman Gardens

Plant breeding lecture series

When: 1:30 to 6:30 p.m.
 What: A two-day lecture series on "Evaluation and Utilization of Genetic Resources."
 Where: 004 Scheman Building

Floral design series

When: 2 to 3:30 p.m., 6:30 to 8 p.m.
 What: Celebrate Independence Day and honor those who served in the U.S. Armed Forces by learning to create an elegant arrangement in red, white and blue.
 Where: Reiman Gardens

Recycled glass necklace

When: 6 to 7 p.m.
 What: Using a couple of glass bottles, create glass elements and learn to knot them together with hemp, accent beads and copper wire for a trendy necklace.
 Where: Workspace, Memorial Union

Stained glass with Rod Simpson

When: 7 to 9 p.m.
 What: Create beautiful pieces to capture the light through your window.
 Where: Workspace, Memorial Union

Iowa Cubs

When: 7:05 p.m.
 What: Iowa Cubs vs. Oklahoma City Redhawks
 Where: Principal Park

West Des Moines Farmers' Market

When: 4 to 8 p.m.
 What: Buy local at this weekly farmers' market.
 Where: Historic Valley Junction

Municipal band concert

When: 8 to 9 p.m.
 What: Free music.
 Where: Durham Bandshell

Friday

Farewell reception: Marc Harding

When: 7 to 9 a.m.
 What: Iowa State's assistant vice president for enrollment and director of admissions is leaving Iowa State for a position at the University of Pittsburgh.
 Where: Campanile Room, Memorial Union

Plant breeding lecture series

When: 8:30 a.m. to 12:30 p.m.
 What: A two-day lecture series on "Evaluation and Utilization of Genetic Resources."
 Where: 004 Scheman Building

Farewell reception: Craig Sanderson

When: 2:30 to 4 p.m.
 What: Sanderson is the assistant director in the office of student financial aid.
 Where: Campanile Room, Memorial Union

Jeremih

When: 7 p.m.
 What: Live music
 Where: People's Court

Iowa Cubs

When: 7:05 p.m.
 What: Iowa Cubs vs. Oklahoma City Redhawks with fireworks after the game
 Where: Principal Park

Dance social

When: 7:30 to 9:45 p.m.
 What: Free dance social hosted by the ISU Ballroom Dance club.
 Where: Gallery Room, Memorial Union

Ames on the Halfshell

When: 5 p.m.
 What: Concert series.
 Where: Durham Bandshell

Saturday

Welcome Home Parade: A salute to service members and veterans

When: 10 a.m.
 What: A large parade to welcome home thousands of Iraq war veterans and honor Iowa service members.
 Where: Iowa State Capitol



Photo courtesy of Flickr

"Little Dresses for Africa" work weekend

When: 1 to 4 p.m.
 What: Simple dresses made out of pillowcases provide relief for the children in Africa.
 Where: Workspace, Memorial Union

Gallery walk of the Brunner Art Museum

When: 2 to 3 p.m.
 What: Explore the summer exhibitions with museum staff.
 Where: Brunner Art Museum, 295 Scheman Building

North Grand Farmers' Market

When: 8 a.m. to 1 p.m.
 What: Buy local at this weekly farmers' market.
 Where: North Grand Mall parking lot.

Downtown Farmers' Market

When: 7 a.m. to noon
 What: Buy local at this weekly farmers' market.
 Where: Downtown Court Avenue, Des Moines

Ames Main Street Farmers' Market

When: 8 a.m. to noon
 What: Buy local at this weekly farmers' market.
 Where: 400 Block of Main St., Ames

Ankeny Farmers' Market

When: 8 a.m. to noon
 What: Buy local at this weekly farmers' market.
 Where: SW Third and Maple Streets, Ankeny

Des Moines Menace

When: 7:30 p.m.
 What: Des Moines Menace soccer vs. Springfield Demize
 Where: Valley Stadium

Sunday

Game day at Brunner

When: 1 to 4 p.m.
 What: Play board games at the museum.
 Where: Brunner Art Museum, 295 Scheman Building

Modern patchwork wall art with Calee Himes

When: 6 to 8 p.m.
 What: Watch retro meet modern in a new fun way by the learning the art of modern patchwork wall art.
 Where: Workspace, Memorial Union

Roosevelt Summer Sundays concert

When: 7 p.m.
 What: Ames local concert series.
 Where: Roosevelt School Playground

Monday

Retirement reception: Carol Newton

When: 2 p.m. - 3:30 p.m.
 What: Newton is a secretary in enrollment services.
 Where: Enrollment Services Center

Yankee Doodle Pops with Des Moines Symphony

When: 6:30 p.m.
 What: Live music followed by fireworks.
 Where: Iowa State Capitol

Tuesday

Ames Jaycee's fireworks

When: 10 p.m.
 What: Free fireworks.
 Where: Outside Jack Trice Stadium.

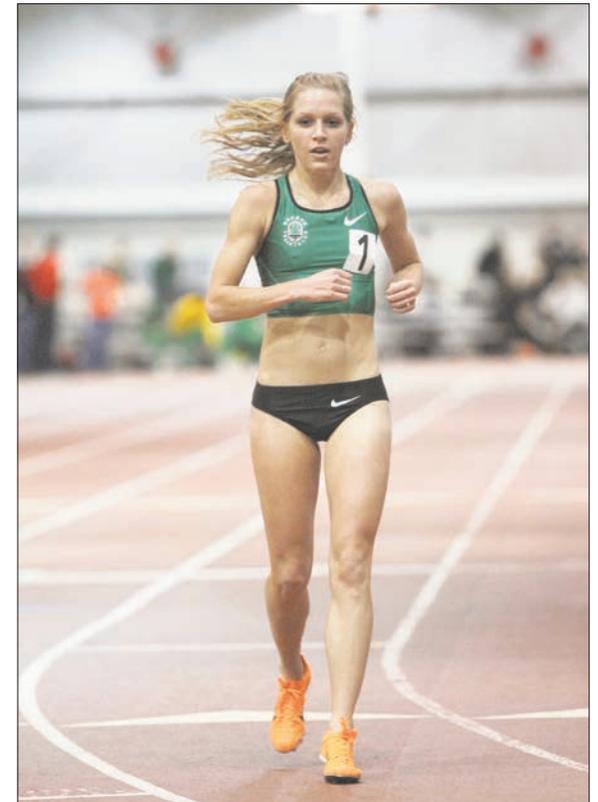
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Cyclones attempt Olympic qualification

Cyclone athletes share experiences at Olympic Trials and hopes of future competition. iowastatedaily.com/sports



Library plans to purchase new chairs

Despite failure of the GSB resolution to provide funding for new chairs, Parks Library is moving forward with plans to purchase new chairs. iowastatedaily.com/news



Working for a tip

Although a trip to the salon can be quick and painless for the client, the hairstylist must go through a lot of training before working on the front lines in salons. isdstyle.com



Former Cyclones look to NBA for future

Royce White, Chris Allen and Scott Christopher find their NBA fates through the draft and free agency. iowastatedaily.com/sports

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PAGE 28 | Iowa State Daily | Thursday, June 28, 2011

Editor Shalee Hanson | public_relations@iowastatedaily.com | 515.294.4120

Flavors

Wedding cakes around the world



Take a bite of tradition from the Americas, Asia and Europe

By Lindsay Schwark
Daily Staff Writer

Just as wedding colors, dress and customs vary across the globe, “traditional” wedding cakes are also different in every culture. The following is a “taste” of traditions from heritages around the World.

America

Wedding cakes are often symbolic and superstitious. In earlier centuries, traditional American wedding cakes were baked with ribbons in the bottom layer of the cake. The bride’s attendants and friends were invited to pull the ribbons, in hopes of finding the ribbon containing a ring or charm. This was an indication that the maiden would be the next to marry.

Bermuda

The bride and groom have separate cakes, each symbolic to the couple’s future. The bride’s cake features the small sapling of a cedar tree, which is replanted after the ceremony to signify growth. The groom’s cake is adorned with a gold leaf to represent prosperity in the marriage.

China

Lapis Surabaya is a massive, multi-layered cake that takes center-stage at Chinese wedding receptions. With as many as 10 layers, each level of the cake represents a step-

ping stone to overcome for the young couple to thrive throughout their marriage.

France

Cream-filled pastries and caramel layers are stacked into a pyramid shape to create croquembouche, a delicious and impressive wedding cake traditionally served in France.

Great Britain

Who said fruit cakes are just for Thanksgiving? The fanciful confections of a traditional British wedding cake include nuts, prunes, dates, orange peels and marzipan frosting to be served for guests in celebration of the abundant life the bride and groom will experience together. The top tier is often frozen and eaten after the birth of the couple’s first child

Jamaica

The rich, dark cakes served at Jamaican weddings take some preparation. As a gift, guests often send cake ingredients, such as dried fruits, that are soaked in rum for up to a year. The cake is a very prominent part of the wedding celebration and slices are often cut and mailed to guests who cannot attend.

Norway

Brudlaupskling is a Norwegian wedding cake made of bread. The recipe dates back to early days when white flour was a rarity on farms across the country. Foods that contained white flour were considered a great treat, only to be served on special occasions. Today, the bread is topped with a mixture of cheese, cream and syrup, then uniquely folded and cut into small squares.



Photo courtesy of Thinkstock

Photo courtesy of Thinkstock
Croquembouche is the traditional wedding cake in France. It consists of cream-filled pastries and caramel layers stacked into a pyramid shape.

Traditional American wedding cakes in earlier times featured ribbons with rings or charms baked into these cakes, then pulled out to determine who would be the next to marry.

Culture

A look into Hispanic weddings

By **Melanie Anderson**
Daily Staff Writer

There are nearly 7 billion people living today who account for the many different cultures in the world. Imaginably so, wedding traditions are different in every part of the world even by a small variation. Highlighted below are the wedding customs of the Hispanic culture.

Religion and ceremony

The wedding ceremony typically follows Roman Catholicism.

In most Hispanic weddings, the groom will give his bride 13 coins that represent his support and trust in her. The 13th coin is representa-

tive of Christ, which ties back to the religious roots. Another wedding tradition is having a rosary wrapped around the couple's necks to symbolize unity under their religion.

Attire

The bride will wear a dress and accent it with accessories. Often, the dress was her mother's and grandmother's as a symbol of family pride. Popular accessories are a bolero jacket — a modern day blazer — and a mantilla veil.

Similar to the something borrowed, blue, old and new tradition, a bride sews yellow, blue and red ribbons onto her lingerie to represent the abundance of food, money and passion into her marriage.

A bride will never wear pearls on her wedding day as they represent future failure of marriage.

Reception

The reception is similar to American weddings in that it's one big party. Usually lasting long into the night, a Hispanic wedding reception has activities for adults and children. Piñatas are popular to start the night with a dancing break after the piñata breaks. Similar to American culture, the couple shares a first dance surrounded by their guests holding hands, as well as a "money dance" where guests pin money on the bride and groom. Following these, guests are welcome to dance.

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Feature wedding

June: Scott and Jessica Henry

By Shalee Hanson
Daily Staff Writer

Names

Scott (Nevada, Iowa) and Jessica (Clive, Iowa)

Degrees

Scott has his bachelor's degree; he triple majored in agriculture business, finance, and international business.

Jessica also has a bachelor's degree; she double majored in psychology and criminal justice with a minor in general business.

How they met

Scott and Jessica met outside of the Memorial Union in 2009.

They knew each other through Salt Company and their involvement in the greek community.

First date

Their first date was the night after the 2009 Iowa vs. Iowa State football game. Scott took Jessica swing dancing at the Memorial Union. After the dance, they went to Stomping Grounds for ice cream. Jessica said it was the best first date ever.

Proposal story

In September of 2011, two years after their first date, Scott proposed to Jessica. After Salt Company on a Thursday night, he was walking her up to the doors of Chi Omega when he handed her an envelope and walked away. The envelope said, "Do not open until midnight."

At midnight, Jessica opened it to find a letter to her explaining that she had to be packed and ready to go somewhere warm at 3:50 a.m. She was downstairs on time to find

Scott with a red rose, and they drove to the Des Moines airport. They flew to Marco Island, Fla., where his grandparents had a condo.

When they landed Scott handed Jessica a second envelope; in it was money and a note telling her she could use it to buy a dress for the weekend and get a manicure. His grandparents picked them up and drove them to the mall for the manicure. She had packed the dress she wore on their first date, so Jessica didn't buy a new dress.

They went to the condo and got ready to go out to dinner. Scott walked her downstairs to the beach (the same beach where they had shared their first kiss), got down on one knee with a ring in his hand, and told her how much he loved her. This was the first time they had ever told each other that because they wanted to wait to say "I love

you" until they were engaged. He then asked her to marry him, and she said yes.

Wedding date

May 12, 2012

Wedding location

Stonebrook Community Church in Ames

Wedding flowers

Everts Flowers was their wedding florist, and they provided wildflowers, varied pink flowers for the bridesmaids' bouquets and varied white flowers for Jessica's bouquet.

Reception

The reception was at Gates Hall in Nevada, Iowa, immediately following the ceremony.

First dance song

"At Last" by Etta James

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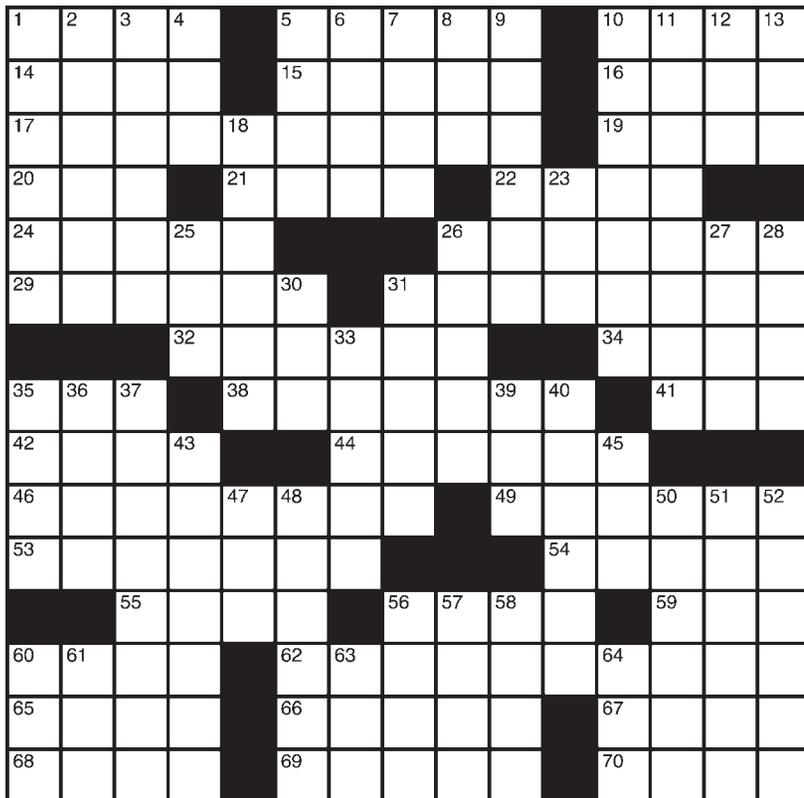
So Many Choices



FRIDAY \$2.75 Daiquiris (21 flavors) \$3.00 Long Islands

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis



- 19 Honorary law degs.
- 20 Ad __ committee
- 21 Seamen's agreements
- 22 Bigfoot cousin
- 24 Chris who won 18 Grand Slam singles titles
- 26 Not a risky wager
- 29 Absolute ruler
- 31 Parade percussion instrument
- 32 Art aficionado's hangout
- 34 Filly's father
- 35 Old CIA rival
- 38 *Benefit of an unsuccessful stock trade, at filing time
- 41 Michael Douglas, to Kirk
- 42 Winged archer
- 44 Dry red wine
- 46 Cotton, wool, etc.
- 49 The Okefenokee and others
- 53 Popular painkiller
- 54 African virus
- 55 Part of USC: Abbr.
- 56 Liquidate
- 59 Put the cuffs on
- 60 Band of outlaws
- 62 Size whose letters are hidden in the answers to starred

- 65 Walk to and fro
 - 66 Paper purchases
 - 67 Transfer from pitcher to glass
 - 68 Humorist Mort
 - 69 Span. girls
 - 70 Golfer's pocketful
- Down
- 1 Made you scratch
 - 2 Phonograph record feature
 - 3 Pound segments
 - 4 Test, as an engine
 - 5 Like fake fruit
 - 6 Glamour rival
 - 7 High cards
 - 8 Otto __ Bismarck
 - 9 Piece-of-cake school courses
 - 10 Ice-creamy drinks
 - 11 *From the library of, in Latin
 - 12 Homer's neighbor
 - 13 Navy ship letters
 - 18 Enjoy Red Lobster, say
 - 23 Abysmal grades
 - 25 Turning speed: Abbr.
 - 26 South Pacific island nation
 - 27 Continental coin
 - 28 Feds under Ness

- 30 Airport safety org.
- 31 Chicago cagers
- 33 Perform at the top of one's game
- 35 Etta of old comics
- 36 Writer Zane
- 37 *Construction worker's meal
- 39 Next yr.'s alums
- 40 "Black Beauty" author Anna
- 43 Manager Casey
- 45 Filing aid
- 47 Ristorante suffix
- 48 Aficionados
- 50 President with a doctrine
- 51 Bubonic __
- 52 Curved swords
- 56 ER doc's "Right away!"
- 57 Columnist Bombeck
- 58 Girl
- 60 Loc.-finding tool
- 61 Little battery
- 63 Gen-__: boomer's kid, probably
- 64 Spot-on

Conundrums

#1 - A Beginning or an End
A three letter word can be placed in the brackets at the end of the first word or the beginning of the second word, creating two new words.

What are the three words?

OFF (_ _ _) ANGER

#2 - Art and Math Don't Mix

If green plus blue makes 89, and red plus black makes 56,

What does yellow plus brown make?

Today in History

1981 - Movie trade paper, "Variety," reported on the biggest, single weekend in box-office history
American moviegoers spent \$56,101,095 at the box office. The movies bringing in the cash were "Superman II" starring Christopher Reeve, "Raiders of the Lost Ark" featuring Harrison Ford and "The Great Muppet Caper" with Kermit the Frog and Miss Piggy.

- Across
- 1 Dr. Frankenstein's helper
 - 5 Use a loom
 - 10 Diner handout
 - 14 Factual
 - 15 Big name in kitchen foil
 - 16 Wood choppers
 - 17 *Magnifying glass, e.g.

UNIONS

A special wedding edition of the newspaper that runs on the last Thursday of every month during the summer.

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Crazy Iowa Laws

It is a violation of the law to sell or distribute drugs or narcotics without having first obtained the appropriate Iowa drug tax stamp.

A man with a moustache may never kiss a woman in public.

One-armed piano players must perform for free.

Dubuque

Any hotel in the city limits must have a water bucket and a hitching post in front of the building.

Indianola

The "Ice Cream Man" and his truck are banned.

Fort Madison

The fire department is required to practice fire fighting for fifteen minutes before attending a fire.

Marshalltown

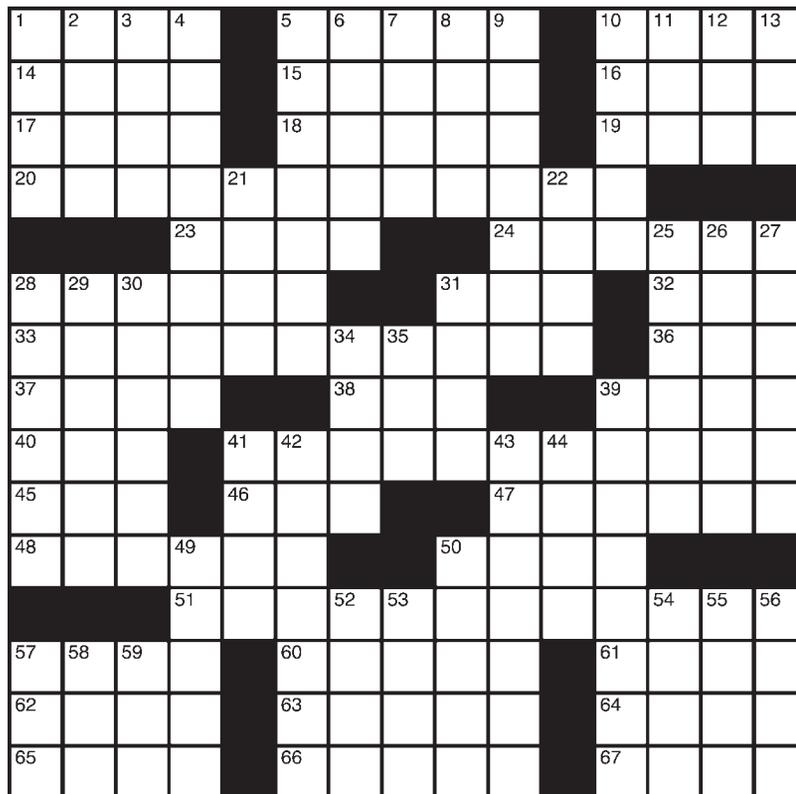
Horses are forbidden to eat fire hydrants

Ottumwa

Within the city limits, a man may not wink at any woman he does not know.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis By C.C. Burnikel



Across

- 1 [I'm shocked!]
- 5 "Who's on First?" catcher
- 10 Ad writer's award
- 14 ___ of passage
- 15 Coeur d' ___, Idaho

16 Miami hoopsters

- 17 Concept, in Cannes
- 18 Contemporary of Byron and Shelley
- 19 Points the rifle
- 20 Shrine to wild animal parks?
- 23 Red ___: cinnamon candies

- 24 "___ Room": old TV show for preschoolers
- 28 On the beach
- 31 Econ. measure
- 32 Mimic
- 33 Cows' reactions to having their hair and makeup done?
- 36 Place for a margarita's salt
- 37 Reel-to-reel medium
- 38 City area, briefly
- 39 451, in old Rome
- 40 Haile Selassie's land: Abbr.
- 41 Trashing toilets in London?
- 45 Regret
- 46 Prov. bordering Quebec
- 47 Round gaskets
- 48 Guard at the gate
- 50 "Let's call ___ evening"
- 51 Bake mud pies?
- 57 Ivy, e.g.
- 60 Roo's mom
- 61 Cookbook author Rombauer
- 62 Nefarious doings
- 63 St. ___ fire

- 64 Grandma
- 65 Be a snitch
- 66 Run-down
- 67 Smooth-tongued

Down

- 1 "True ___": John Wayne film
- 2 Classroom assistant
- 3 Wineglass feature
- 4 Way to see through a door
- 5 Go on a break
- 6 Bread spreads
- 7 Refusing to listen
- 8 1998 animated bug movie
- 9 "Make up your mind!"
- 10 Deep cleft
- 11 Waikiki welcome
- 12 Sam-__: Seuss character
- 13 NBA tiebreakers
- 21 Petty of "Tank Girl"
- 22 Klutz's cry
- 25 Convict's absolution from the governor
- 26 Literary postscript
- 27 Negligent
- 28 Colorful fall flowers
- 29 Michelangelo's David, for one
- 30 -
- 31 Mongolian desert
- 34 Sudden wind
- 35 "The A-Team" muscleman
- 39 Desperately hanging on
- 41 NYC division, briefly
- 42 Disconnects, as oxen
- 43 Like "bein' green," to Kermit
- 44 Mardi ___
- 49 Immune system lymphocyte
- 50 Coin phrase beginning
- 52 Curly cabbage
- 53 "My treat!"
- 54 Spoken
- 55 Prefix with potent
- 56 Swedish automaker
- 57 Nov. 11 honoree
- 58 "___ had enough!"
- 59 Zip

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DINNER FOR 2

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(2) 20 oz entree's, (4) crab rangoons, (1) 32 oz soup or (1) order of sugar biscuits. Limit 1 seafood entree/chef's special. \$2.00 upgrade to (2) 26 oz entree

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(4) 26 oz entree's, (4) crab rangoons, (4) egg rolls, (1) order of chicken wings OR (L) Asian Chicken Salad. (1) 32 oz soup or pot sticker, (1) 2 liter of soda. (1) Order Sugar Biscuits. Limit 1 seafood entree/chef's special

That Explains It

Why are some people left handed? "Because lefties do it right!" "Because left handed people are the only people in their right minds?"

This question is definitely not a no-brainer.

Two theories predominate in the debates that rage on as to why a mere 4% of the population is left-handed. Most authorities agree, to the relief of many a mother of a left-handed child, that if the child prefers using the left hand, and functions well with it, there is no need to correct this "condition."

One theory centers on the two halves of the brain, i.e. the left half and the right half, each of which functions differently. Medical science believes that the left half of the brain predominates over the right half. The stem of this theory is the fact that nerves from the brain cross over at neck-level to the opposite side of the body, and nerves from the other side of the brain reciprocate. The end result is that the opposite sides of the body are supplied by the opposite sides of the brain.

The predominant left half of the brain, which graciously supplies the right half of the body, theoretically renders it more skillful in reading, writing, speaking, and working, and makes most people right-handed. "Lefties," however, are the product of an inversion, whereas the right half of the brain predominates, and they work best with the left side of their bodies.

Theory number two trickles down to the asymmetrical nature of the body. Examples of the asymmetry, which flows from head to toe, are that the right side of our faces differs slightly from the left, that our legs differ in strength, or that our feet vary in size. One aspect of this asymmetry is that for most people the right hand is stronger than the left.

There is no doubt that all exist in a "right-handed society," which manufactures most basics, including scissors, doorknobs, locks, screwdrivers, automobiles, buttons on clothing, and musical instruments for the 96%. Left-handed people compensate for this snobbery of sorts, by being members of an elite society, which includes many of the greatest geniuses, including Michelangelo, Leonardo da Vinci, and The Useless-Infomaster.

		1	3	4			
2	4		8	9			6
		9			2	7	
7							3
	8					4	
9							1
		5	7				
3			1	9		7	8
			5	6	4		

SUDOKU

THE SAMURAI OF PUZZLES 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

6	8	4	9	2	5	8	7	1
8	7	5	6	1	4	9	2	3
2	9	1	3	8	7	5	6	4
1	2	8	7	3	9	4	5	6
7	4	6	1	5	2	3	8	9
3	5	9	8	4	6	2	1	7
4	8	7	2	9	1	6	3	5
6	1	3	5	9	8	7	4	2
5	9	2	7	4	3	7	1	8

Answer from page 33

I	G	O	R		W	E	A	V	E		M	E	N	U
T	R	U	E		A	L	C	O	A		A	X	E	S
C	O	N	V	E	X	L	E	N	S		L	L	D	S
H	O	C		A	Y	E	S		Y	E	T	I		
E	V	E	R	T			S	A	F	E	B	E	T	
D	E	S	P	O	T		B	A	S	S	D	R	U	M
						M	U	S	E	U	M			S
K	G	B		T	A	X	L	O	S	S		S	O	N
E	R	O	S		C	L	A	R	E	T				
T	E	X	T	I	L	E	S		S	W	A	M	P	S
T	Y	L	E	N	O	L			E	B	O	L	A	
		U	N	I	V		S	E	L	L		N	A	B
G	A	N	G		E	X	T	R	A	L	A	R	G	E
P	A	C	E		R	E	A	M	S		P	O	U	R
S	A	H	L		S	R	T	A	S		T	E	E	S

Answer from page 34

G	A	S	P		T	O	D	A	Y		C	L	I	O
R	I	T	E		A	L	E	N	E		H	E	A	T
I	D	E	E		K	E	A	T	S		A	I	M	S
T	E	M	P	L	E	O	F	Z	O	O	S			
				H	O	T	S		R	O	M	P	E	R
A	S	H	O	R	E		G	N	P		A	P	E	
S	T	Y	L	I	N	G	M	O	O	S		R	I	M
T	A	P	E		U	R	B				G	D	L	I
E	T	H		B	U	S	T	I	N	G	L	O	O	S
R	U	E		O	N	T		O	R	I	N	G	S	
S	E	N	T	R	Y		I	T	A	N				
				C	O	O	K	O	N	E	S	G	O	O
V	I	N	E		K	A	N	G	A		I	R	M	A
E	V	I	L		E	L	M	O	S		N	A	N	A
T	E	L	L		S	E	E	D	Y		G	L	I	B

Answers from page 33 Conundrums

#1 - (END)

Offend - Endanger

#2 - 164

Assigning numbers to letters [A=1, B=2, C=3, etc], yellow plus brown will equal 164.

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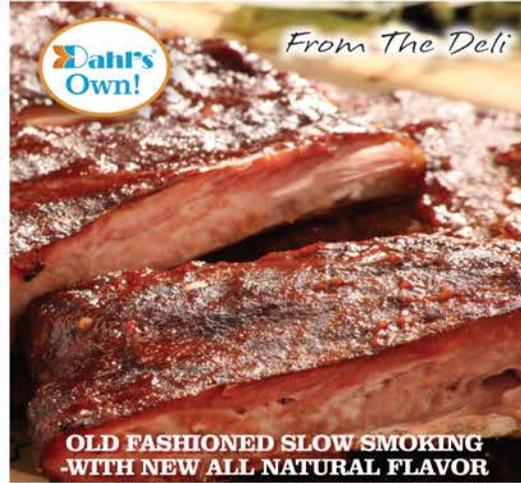
thurs
 28

fri
 29

sat
 30

sun
 1

mon
 2



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