TRAPPED IN PUERTO RICO
Iowa State alum discusses experience after hurricanes

Chelsea Poppens came to Puerto Rico in early September with the focus of playing professional basketball for Gigantes de Carolina in the San Juan area.

Little did she know her world and perspective of life would be flipped 180 degrees in a matter of weeks.

First, it was Hurricane Irma.
The former Iowa State women's basketball player and her roommate braced for impact when Irma came closer. She admits they were scared and were ready to move on a moment's notice.

“We were scared at first,” Poppens said. “We loaded all of our bags into our car, trying to go over to our teammates or somewhere. We ended up staying at our place because we had a generator there and our neighbors were going to take care of us.”

Once the storm hit, Poppens said the two of them just relaxed and hung out in their place. They lit some candles, played some music, read some books and drank some Coronas. Fortunately, Hurricane Irma only clipped Puerto Rico and made little damage.

That was it. A sigh of relief came from Poppens and her roommate. But they weren't done.

Two weeks later, they weren't clipped, but rather were in the eye of Hurricane Maria, a category five hurricane at that time.

“It hit at like 4 a.m. [on Wednesday, Sept. 20] and I was pretty much trying to sleep through it,” Poppens said with a laugh. “It was crazy.”

She could hear a whistling through their house because the winds were strong enough to get through the small cracks of the house. Poppens described it as an eerie, horror movie-type whistle.

When Poppens woke up, she saw her roommate huddled up against her door and they just waited out the storm. Trees were falling left and right and their washer and dryer were being tossed around outside like it was a piece of cotton.

Unfortunately, their house had some water damage, but not as bad as most of their neighbors and other teammates.

After waiting the 20 hours until the storm passed, they could evaluate the situation at hand and figure out the next step.

The next steps were to figure out how the two of them were going to live in Puerto Rico until they could get a flight back to the mainland. Luckily, the area they lived in still had running water, so they were able to use that instead of standing in line for that product.

“It’s just been a struggle.”

Then, after getting the essentials, the next focus was to get out of Puerto Rico.

The runways in Puerto Rico were still functioning, so planes could pick up passengers from the island and bring them back to the mainland. The main problem was actually getting a flight home.

“I hope so,” Poppens said on returning home soon. “I originally had a flight on Saturday [Sept. 23], but that got cancelled.”

She’s not the only one. Her roommate, and teammate, Chelsea Poppens, former Iowa State basketball player, was unable to leave Puerto Rico until Sunday, Oct. 1 following hurricanes Irma and Maria. Poppens plans to raise funds in order to help those affected by the hurricanes.
Immigration ban affects students

The most recent travel ban, announced by President Trump on Sept. 24, affects eight countries including Libya, Rahma Belaid’s home country.

BY DANIELLE GEHR
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Rahma Belaid, junior in aerospace engineering, thought her brother was joking when he told her about the travel ban.

The news broke January of her sophomore year that President Donald Trump signed an executive order banning travel to U.S. from seven majority-muslim countries.

One of the banned countries was Libya, Belaid’s home country. After spending two years away from her family, Belaid planned to go home to support her sister, who requested Belaid be there for her difficult surgery.

"People would say that [Trump] wouldn’t dare do this. Don’t take him seriously," but it was just one week and he did all this damage," Belaid said.

Belaid said she could not risk going home this summer making it exactly three years since the last time she saw her family.

In less than two weeks, the most recent travel ban — announced by Trump Sept. 24 — will take effect. Eight countries including Chad, Iran, Libya, North Korea, Syria, Venezuela, Yemen and Somalia will face bans on travel to the U.S.

The latest travel ban comes after a review of nearly 200 countries, according to the presidential proclamation. Greg Siskind, an immigration lawyer who wrote about the ban, said there were three criteria for a country to determine whether a citizen traveling from the U.S. should or should not be deemed a threat.

Unlike the previous bans, each country’s restrictions on travel differ. The proclamation called Libya an important counterterrorism partner of the U.S., but fails to share public-safety and terrorism-related information. The entry of B-1 business visitors, B-2 tourists and B-1/B-2 nonimmigrants is suspended. Most students have F visas giving Libyan students the ability to travel.

For North Korea, Syria and Somalia, all immigrant and nonimmigrant travel is suspended. Iranian citizens with F, M and J visas will be subject to enhanced screening and vetting requirements.

“So, let’s pretend Illinois and Iowa are completely different countries and you have to decide if you want to go to Iowa State University," said Krista McCallum-Beatty, director of the International Students and Scholars Office.

Scholarships and esteemed programs could draw a prospective Illinois student to Iowa State. McCallum-Beatty said adding the possibility of not seeing their family the entire time they are in school may mean Iowa State is no longer an option.

McCallum-Beatty said enrollment of international students remained flat compared to last fall. She said there could be a future effect on those numbers because of the bans.

She said researchers are affected by the ban as well. Many collaborate with researchers from other countries and with the ban, it is difficult to work with academics from those countries.

Martino Harmon, senior vice president for student affairs, said he will do all that he can to help these students, but said there are circumstances beyond the university’s control.

"Even if it doesn’t impact directly the students and scholars that we have, there’s an indirect impact of who’s next, what’s going to happen next. It’s kind of tricky times in which we live," Harmon said.

>> BAN p8

A BREAKDOWN OF VISA TYPES

>> B-1
Athlete, amateur or professional (competing for prize money only)

>> B-2
Tourism, vacation, pleasure visitor

>> F-1 and M-1
Student, necessary to study in U.S.

>> J-1
Exchange visitor
Hurricanes could be growing stronger

BY BRIAN.MACKLEY
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With this year’s hurricane season coming to a close, 2017 could become the costliest hurricane season in U.S. history. According to the National Hurricane Center, this September’s accumulated cyclone energy was 3.5 times more active than an average September between the years 1981 and 2010. Just this year, the United States has an estimated $20 billion of damage from hurricanes alone.

Associate Dean William Gutowski has done extensive research in the field of atmospheric dynamics and climate and said the storms may have been more violent due to increasing ocean temperatures.

“Hurricanes derive their energy from the heat in the ocean,” Gutowski said.

Since this year’s ocean temperatures rank within the top five warmest on record according to the National Center for Environmental Information, it’s no wonder we have seen such an outbreak in tropical storms.

According to the Environmental Protection Agency, the average ocean temperature has risen at an average rate of 0.13 degrees Fahrenheit each decade since 1901. With ocean temperatures continuing to rise, the United States, as well as the rest of the world, may start to see bigger and more powerful hurricanes.

William Gallus, professor of geological and atmospheric sciences, said another reason behind this season’s dramatic spike in tropical storms could be due to the rise in ocean levels.

The Environmental Protection Agency also stated that since 1993, the average amount at which the oceans have been rising has nearly doubled from 0.06 inches a year to roughly 0.11 to 0.14 inches a year. The rise in ocean levels can contribute to a hurricane’s storm surge.

A storm’s storm surge can be described by how much water levels have risen during a storm in comparison to the normal movement of the tides. Storm surges are also widely considered a big reason for loss of life and property damage during a hurricane.

Although Gutowski and Gallus both found it unusual to have two category five hurricanes and one category four hurricane all from close to the same area, they said we can’t jump straight to conclusions.

Hurricanes Harvey, Irma and Maria were unusual as they were all above category four and affected areas very close together. Associate Dean William Gutowski cites rising ocean temperatures as a potential cause for these violent storms.

“You can’t take one event or even one season and say this is because of climate change,” said Beth Cassie, assistant professor of geological and atmospheric sciences.

“The reason for this being that the conditions in the oceans that allow hurricanes to form fluctuate from year to year. This makes it hard to pin down whether climate change is the problem. The world may be either in the middle or at the start of a trend leading the world toward more powerful hurricanes; it’s too soon to tell whether climate change is a major factor in helping create more violent tropical storms.

It could be years until it’s determined whether climate change has had a direct impact on the carnage of hurricanes. Over the next year as we clean up the destruction left by Harvey, Irma and Maria, we must do our best to find new ways of preventing these hurricanes from costing us so much damage.

LEED is a rating system devised by the United States Green Building Council, or USGBC, to evaluate the environmental performance of a building and encourage market transformation toward sustainable design.

Silver, gold and platinum are the three different LEED awards, with silver being the lowest and platinum the highest.

With the addition of Geoffroy Hall to the list of LEED certified buildings on campus, Iowa State now has 14 certified buildings and currently has 12 registered buildings that have not yet been certified.

This means that Iowa State still has the most LEED certified buildings compared to the University of Northern Iowa’s four LEED certified buildings and University of Iowa’s 13 LEED certified buildings.

Geoffroy Hall had to meet certain criteria in order to earn certification, including residents having access to four CyRide routes, 77 percent of construction waste be recycled rather than landfilled and 24 percent of building materials contain recycled materials, paints, flooring, composite wood, adhesives and sealants emit no or low levels of toxins. All of the requirements are available on the Inside Iowa State webpage, as well as on the official USGBC webpage.

“I think Geoffroy Hall getting gold is great it’s the first to receive certification on campus, it’s a great opportunity with residence halls to build a green residential facility,” said Kerry Dixon, project manager of facilities, planning and management, who oversaw the project. Dixon also played a role in the building of Geoffroy Hall.

“Since the beginning, the goal was to receive LEED gold standard for all future projects and building renovations. It shows that we really are committed to building and operating sustainably,” Dixon said.

When asked why Iowa State’s other residence halls didn’t have LEED certification, Dixon explained LEED was not yet an option when those halls were created.

Geoffroy Hall is the first residence hall to receive its LEED certification. In addition, Bessey Hall and Frederiksen Court apartments are also undergoing renovations to get LEED certifications.

As of now, any future construction projects at Iowa State will adhere to LEED standards and become LEED certified. “As of now, new construction and renovations will follow the LEED standard. Small projects, like renovating a single room, LEED is not a process that we will go through,” Dixon said. “We do, however, take the lessons we learned through LEED and use it for future renovations and buildings.”
POLICE BLOTTER

10.1.17

Demarcco Miller, age 21, of 8880 Maya Lane Apt A – St. Louis, MO, was arrested and charged with possession of a controlled substance at Lincoln Way and Sheldon Ave (reported at 1:24 a.m.). An officer assisted an individual who was experiencing medical difficulties (reported at 2:30 a.m.).

London P. Suber, age 21, of 9431 S Michigan - Chicago, IL, was arrested and charged with operating while intoxicated at Welsh Rd and Lincoln Way (reported at 5:26 a.m.).

An officer checked on the welfare of an individual at Memorial Union (reported at 4:56 a.m.). An individual reported being harassed at Friley Hall (reported at 9:48 a.m.).

An officer investigated a property damage collision at 4110 Maricopa Dr (reported at 1:51 p.m.).

An officer checked on the welfare of an individual at 2221-1340 Wanda Daley Dr (reported at 3:53 p.m.). An officer investigated a property damage collision at Bissell Rd and Marston Ct (reported at 8:22 p.m.).

An individual reported the theft of a wallet at Parks Library (reported at 10:13 p.m.).

10.2.17

An individual reported being sexually assaulted in Helser Hall at 1111 Duff (reported 12:28 a.m.). An individual reported the theft of a bicycle at 32 Frederiksen Court (reported at 1:16 p.m.).

An officer initiated a drug related investigation at Armory Building (reported at 1:52 p.m.).

An individual reported the theft of keys at Friley Hall (reported at 2:05 p.m.). An officer initiated a drug related investigation at Armory Building (reported at 2:44 p.m.).

An officer checked on the welfare of an individual at Durham Center (reported at 3:58 p.m.).

An individual reported the theft of a wallet at Parks Library (reported at 6:40 p.m.).

An individual reported being sexually assaulted in August at Friley Hall (reported at 8:51 p.m.).

Grant Robert Nickles, age 19, of 2129 Hawthorn Court Dr Unit 4321 - Ames, IA, was arrested and charged with possession of drug paraphernalia at Lincoln Way and Grand Ave (reported at 10:37 p.m.).

10.3.17

An individual reported the theft of a laptop at Armory Building (reported at 7:25 p.m.). An officer investigated a property damage collision at Lot 23 (reported at 8:49 a.m.).

An individual reported damage to a motorcycle at Lot 3 (reported at 10:34 a.m.).

An officer recovered found property at 2519 Chamberlain St (reported at 12:54 p.m.).

Samuel Christopher Frantz, age 19, of 2136 Beach Rd Unit 5238 - Ames, IA, was cited for possession of a controlled substance and property damage to Lot 63 (reported at 10:46 p.m.).

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October means many things for different people — it’s finally starting to feel like fall and we’re starting to think about our Halloween costumes and wearing pink for Breast Cancer Awareness Month.

October is also Domestic Violence Awareness Month.

Domestic violence is defined as violent or aggressive behavior within the home, typically involving the violent abuse of a spouse or partner.

For some, it may be hard to imagine a student being domestically abused in college because many college students don’t live in a family setting while on campus. But, you don’t have to be living in a family situation or even living with your significant other in order to be a victim of domestic violence.

For many, beliefs on domestic violence are based on the stereotypes that we’ve learned from the media. But domestic abuse isn’t always the stereotypical drunken husband beating his wife or vice versa. Domestic abuse can and does happen in college.

The National Domestic Violence Hotline reports that women ages 18 to 24 and 25 to 34 experience the highest rates of domestic intimate partner violence. At Iowa State, 66 percent of students are between the ages of 18 and 22, which is just a sample of those age groups.

Awareness is a main issue concerning domestic violence. Not awareness in the sense that people know what constitutes domestic violence, but awareness of the fact that it’s not just happening to “other people.” It could be happening to your friend, neighbor, classmate, etc.

Victims of domestic violence often won’t report their abuse for many reasons and may not even realize what is happening to them constitutes abuse. So, this month, and every month, it’s important for us to become more aware of what is happening not only in our own relationships, but also to be aware that this could be happening around us.

If you are a victim of a domestically violent relationship, you can consult with counselors at Student Counseling Services or call the Iowa Domestic Violence Helpline at: 1-800-770-1650.

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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.
If you talk to enough hockey players, a good number of them will likely tell you that goalies are a different breed.

"Goalies are odd," said senior goalie Derek Moser. "We’re kind of like a team within a team."

So perhaps it makes perfect sense that Moser and fellow senior goalie Matt Goedeke would form a friendship that many on the outside would probably consider unusual.

You see, Moser and Goedeke aren’t only teammates, close friends and roommates, they’re also each other’s biggest threat for playing time. The two net minders are considered 1A and 1B on the depth chart, and have been splitting time in net for the Cyclones the past two seasons.

Coming into the 2017-18 season, there still wasn’t a clear-cut, number one guy, meaning that the starting job was anyone’s for the taking.

After the first series of the season, that still looks to be the case. Both played very well in their individual starts against Illinois State, and the Cyclones won both games by a score of 4-1. The two will likely get an opportunity to further prove themselves against Waldorf University this weekend.

While it isn’t rare to see the two play their position at a high level, what is rare is the kind of bond they’ve formed. Head coach Jason Fairman says he’s yet to witness a friendship quite like the one Moser and Goedeke share.

"I’ve never personally seen it," Fairman said. "For two guys to be competing for the most intense position on the team, for them to be as close as they are, roommates and all that, I give them a lot of credit."

The friendship was first formed when Goedeke came in as a transfer from Midland University in Fremont, Nebraska. Moser, having been a transfer himself from Eastern Washington University, quickly helped Goedeke get acquainted with his new surroundings.

"I was here a year before [Goedeke]," Moser said. "So when [Goedeke] came in after [former goalies Matt] Cooper and [Scott] Iland left, I kind of knew what he was going through transferring schools," said Moser. "I wanted to make sure he felt welcomed."

To make him feel welcomed, Moser approached Goedeke in their very first team warm up together and let him in on a few of the team’s secrets.

Moser, knowing the difficulty of coming into a program in a nontraditional way, felt it was important to reach out and make Goedeke feel a part of the team.

Although they were still strangers at this point, a connection between the two had been made.

Then the friendship really started to blossom, according to Goedeke, when the two started doing activities together away from the ice.

Goedeke, specifically points to when the two started doing yoga with each other a couple of years ago in their free time.

From then, their personalities clicked and the two have only grown closer ever since, eventually becoming roommates over the summer.

"I always thought Moser was kind of like me," Goedeke says. "A hard working person, good friend, good teammate and very respectful of every individual."

Moser added that he felt as if he could relate with Goedeke because they have similar drives.

This similarity has allowed the two to get past any sort of differences that may arise when competing for the starting job. While they both freely admit that they’re competitive by nature and that they want to play as much as possible, they also know that what’s best for the team is ultimately most important.

"We’re both here to win," Goedeke said. "The biggest reason that we get along is because we both understand it’s about [winning] and we both, whoever’s in net, feel that we can each give the team a chance to win each night, no matter who’s in net."

"That’s the reason I transferred here, was to win a national championship," Goedeke said. "I’d be nice if that was me in the net, but at the same time time I came here to win a national championship, so if that’s Moser carrying us there, that’s fine with me. I just want to win."

This unselfishness and team-first mentality that the two possess hasn’t gone unnoticed by those involved with the team, either.

Coach Fairman points out, as an example of their commitment to the team, that the two even go as far as to help hang posters of the team around town without having to be told or incentivized.

"They’ll do anything to help out the organization," Fairman said. "They don’t have to do it, most guys would say ‘eh, it’s not worth it to me.’ They want to help the organization. They have good character."

Most important of all, the two know that no matter what, they’ll always have each other’s backs.

Regardless of who happens to play on a given night, the starter knows that the other will be completely behind him and offer any help.

"If [Goedeke’s] getting the nod, I’m 100 percent supporting him," Moser said. "And I know if I’m getting the start, I feel confidence knowing that he’s there also. I don’t have that fear to fail, because I know he has my back if I’m struggling."

"A hard working person, good friend, good teammate and very respectful of every individual."
On a campus of over 36,000 students, getting a cold may be hard to avoid, and the start of fall now means the start of flu season. However, flu season also brings the opportunity to be able to identify symptoms and implement prevention methods.

“Flu season ranges from September to January at its peak. Hand washing is one of the biggest things for preventing yourself from getting sick and spreading germs,” said Laura Knowles, nursing and patient services supervisor for the Thielen Student Health Center.

“I would even recommend students carrying around a little bottle of hand sanitizer with them. Also, making sure to cover your mouth fully in your elbow when sneezing or coughing is another huge way to prevent the spreading of germs.”

So, how exactly do you know if you have the flu?

According to the Center for Disease Control and Prevention, the flu usually comes on suddenly and may include all of the following symptoms: fever (feeling feverish/chills), cough, sore throat, runny/stuffy nose, muscle/body aches, headaches and fatigue.

“A big misconception is when people say they have the stomach flu when in reality that is not what they have. The flu is a respiratory disease and does not have to do with nausea or diarrhea,” Knowles said.

Knowles also recommended that as soon as a student starts to feel symptoms of the flu to drink clear liquids, take over the counter medicines like Tylenol or Ibuprofen every four to six hours and to get as much rest as possible.

Flu shots are also another way to prevent yourself from getting sick this flu season, which the Thielen Health Center provides for students. Other clinics in the area like the McFarland Clinic, DoctorsNow and pharmacies like Walgreens or Hy-Vee Pharmacy also provide flu shots during the season.

“Flu shots effectiveness is different for every person and lasts usually nine to twelve months, but some protection is better than none,” Knowles said. “Not only are you helping protect yourself from getting sick, but you’re helping protect students around you from getting sick.”

If students have any questions about what medicines to purchase, describing symptoms or need to find out if seeing a doctor is necessary for their condition, nurses are available to answer any questions over the phone at any time at the student health center.

“We have such a dedicated staff. As a nurse I make a very difficult patient, however I would trust any provider here with my own healthcare in any program. Our staff is so willing to do any program. Our staff is so willing to do anything they can to help students,” Knowles said.

Flu shots are available through the health center from 9 a.m. to 11:30 a.m. in the pharmacy on Wednesdays, Fridays and Saturdays, or students can make appointments that fit best in their schedules. For more information on flu symptoms, prevention and vaccination visit cyclonedoctor.org, the McFarland Clinic, DoctorsNow or a local pharmacy.

BY EMMA FINN
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Five must-see movies coming out in October

“Blade Runner 2049” - Oct. 6

This sequel to the 1982 sci-fi classic takes place 30 years after the original, and stars Ryan Gosling and Harrison Ford, the latter of which reprises his role as Rick Deckard. Early reviews on this effects-heavy neo-noir sci-fi flick have been extremely positive, currently holding a 95% on Rotten Tomatoes, so make sure not to overlook this one.

“Happy Death Day” - Oct. 13

It’s essentially “Groundhog Day” (1993), but a horror film. A woman gets murdered on her birthday, only to wake up that very same morning. She’s stuck in an endless loop of the same day, resulting in her death at the end of each day, until she figures out how to prevent it. It comes from Blumhouse, the production house behind the “Paranormal Activity” and “Insidious” franchises. If you enjoyed those, you should enjoy this.

“Leatherface” - Oct. 20

A prequel to the 1974 original, “Leatherface” follows the origins of the titular character, similar to 2006’s “The Texas Chainsaw Massacre: The Beginning,” which was a prequel to the 2003 reboot, but that’s a lot to keep track of. This one is sure to have plenty of slashes and scares. If you’re a fan of modern horror, you’re sure to dig this.

“Geostorm” - Oct. 20

Getting away from October’s abundance of horror films, “Geostorm” is the debut of director Dean Devlin, but I’m sure you’ll be able to gauge your interest in this one on if you enjoyed other natural disaster films such as “2012” or “The Day After Tomorrow.” Do you like seeing nature destroy society in film? Go see this ASAP.

“Saw” - Oct. 27

The “Saw” franchise is back after a seven-year hiatus. This time, the story revolves more around the lasting impact of Jigsaw, the man behind the murders of the original series of films, but this is sure to be extremely similar to every other “Saw” film. If you’re into violent gore-soaked horror flicks, this is a must-see for the Halloween weekend.

BY PARKER REED
@iowastatedaily.com
Had her flight cancelled too, but luckily both have reached the mainland this past weekend. Her roommate got a flight on Saturday and Poppens had a flight on Sunday evening after having another flight cancelled beforehand.

Poppens is living in Fort Myers, Florida as of now to catch up on school and her basketball career. She's enjoying the luxuries in life like air conditioning, power, warm showers and cell phone service.

Poppens is fortunate to be back on the mainland and has used this time to reflect on the last month while being in Puerto Rico.

She plans to start creating a fundraiser to help the efforts in Puerto Rico because the island was her home for the last month.

“It’s a struggle,” Poppens said. “You’re kind of cut off from the outside world. My roommate and I kind of joke that we’re kind of living in a war zone.

“Puerto Rico needs help.”

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“Puerto Rico needs help.”

Poppens said Puerto Rico isn’t suffering by any means, but they’re definitely struggling and need that help at a faster pace.

The weather in Puerto Rico is hot with zero wind, so it’s hard to sleep at night without air conditioning or even fans. It’s just been hard to handle everything going on over the past couple of weeks, Poppens said.

The Red Cross and FEMA are on the island helping with the disaster relief and President Donald Trump just visited Puerto Rico on Oct. 4 to assess the damages and give his support to help with the after effects of Hurricane Maria.

Trump and Carmen Yulin Cruz, mayor of San Juan, have been attacking each other on social media the past week about the help Puerto Rico received since the hurricane.

After Trump visited the island, Cruz wore a t-shirt saying “Nasty” in capital letters describing how she said Trump turned his back on Puerto Rico and how it was disrespectful for Trump to toss their paper towels to the residents with a basketball-like shot.

“I think his staff understands now and they have all the data they need,” Cruz said to CNN. “But I would hope that the President of the United States stops spouting out comments that really hurt the people of Puerto Rico because rather than commander in chief he sort of becomes miscommunicator in chief.”