“Finding out was the weirdest thing because you have this preconceived notion of what cancer is. But you don’t really understand what it all entails until it happens to somebody you love.”

– Jessica Parrott

BREAST CANCER

BREAST CANCER STATISTICS

232,340 new cases of breast cancer in women in 2013
39,620 estimated deaths in 2013
1 in 8 women diagnosed in their lifetime
99% for localized breast cancer
84% for regional disease

Student shares family experience about survival of loved one’s cancer struggle

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Wednesday, Oct. 29, 2014

CAMPUS BRIEF

How to vote in Ames

Students engage in Dasani College Tour events

Costumed kiddies storm MU for trick-or-treat

Online Content

How social media can affect health

Athlete chooses between two sports

Freshman makes direct impact

Volleyball

How to shape eyebrows

Corrections

IOWA STATE DAILY 2

Weather

WEDNESDAY

Sunny, but partly cloudy in the evening

THURSDAY

Partly sunny in the afternoon, but clear skies at night

FRIDAY

Sunny, clear and chilly throughout the day

Weather provided by StormHour.com

Police Blotter

The information in this log was compiled from reports and ISU Police Department records.

Oct. 19

An officer investigated a property damage collision at 1151 (reported at 10:43 a.m.).

Haieong, 32, of Davenport, Iowa, was arrested and charged with simple assault and intimidation of a public servant (reported at 7:44 p.m.).

An officer investigated a property damage collision at 2100 (reported at 8:24 p.m.).

An individual reported the theft of items from a food store at Memorial Union (reported at 11:00 a.m.).

An officer investigated a property damage collision at Lot C2 (reported at 11:34 a.m.).

An individual reported the theft of a bike at Frederiksen Court (reported at 1:25 p.m.).

An officer investigated a property damage collision at Mortensen Road and State Avenue (reported at 11:58 a.m.).

An officer investigated a property damage collision at Lot 112A (reported at 12:15 p.m.).

An officer investigated an attempted theft of a wallet at Union Drive (reported at 1:49 p.m.).

An officer investigated the theft of a bike at Frederiksen Court (reported at 2:35 p.m.).

An individual reported damage to a vehicle at Lot 112A (reported at 12:18 p.m.).

An officer initiated a drug-related investigation at the Ames Police (reported at 10:50 p.m.).

An officer initiated a drug-related investigation at the Ames Police (reported at 11:49 p.m.).

Oct. 21

An individual reported the theft of a bike at State University Museum (reported at 12:17 a.m.).

August Duchek, 25, of Ames, was arrested and charged with operating while intoxicated, possession of drug paraphernalia and underage possession of alcohol at Haeftlin Court Drive and Stone Road (reported at 1:36 a.m.).

Brendan Mage, 19, of 8424 Willow Hill Avenue, Ames, was arrested and charged with parole violation in the 8th degree at Willow Hill (reported at 7:52 a.m.).

An officer investigated a property damage collision at Lot 9 (reported at 8:02 a.m.).

An individual reported being harassed by an acquaintance at Harter Hall (reported at 12:49 p.m.).

Dyke Jones, 27, of 3920 Queen Street, Ames, was taken into custody and charged with operating while intoxicated at Interstate 35 NB at 12:46 p.m. (reported at 12:53 a.m.).

Nathan Johnson, 18, of 220 Friley Hall, Ames, was arrested on a warrant from the Story County Sheriff’s Office at Friley Hall (reported at 1:22 p.m.).

An officer investigated a property damage collision at East Campus Parking Deck (reported at 1:07 p.m.).

An officer investigated a property damage collision at 1151 (reported at 1:17 p.m.).

An individual reported suspicious activity at Hickory Village (reported at 11:34 a.m.) (reported at 12:25 p.m.).

An individual reported the theft of merchandise at Memorial Union (reported at 12:53 p.m.).

An officer investigated a property damage collision at Mortenson Road and State Avenue (reported at 2:45 p.m.).

An individual reported the theft of merchandise at Mortenson Road and State Avenue (reported at 3:45 p.m.).

An officer investigated a property damage collision at Lot C2 (reported at 6:24 p.m.).

An individual reported the theft of merchandise at Lot A2 (reported at 11:10 a.m.).

A Kline, 21, of 4135 Frederiksen Court, Ames, was arrested and charged with operating while intoxicated with a third degree burglary and fifth degree drug theft at Frederiksen Court (reported at 4:37 p.m.).

How to vote in Ames

An officer investigated a property damage collision at 3120 (reported at 9:32 a.m.).

An officer investigated a property damage collision at 2100 (reported at 9:46 a.m.).

An individual reported a property damage collision at 31120 (reported at 9:54 a.m.).

Early Voting: Up until Nov. 7, Story County residents can vote early in the Auditor’s office at 800-810 11th St., Auditor’s Office, Suite 106. The Story County Auditor will set up the Ames Library Extension or early voting facility Saturday from 16 in. to 4 p.m.

Voting: On Nov. 4, you must be 18 to vote. You can vote in your precinct location only, which can be found online at the Auditor’s website.

Students engage in Dasani College Tour events

Mitchell Hora, sophomore in agricultural systems technology, and Nolan Zumbach, junior in agricultural studies, invite students to play a Dasani-inspired game at a booth located outside of the Union Drive Community Center. The booths were set up Oct. 17 and 18 for the Drop Into Dasani College Tour.

How to vote in Ames

An individual reported the theft of items from a food store at Memorial Union (reported at 11:58 a.m.).

Friley Hall, Ames, was arrested on a warrant from the Story County Sheriff’s Office at Friley Hall (reported at 12:22 p.m.).

An officer investigated the theft of a bike at Frederiksen Court, Ames, was charged with failure to appear at 1151 (reported at 11:58 a.m.).

An officer investigated a property damage collision at 2100 (reported at 8:24 p.m.).

An individual reported the theft of items from a food store at Memorial Union (reported at 12:08 p.m.).

Students engage in Dasani College Tour events

Students engage in Dasani College Tour events

Costumed kiddies storm MU for trick-or-treat

The 2014 trick-or-treat event took place on Tuesday, Oct. 28 at the Student Recreation Center. The ISU Police Department has estimated a large turnout of children from all over and provides a safe environment for the kids to dress up and trick-or-treat.

Costumed kiddies storm MU for trick-or-treat

Costumed kiddies storm MU for trick-or-treat

Costumed kiddies storm MU for trick-or-treat

Weather

Wednesday, Mar. 12

Midnight: Partly cloudy in the evening

Weather provided by StormHour.com

How to vote in Ames

An officer investigated a property damage collision at 2100 (reported at 8:23 p.m.).

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An individual reported a property damage collision at 31120 (reported at 9:54 a.m.).

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Adding ‘allies’ to LGBT acronym sparks controversy

By Morgan Kelly
mki@iowastatedaily.com

Something as simple as adding a rainbow pin can show someone in as ally to the lesbian, gay, bisexual, and transgender community. Recently, there have been discussions about whether or not allies should be included in the acronym, making it a LGBTA for lesbian, gay, bisexual, transgender, questioning and ally.

Brad Freihoefer, director of the Lesbian, Gay, Bisexual, and Transgender Student Services, said how people define what an ally is can depend on context, location, and that person’s role in the community. Freihoefer said one can be an ally whether they are in the LGBT community or not. Allies need to understand that they have a personal privilege and power and it affects them socially.

“It’s the structure that holds oppression in place,” Freihoefer said. “It’s really an unconscious interpretation of the structure of oppression.”

Freihoefer then gave an example of how privilege played out in people’s lives even before they knew what privilege meant.

“When we think back to the days of coloring in Kindergarten, what crayon was you?” Freihoefer asked. “It refers to my skin tone, and had I had privilege to have my skin tone as a color to color with.”

He then explained how privilege affects his everyday life at Iowa State and at work.

“When I look at myself, I have a lot of things that are working for me,” Freihoefer said. “They’re just things I get by because of my particular race, gender, sexuality, etc.” Freihoefer said. “People may think I have a higher degree than I do, or sometimes I walk into a room and automatically get respect. That’s just privilege.” Freihoefer said that not looking at one’s privilege can cause a problem.

Freihoefer then explained being a supporter of the lesbian, gay, bisexual, and transgender community.

Adam Guenther, president of the LGBT Alliance, said a lot of the LGBT community has for rights today have been won as a result of ally support. These are people who were able to stand up, he said. “They understood what their privilege and power could do for the community.”

“It was our allies that were able to go out and speak for us, but support us as a result, both legally and the rights that we deserve,” said Wayner Glass, an LGBT community activist. “Allies are integral to the fight for equality, he said. “They understand what their privilege and power could do for the community.”

“Be the first to see and purchase Holiday merchandise – selection of new merchandise we have EVER had!”

There is controversy over whether allies should be included in the LGBT acronym. Some believe that allies shouldn’t be because they support, rather than exist, within the community and many recognize that privilege. Allies argue allies should be included because of all the help they provide.

One side of the acronym discussion feels allies shouldn’t be included just because they support the community. For example, just because a person is not African American rights and issues, does not mean that they don’t still have privilege. As a member of the African American community, Guenther said. Guenther said the other side of the argument says allies should be considered part of the community because they too, have faced stigma and oppression even though the stigma appears to be backed in the U.S. Oppression and stigma will still have a strong presence in other countries where identifying as LGBT is illegal and can be dangerous.

Guenther’s said allies should be included in the acronym because they have seen gains and always will be a part of the struggle for the LGBT community. The acronym continues and Glass said he thinks it goes back to an individual’s interpretation of the acronym.

“It’s about how you as a person want to interpret the acronym,” he said.

http://www.iowastatedaily.com
Fans start to get louder as the Cyclones begin their second-half comeback on Sept. 14 at Jack Trice Stadium, but came up short 27-21. Often, sports fans get rowdy and even violent since they are so invested within the game.

Breast cancer can touch the lives of so many. It is not only the lives of those diagnosed with the disease, but also those who support that person. PetSmart Charities is a non-profit organization that addresses breast cancer awareness. Although Breast Cancer Awareness Month does senders for the fight against the disease, all of our efforts to beat breast cancer once and for all can not stop after Oct. 31. As we near the end of the month, we cannot forget the lives lost to breast cancer, from men and women who are battling now, to those who have left this life. Even when the calendar turns, those 256,075 cancer deaths from 2014 in the United States, there will continue to lose their lives. Do not forget about breast cancer and get your self checked out today. PetSmart Charities is committed to fighting breast cancer every day and we can do this through donations or volunteering. PetSmart Charities is a non-profit organization that helps fund breast cancer awareness and research all year long. Our efforts to beat breast cancer do not stop after Oct. 31.

Breast Cancer Awareness Month. The month is filled with fundraisers and walks to help increase awareness and money for researching a cure for the life-threatening disease. People can donate money, walk in a race, or even become an advocate for fundraising organizations to help give back. Many college towns host events for the month, although Wisconsin does senders for the fight against the disease, all of our efforts to beat breast cancer once and for all can not stop after Oct. 31.

In addition to Komen, there are countless other organizations. devoided breast cancer awareness or fundraising to support survivors or finding a cure to the disease. Charities such as the Breast Cancer Research Foundation, Living Beyond Breast Cancer, the Susan G. Komen for the Cure, and countless others have donated their time and energy to raise awareness and funds to help fight breast cancer. The NBC Bay Area News Team says previous Dodgers fans who lived in the stands were both Giants fans who started a fight with the man after the game. This was the first fight in this season, and it ended with the two suspects in the investigation. Both Dodgers fans had been released from the jail earlier this year, both of whom claimed the lives of an Arizona fan and a Dodgers fan respectively.

The professional sports world has lost its innocence. The major league baseball team in Los Angeles, the Dodgers, has been involved in multiple incidents of violence in sports, going all the way back to the 1960s. The Dodgers now have troubles of their own. In 2015, a Los Angeles Dodgers fan was brutally attacked outside of STAPLES Center and is now in a coma with life support. The team had gone on to win the NBC Bay Area news team says previous Dodgers fans who lived in the stands were both Giants fans who started a fight with the man after the game. This was the first fight in this season, and it ended with the two suspects in the investigation. Both Dodgers fans had been released from the jail earlier this year, both of whom claimed the lives of an Arizona fan and a Dodgers fan respectively.

As we near the end of breast cancer awareness, we must work together to continue the fight against breast cancer. Make sure to participate in the fight to the disease that will help so many and may be even save your life.
Greetings to you, the lucky recipient of this Golden ticket,

We invite you to come out for our VIP event and be our guest. We will be having a gift card raffle all night. Here are your instructions:

- On the twenty-ninth of October, you must come to our leasing office located at 206 Welch Ave.
- You are allowed to bring as many friends and family members to enjoy this experience with you.

Until then,

20th Staff
20thLincoln.com

You could win one of:
- 2 iPad Minis
- Solo 2 Beats
- A 50-inch Smart TV*

VIP Golden ticket

Heating. TV. Internet. Yup, it’s free.

Iowa State Daily

Pink is the new black — for sports fashion, that is. It’s the trend that seems to grow each year with more and more professional, college, and even high school athletics teams breaking out some sort of pink attire for Breast Cancer Awareness Month. The easily recognizable pink ribbon was adopted as the symbol for the National Breast Cancer Awareness Month in 1992, piquing the way for athletes to show awareness using the color.

In 2009, in an effort to get more fans for games, the Iowa State Athletics Department decided to support breast cancer with some special events dedicated to wearing pink uniforms and encouraging fans to wear pink as well.

The ISU volleyball team had their Dig Pink match on Oct. 4 against West Virginia. After just wearing pink hair wraps in previous years, the Cyclones have recently ramped up the color ante, wearing pink uniforms for all home games during Breast Cancer Awareness Month. This year’s home game was the only event encouraging fans to join them in wearing pink.

The events often end up being equally beneficial in bringing awareness to the cause and uniting the athletic team and crowd.

Former ISU volleyball player Ashley Mass shared her experience after her final Dig Pink game in 2010.

“I think it’s an awesome opportunity for us to showcase a cause like that,” Mass said. “The theme of everyone wearing pink definitely got the crowd excited for the game. Pink is such a bright color that it makes everybody so happy and enthusiastic.”

Similar events like ISU soccer’s Think Pink game, played on Oct. 5, have brought breast cancer awareness to the athletic department and beyond.

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Similar events like ISU soccer’s Think Pink game, played on Oct. 5, have brought breast cancer awareness to the athletic department and beyond.

Even ISU football players have shown support for breast cancer awareness. The family event dedicated to football, with some rare sight of pink shoelaces against Toledo earlier this season.

But breast cancer awareness hasn’t been limited in the month of October. The ISU women’s basketball team participates in the Kay Yow Cancer Fund’s Play4Kay game annually in February. According to the Play4Kay website, the initiative’s goal is to raise breast cancer awareness on the court, across campuses, in the community and beyond.

For one event a year, athletes get to play for something more than just a win or championship — they play to raise awareness for a deadly disease that reaches across rivalries and differences.

“I’m glad we’re playing at home,” said former ISU basketball star Anna Prins before playing in 2012’s Play4Kay game. “And it is a pink game so obviously we’re playing for something bigger than just basketball.”

By Alex Gookin
@iowastatedaily.com

20th Staff
20thLincoln.com
The result of cell-growth malfunction in the breasts, or breast cancer, claimed 1.7 million new cases worldwide in 2012 alone. According to the Susan G. Komen Foundation, the malignant tumor can either grow slowly or aggressively. The tumor can either be detected by simply touching the breast infected. However, some tumors can grow over a span of 10 years without the patient even knowing and breast cancer is the second leading cause of cancer death in women.

The American Cancer Society (ACS) estimated about 12% of women in the US will develop breast cancer at some point in their life. Along with the 1 in 8 women in the US projected to become infected, the ACS estimates that about 260 women either self or have been become infected in 2014 and 40,000 women will die by the end of this year. However, there are currently more than 2.8 million breast cancer survivors in the US today. It is evident that there is not yet a cure for cancer but it’s spread can be contained and reversed through treatment. The best way to maintain healthy breasts is being aware of the disease and checking for signs throughout the year.

"Everybody has got a human body and at some point something is going to go wrong either with your body or the body of somebody that you love and if you know basic human anatomy, you can really understand a lot more about what is going on in your loved one and how to deal with whatever that may be," Krumhardt said. Knowing how your breasts look and feel at their "normal" is the best way to prevent any type of serious growth. Detecting a change early can not only be radically and it is important to be aware of changes and taking care of issues prior to their arrival.

Before seeking consultation from a physician, women have the option of performing self-exams. Self-exams consist of evaluating the breasts using a mirror and moving the hand’s fingers in circular motion, searching for any abnormalities.

"It is not that uncommon for breast cancer to occur but if you catch it really early the treatments are not anywhere near as traumatic than if you were to let it get out of control," said Dr. Barbara Krumhardt, senior lecturer in genetics, development, and cell biology. "Someone who feels a lump in there breast and is afraid to go get it checked out may only cause it to worsen from not double checking with a physician."

Breast cancer does not have an age limit and any women has the potential to become infected. Noticing cancer in its earlier stages is the first step to fighting this disease. According to ACS, women diagnosed with the 3 stages of cancer have a survival rate of 70-100% with proper treatment. Therefore, individuals should seek help from a physician and take necessary precautions if abnormalities arise.

For more on breast cancer and its symptoms, visit http://www.cancer.org/cancer/breastcancer/.

Self breast examination advised to avoid cancer

By Devin Wilmott
@iowastatedaily.com

Warning signs: Breast cancer self-examination

Swelling, warmth or tightness
New pain in a spot that doesn’t go away
Soreness, darkening or bruising
Discharge or pus
Change in size of the breast

Survival rates in breast cancer

Stage 0 - 5%  Stage 1 - 72%  Stage 2 - 93%  Stage 3 - 62%  Stage 4 - 24%

IOWA STATE DAILY
Wednesday, Oct. 29, 2014

Self breast examination advised to avoid cancer

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"Everybody has got a human body and at some point something is going to go wrong either with your body or the body of somebody that you love and if you know basic human anatomy, you can really understand a lot more about what is going on in your loved one and how to deal with whatever that may be," Krumhardt said. Knowing how your breasts look and feel at their "normal" is the best way to prevent any type of serious growth. Detecting a change early can not only be radically and it is important to be aware of changes and taking care of issues prior to their arrival.

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For more on breast cancer and its symptoms, visit http://www.cancer.org/cancer/breastcancer/.
Great lunch specials:

- $5.50 Quesadillas
- $5.50 Taco Salads
- $5.50 Beef, Chicken or Pork Tacos
- $5.50 pulled pork and fries
- $7.50 All you can eat taco buffet

Over 100 types of beer

---

Find your role, give great gifts

By Erin Parro

Grandma:

Just starting out together. Freedom items on their registry. As personal.

Sister:

Recent sister of the bride, Rachel Demmer, got her sister a steel tub cooler for when her sister and husband host bonfires in the summer.

“...I knew it was the perfect gift for the perfect couple because they are outgoing people who have people over often,” Rachel Demmer said.

Aunt:

Jane Sterenberg attended her niece’s wedding in Seattle. Jane and her family travel a lot because they have to get to their wedding.

“...I knew it was the perfect gift for the perfect couple because they are outgoing people who have people over often,” Rachel Demmer said.

Father:

Buy the couple a pizza making kit to use together.

Mother:

Will the gift have a personal touch or not?

Coworker:

“...I knew it was the perfect gift for the perfect couple because they are outgoing people who have people over often,” Rachel Demmer said.

Sister:

Recent sister of the bride, Rachel Demmer, got her sister a steel tub cooler for when her sister and husband host bonfires in the summer.

“The bride requested no gifts because they knew people would be spending money to go to their wedding. Sterenberg went ahead and got her sister and her husband a gift card anyway. “Because my family is spread out we often give gift cards so it is easier for them to transport the gift — not us — to the destination,” Sterenberg said.

Re-Elect Lisa Heddens

A Leader Who Listens

I have been honored to serve you in the Iowa House of Representatives.

My goals have been to:

- Secure funds for mental health and disability services
- Keep education affordable for all Iowans
- Expand support for veterans and their families
- Attract good jobs and businesses to Iowa
- Attract good jobs and businesses to Iowa

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Paid for by Committee To Elect Lisa Heddens

www.birthrightames.org

108 Hayward Ave

Iowa State Daily

Wednesday, Oct. 29, 2014

9 months & Beyond

We’re here to help

- Pregnancy Testing
- Maternity and Baby Clothing
- Helpful Guidance

Vote by mail or at the polls for Lisa Heddens State Representative

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108 Hayward Ave

Iowa State Daily
BREAST CANCER p1

Sudokuto the Mipahim Group

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

CITY council p1

Kirby, Tom, Lee and Jessica Findt at a coach's wedding line, Lee's husband, Tom, who was diagnosed with prostate cancer in 2012.

IOWA STATE DAILY BUSINESS DIRECTORY

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Residential Cleaning • Commercial
Getting Your Home • Business
Vans • Garbage • Waxing • Removal
Avery @ 515-243-8137
E-mail: tomljackson@gmail.com

HELP WANTED
Direct Wire Heating needs a Assistant Plumbers in Cerro Gordo County. Must work full hours Monday-Friday. Seasonal in nature. Must be able to show proof of background checks. EOE/DPAA. Call 515-837-3743 or email KSmith@directwireheating.com.

FOR RENT

FOR RENT

I have 3 bedrooms, 2 bathrooms, 2 car garage, fenced yard and central air. For more information, please call 515-446-8663, 2800 STANTON AVENUE, SUITE #101 • 515.598.9000

HELP WANTED
Administrative Assistant - I am looking for someone with a high level of organization and multi-tasking ability. Experience in handling of accounts receivable and payable, bookkeeping, office equipment, document related issues, and office coordination. Must be self-starting and able to work independently. Please call 515-347-2166 or stop by for more information.

ANNOUNCEMENTS

The PHJOWA STATE DAILY Recommends ALL ITS READERS

Closely explore any offer of a job opportunity or service presented to be good to be true; chances are, it isn’t.

Before investing any money, please contact:
Des Moines Better Business Bureau at 515-345-8181