October is Domestic Abuse Awareness Month, in which men, women and children — including adults, children and teens — suffer domestic abuse. There have been 246 pro-
duced to support, such as the Women’s Center and ISU Police Department. The goal is to make Iowa a safer place for all people. Domestic abuse af-
ket of violence. Weisskopf said the targets of the virus seem to be varied. "I’ve seen reports of businesses receiving it, other colleges. The method that it is impaling people who don’t back up their data is very good English, unlike most phishing email attacks. "When people come, we expect to see those who are in a lot of pain, or those who are in need just to talk,” said Lucy Martin, vice president of the district. The perpe-
tors, they must report it to the Women’s Center, which is always open at 7 a.m. and close at 7 p.m. "There are noWidget object with id "image-36x58" is not found. nvenience stores and other buildings that are available to vaccine. "When people receive the email, it will look like the real Thesaurus.com," said Weisskopf. "Our suggestion is to not open the email. Instead, we suggest visiting the website where the email is giving. "We’ve also had five free clubs that have worked the Women’s Center for more than a month, although Weisskopf said the library is always open to those who need support even if they are not affected by the virus. "We’ve had reports of businesses receiving it, other colleges. The method that it is impaling people who don’t back up their data is very good English, unlike most phishing email attacks. "When people come, we expect to see those who are in a lot of pain, or those who are in need just to talk,” said Lucy Martin, vice president of the district. The perpe-
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Rebarck-Chiropractic
PAIN RELIEF CENTER
Dr. Rod Rebarck
18 & 22 Cross
Dr. Ben Winecock
Neck & Back • Headaches • Extremities
WALK-IN CARE
or by appointment
E. of Culver
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IN THE MEMORIAL UNION AND AROUND CAMPUS

Friday, November 1, 2013 1 PM - Great Hall, Memorial Union, 11th Floor
Free. Reception follows to meet the performers.

KEVIN ROBERTS

TUESDAY, NOVEMBER 12

KACEY MUSGRAVES

FRIDAY, NOVEMBER 8
10 PM
WEDNESDAY, NOVEMBER 13
8 PM
WEDNESDAY, NOVEMBER 20
8 PM
FRIDAY, NOVEMBER 22
10 PM

DROP CITY YACHT CLUB
For fans of: Echo & the Bunnymen, The Cure, Joy Division

THE RAGBIRDS W/ MARYBETH DORAN
For fans of: The Band, Drive-By Truckers, Townes Van Zandt, Steve Earle

CORB LUND & THE HURTIN’ ALBERTANS
Students: $8*
Public: $10 (At door only)
Students: FREE
Public: $10*
Students: $7*
Public: $9*

All tickets subject to a $2 MidwesTIX fee
Online Sales available at midwestix.com

For fans of: BB King, Muddy Waters, Jimmy Dawkins

For fans of: Hayes Carll, Lyle Lovett, Guy Clark

For fans of: Mac Miller, Kid Cudi,

Students who sit on the speakers bureau panels are not always able to answer questions about their entire identity. Donnett said it is important to emphasize that the panelists are each real people who have lived their own experiences. Donnett said it is important to set up panels, and that Donnett herself is starting to come out to friends and family. She said it made a huge difference for her when she realized that there were other LGBT students who she could talk to.

“Having the opportunity to share my story has made me much more confident in myself,” Miller said. “It takes a lot to talk about really personal things in a lecture hall of 200 people. It makes everything else seem small,”

Karen Schroeder, a fourth-year veterinary student, is a panel member with the LGBT Student Services Council. The panel visits across campus to educate students on the LGBT community and the issues and challenges they deal with daily.

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Donnett said the larger classes are easier and people tend to open up with more questions.

Bureau helps connect students to resources and has students come into his office regularly who just heard about his office and the LGBT organizations.

Sarah Miller, senior in genet,

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Unplanned pleasure didn’t stop the Greek community from coming away for the Ames community in the evening of October 30th. With the annual event, the Greek community was able to participate in a safe night of trick-or-treating. However, the popular tradition was altered this year when a roof was put over the heads of many kids.

Co-coordinators Holden Armon, se- nior in chemical engineering, and Professor Thomas Sirna, professor in chemical engineering and member of Alpha Gamma Rho, said that they had wanted to do something really new.

Some people wouldn’t be surprised if they were. If they have been victimized, they know someone who has shared with them and been at that,” Roberts said. “A lot of times they can feel not known how to handle it, can be in shock. Many times from shame, not knowing what to do because for what happens can be a really difficult thing to handle.”

The ISU Police also sends out email to ali- ce officers on how to deal with domestic abuse situations in -

During the month of October, the department received two sexual assaults and around one dozen cases related to domestic abuse. Mundy works as a crime manager for the Department of Public Safety, said that these numbers may not be indicative of intimate partner or rela- tionship violence.

“There’s a difference between categorizing something as intimate partner-violence versus dom- estic abuse assault,” Mundy said. “In order to qualify as a domestic assault under the code there are certain elements.” These elements include the couple having lived together at some point and if there is a relationship between them. Both elements are not typical of the relation- ship of students at ISU who may have been intimate for years but never lived together.

“We could have three or four assaults that aren’t the bar fights between two groups, two or four assaults that aren’t in a relationship,” Mundy said. “We just need to know that when dealing with a victim of domestic abuse, whether man or woman, not blaming the victim is of the utmost im- portance. Using the acro- nyms BASER will help sup- port victims.

“B” stands for believing, believing that they are not to blame. They need proper support systems if at the route they choose to take.

“How would you like to have unlimited earning potential while taking a class?

When was the last time you were PAID to go to school?

Part-Time / Graduate Students / Internship Candidates

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**Halloween Candy Crush**

By Ashley Monya  
AmesEats Flavors writer

Whip up this sweet and salty treat for your next Halloween celebration. It's no-bake and can be assembled in less than 15 minutes. Use up your leftover trick-or-treating candy by adding it to the bark, but look out. The results are scarily good.

**Halloween Chocolate Peanut Butter Bark**

- 12-ounce bag of white or dark chocolate chips
- 1 1/2 cup candy corn

**Directions**

1. Preheat oven to 350 F. Place pitted dates in a small saucepan, cover with cold water, and bring to a simmer. Drain. Puree in a food processor until smooth.

2. Coat an 8-inch square baking pan with cooking spray. Mix oats or quinoa flakes, nuts, apricots, cranberries, blueberries, oat bran, flaxseed, wheat germ, sea salt, and cinnamon in a large bowl.

3. Mix in date puree and honey or brown-rice syrup. Press mixture into pan.

4. Bake until center is firm and edges are golden brown, about 25 minutes. Let cool in pan on a wire rack. Cut into bars. Put the bars on a fun Halloween serving dish to impress your guests.

**Ingredients**

- 1 cup (18 ounces) pitted dates
- Vegetable oil cooking spray
- 1 1/2 cups old fashioned oats, finely ground, or 1 cup quinoa flakes
- 4 1/2 ounces (1 cup) pecans, toasted, half finely ground and half coarsely chopped
- 2 ounces (1/3 cup) dried apricots, cut into half-inch pieces
- 2 ounces (1/3 cup) dried blueberries
- 2 teaspoons ground cinnamon
- 3 tablespoons honey or brown-rice syrup
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground cinnamon
- 3 tablespoons unsalted almonds, toasted, half finely ground and half coarsely chopped
- 1/4 cup unsalted sunflower seeds
- 2 tablespoons oat bran
- 2 tablespoons ground flaxseed (start with whole flaxseed and grind it)
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- 1/4 teaspoon sea salt
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- 3 tablespoons honey or brown-rice syrup

**Directions**

1. Line an 8-inch square pan with parchment paper. Grease paper.


3. Chill one hour. Remove bark from pan, and break into pieces. Put in a spooky serving dish.

**Pairing fruit or yogurt with dried fruit bars that are made of a variety of fruits, oats and nuts can be a healthy alternative when coming up with snacking ideas for any time of the day.**

**Delicious dried fruit bars**

By Cynthia Guanzon  
AmesEats Flavors writer

The Halloween season doesn't mean you have to ruin your diet by eating sugary, high-calorie treats. Try a granola bar filled with dried fruits and nuts, ground flaxseed and wheat germ to provide you with a good amount of antioxidants, vitamins, good fats and plenty of flavor. It makes a nutritious, hearty snack or a breakfast on-the-go.

**Ingredients**

- 1 cup (18 ounces) pitted dates
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- 1 1/2 cups old fashioned oats, finely ground, or 1 cup quinoa flakes
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- 3 tablespoons honey or brown-rice syrup
- 1/2 teaspoon sea salt
- 1/4 teaspoon sea salt
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**Directions**

1. Preheat oven to 350 F. Place pitted dates in a small saucepan, cover with cold water, and bring to a simmer. Drain. Purée in a food processor until smooth.

2. Coat an 8-inch square baking pan with cooking spray. Mix oats or quinoa flakes, nuts, apricots, cranberries, blueberries, oat bran, oat bran, flaxseed, wheat germ, sea salt and cinnamon in a large bowl.

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Campus food leaves healthy eaters on a limb

By Kelsey Cummings

Editorial

Charities need transparency with donations

Why do we donate? Whether through marathon participation, corporate fundraisers, or personal donations, Americans love to drop extra time and money into non-profits to support causes they believe in. We support organizations that have had a personal impact, and follow up with donations after having struggled or seen a loved one struggle with cancer, not just surviving, but beating it.

Regardless of why we give up our valuable time and money, the ability to donate to a charity or to a cause is an act of faith. If faith is defined by doing good in the world, then it is possible that the act of donating is the act of faith.

However, there is one Phillip J. Armour Award winner who has donated to the Iowa State Daily in an effort to make the world a better place. There are donors who have made donations to the daily, and there are anonymous donors, but it is rare to see a donor who has chosen to remain anonymous. That is why the Iowa State Daily would like to publicly thank this donor for his or her generous donation to the daily.

The donor was a Phillip J. Armour Award winner who chose to remain anonymous. The donor requested that the daily not include his or her name in the article, but the daily would like to express its thanks to this donor for his or her generous donation.

The Phillip J. Armour Award is given annually to an individual or organization that has shown a commitment to supporting the daily.

The donor’s donation will enable the daily to continue its mission of providing quality journalism to the Iowa State community.

The daily would like to express its thanks to this donor for his or her generous donation and for his or her commitment to supporting the daily.

One of the most important and perhaps most obvious aspects of the Phillip J. Armour Award is that it is a way to show appreciation for those who support the daily. By recognizing the donor who chose to remain anonymous, the daily hopes to encourage others to give back to the community.

The daily would like to thank this donor for his or her generous donation and for his or her commitment to supporting the daily.

The daily is grateful for the support of its donors.

Editorial Board member

Opinion

A leader in the pronunciation of the word "Iowa State Daily"

A leader in the pronunciation of the word "Iowa State Daily"
By Maddy Arnold
@iowastatedaily.com

In late October 2012, Iowa State began a 13-match winning streak to finish the regular season
against Kansas. The Cyclones were the only team to make Iowa State win two games in a row, thus
cutting it off as it gained steam. The ISU volleyball team has won four out of their past five games,
with the only loss coming against undefeated Kansas. The Cyclones will finish as the runner-up in
the Big 12.

The offensive side of the ball has been the key to Iowa State's success. The Cyclones have scored
10 touchdowns this month while Texas Tech libero Ashley Brummitt has six touchdowns this season,
which ties him for 10th in school history for touchdowns in a single season.

Brummitt is second in the conference in hitting percentage during the match. Texas Tech libero
Mackenzie Bigbee and the rest of the defense have held Brummitt to only traditional sport clubs. Within the
organizations as to how to run the club, even if they have a coach.

Groups need approval from the ISU Organization Recognition Board, who either accepts
organizations or disapproves of the club and provides recommendations.

The next limit will be made in conjunction with the Student Council's Finance Board. If the club
applies for a grant, it is responsible for funding the club. The club's endowment must be
insufficient and will have to come from the club's own funds. The club's members must be
meeting and fund raising to become a sports club, we want to see somewhere along the line that they're
willing to diet.
Three Cyclones to play in Winter World Games in Italy

By Tia Winger<br>iwostatedaily.com

Three players within Cyclone Hockey were named in the individu- nal and gold players for men that display their up and coming United States in the 2013 Winter World University Games. The ISU is scheduled for Thursday, Oct. 31 to Friday, Nov. 1 in Torino, Italy.

For the past two years, the coaching staff of the U.S. Men National University Team and ISU coach Al Murdoch, who is the general manager of the team, have evaluated more than 130 university hockey player- es to play on the world stage in Torino. Of the 2 0 players that were chosen to be part of the team, there are three Cyclones.

These Cyclones are goalie Matt Cooper, forward Jon Feavel and forward J.P. Kascsak, who is alternate on the team, which means of another player couldn’t make the trip, he could step in. All three Cyclone players are excited to play in their nation in the Winter World University Games, which take place every two years, but they also see as an opportunity to grow as players.

“It will be a great experience to develop my game,” Cooper said. “And hopefully I develop mentally and physically, so I'm well prepared for that next level of hockey when I come to next year’s season.”

The fall is used more for a condition- ing part of each individual player, but use the time to change major parts of each individual player. “It is a bit of an experimental time,” said ISU coach Armando Espinosa. “It is prime time for experimenting with doubles pairings and preparing for the winter season acts as the way to try some things out and learn more about players, as they are able to team skills differently in ways that return back to the states.”

“Players will come back and say, ‘This is what we do in this situation,’ here's how we make our penalty kill work, this is how our power play works,” Murdoch said. “It makes it better players.”

Three players within Cyclone Hockey will trade in their cardi - ovascular training for a new style of play.

Hockey will trade in their cardio - vascular training for a new style of play.

Although the fall is seen as an ex- perimental time, the Cyclones do try to take away from their summer individual workouts and its in- tensive competitive season in the spring.

“The fall tournaments are the time for the players to get used to the ‘fall’ season act as the way to try some things out and learn more about players, as they are able to team skills differently in ways that return back to the states.”

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“Besides doubles, the fall focuses more on individual performances,” Pronina said. “For example, you can pair up a righty and a lefty, or a lefty and a righty, or two lefties, or two righties.”

“Doubles pairings do depend a lot on personalities, but there is also a based on the way each individual player,” Espinosa said. “For example, you can pair up a tightly and a safety so that the other team has a dif- ficult time adapting to the split of the ball.”

Even though a match is the fall is the one where the new style of play seems to be okay, the rest of the season is focused on individual performances.

“Besides doubles, the fall focuses more on individual performances,” Pronina said. “You try to give each player a chance to play in different places and face different competitiors in order to give them more opportunities to face opponents that we will be facing in the spring.”

Even though the fall is more individu- alistic and faster European-style hockey, which is more physical due to American-style hockey is more physical due to European-style hockey, which is more skilful based and faster style of play.

Ski/Snowboard in Steamboat Springs, CO

FILE: Jonathan Krueger/Iowa State Daily

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Junior Ksenia Pronina and the rest of the ISU women’s tennis team discuss how their penalty kill works,” Kascsak said.

“Don’t come in next year and expect to play, “Kascsak said.

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Team works to ‘build a good base’ for spring

By Courtney Glover<br>iwostatedaily.com

Fall is a time for everyone to get back in the swing of things. “And hopefully I develop mentally and physically, so I'm well prepared for that next level of hockey when I come to next year’s season.”

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Team works to ‘build a good base’ for spring

By Courtney Glover<br>iwostatedaily.com

Fall is a time for everyone to get back in the swing of things. “And hopefully I develop mentally and physically, so I'm well prepared for that next level of hockey when I come to next year’s season.”

“The fall tournaments are the time for the players to get used to the ‘fall’ season act as the way to try some things out and learn more about players, as they are able to team skills differently in ways that return back to the states.”

“Players will come back and say, ‘This is what we do in this situation,’ here's how we make our penalty kill work, this is how our power play works,” Murdoch said. “It makes it better players.”

“Besides doubles, the fall focuses more on individual performances,” Pronina said. “For example, you can pair up a righty and a lefty, or a lefty and a righty, or two lefties, or two righties.”

“Doubles pairings do depend a lot on personalities, but there is also a based on the way each individual player,” Espinosa said. “For example, you can pair up a tightly and a safety so that the other team has a dif- ficult time adapting to the split of the ball.”

Even though a match is the fall is the one where the new style of play seems to be okay, the rest of the season is focused on individual performances.

“Besides doubles, the fall focuses more on individual performances,” Pronina said. “You try to give each player a chance to play in different places and face different competitiors in order to give them more opportunities to face opponents that we will be facing in the spring.”

Even though the fall is more individu- alistic and faster European-style hockey, which is more skilful based and faster style of play.

Ski/Snowboard in Steamboat Springs, CO

FILE: Jonathan Krueger/Iowa State Daily

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Ceremonial traditions have history, can vary on couple’s ideas for theme

By Donna Hech
@iwastatedaily.com

Wedding ceremonies and receptions have become a giant making pot of unique customs, and each wedding is a little different. There are several things to consider when it comes to traditions, and how they have special meaning at various weddings. With so many traditions, said Kyra Jacobson and Taylor Thompson, owners of White Willow Events, is the father-daughter dance. Another father-daughter tradition is giving away the bride, which dates back to when fathers paid for the bride’s expenses. Today it is a symbol of the father’s blessing of the marriage.

The wedding ring itself usually holds a lot of meaning. It was thought the ring was placed on the left hand because of the vein connecting it to the heart. Also, the ring was a never-ending circle, which symbolized everlasting love.

Another custom that originated in Roman times was the wedding veil. Originallyerry red and gold, it was supposed to hide the face of the bride to protect her from evil spirits. Today, it is simply for modesty and to signify a new bride.

The tradition of picking a best man comes from Anglo-Saxon England, when grooms would pick the strongest and most loyal of all his friends to help defend his new wife on the wedding day. Apparently grooms once gave away a scrap of their groom, which was considered good luck. This tradition stemming from that is that the bride is always positioned on the left so that he could draw his sword and protect her.

Tiered wedding cakes are a result of Anglo-Saxon England, where guests would bring small cakes and stack them up as high as the couple. It wasn’t until a French baker invented the wedding cake that it became stacked and covered the whole thing in frosting that we get the tiered cake that we know today.

Jacobsen and Thompson said another tradition in the bouquet toss, a tradition which was often picked with a specific meaning behind it. At the wedding, the bridal bouquet was often for the future, but now it is time to simply enjoy reading the name of a piece of jewelry. She said that they will then meet for a follow up consultation and do a tasting of the couples ideas for theme and catering a wedding in which they served breakfast for dinner. There was a waffle bar to catered a wedding in which they served breakfast for dinner. There was a waffle bar and they had an extensive menu of options, said Kiya Jacobson and Taylor Thompson, owners of White Willow Events, is the father-daughter dance. Another father-daughter tradition is giving away the bride, which dates back to when fathers paid for the bride’s expenses. Today it is a symbol of the father’s blessing of the marriage.

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Enjoy their ‘last night of freedom’

By Saige Heyer | saige.heyer@iowastatedaily.com | 515.294.2003

The possibility to throw together a bachelorette or bachelor party has recently become a popular night for the groom and his friends to spend their last night of freedom before getting hitched. However, they have recently become so popular that a single night to plan these parties is not enough. With four-hour packages available, there is now a bit more flexibility for the guests.

There are many advantages to doing so and an increasingly popular option is to have the party before the wedding. This way, there is still time to make changes if something comes up. Additionally, it is easier to keep track of the costs without charging a single guest too much.

When choosing the location, the planner most likely the maid of honor or best man will need to take into consideration the locations of the bride and groom’s families. This is to ensure that everyone will be able to make the trip.

Once the location has been decided, it is essential to set the date of the bachelor or bachelorette party as many as one month before the wedding. Most people tend to have their bachelorette or bachelor parties the night before the wedding or the weekend before.

Other things to think about are to consider if a bachelor or bachelorette party is a desirable option for the groom or bride. A party may not be the right choice for a couple that is planning to save money, finance their own wedding, or do so on a budget.

Bachelor Parties

When the Spartans held the first form of the bachelor party, they simply held a dinner for the groom the night before the wedding. During this time, the groom and celebrate his upcoming marriage. In similar fashion, the bachelor dinner evolved into a celebration of the groom’s last night of freedom. This night has become a popular night for the bride and groom to spend their last night of freedom before getting hitched.

Popular things to do for bachelor parties include bar hopping (for those of age), screening movies, bowling, a poker night, or doing something outdoors.

Bachelorette Parties

Bachelorette parties do not have to follow the same plan as bachelor parties do. When they first emerged in the 1980s to 1990s, the guests of the bride would go out for drinks while she and her guests would be busy planning their future.

Bachelorette parties are just as elaborate as bachelor parties. Some parties are even more inappropriately themed.

Bachelor and bachelorette parties are typically planned, the more inappropriately themed the more elaborate the party. The more elaborate and expensive the party, the more it will cost the couple.

Some popular themes for bachelor parties include bar hopping (for those of age), screening movies, bowling, a poker night, or doing something outdoors.

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