FOOD RECOVERY NETWORK

BY KATLYN CAMPBELL
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Student volunteers spend every Friday afternoon recovering spare food from dining cafés on campus. The Food Recovery Network student chapter collects food that will soon expire so that it can be donated instead of wasted. The food is sorted and weighed before being distributed to Food at First, a free meal program and perishable food pantry. The FRN student chapter was created in the fall of 2015 and has since obtained official club status and was co-founded by Autumn Rudlong, senior in food science.

When Rudlong was a freshman in one of her food science classes the national Food Recovery Network organization was shown in a brief slide during a lesson. Rudlong reached out to the national organization to inquire about starting a chapter at Iowa State.

“[Food waste] was an issue that I thought needed to be addressed because I knew that [ISU] Dining did compost a lot of their food but I didn't know that they didn't compost the café food so that was a thing that I think could have been solved,” Rudlong said.

In the food recovery hierarchy designed by the Environmental Protection Agency, food should go through five processes before resorting to throwing it away entirely.

First the amount of food generated should be minimized. For Iowa State this would mean not purchasing a surplus of food that the students aren’t able to keep up with before it expires.

The second tier is donating extra food to food pantries and soup kitchens which is what FRN primarily does. One of the most common foods wasted is bread, Rudlong said.

“When you go to a food pantry there is always bread available because bread is massively overproduced. Although bread is a staple item it doesn’t provide the nutrients that people need,” Rudlong said.

Bread that is not consumed by people at the Food at First pantry or market is then diverted to the third tier of the food recovery hierarchy: divert food scraps at First pantry or market is then diverted to the third tier of the food recovery hierarchy: divert food scraps to be converted for energy. The fourth tier of the hierarchy revolves around using food for industrial uses like providing food waste oils for fuel conversion, the fifth tier is composting, the primary source of recovery done through Iowa State dining, and the sixth tier, the final resort, is throwing the food away so it can be put in a landfill.

Laura Merrick, faculty adviser for FRN and agronomy lecturer, teaches a world food issues class in which she requires students to do a service learning volunteer assignment.

“I immediately had [FRN] come to my class right before the interval of time when I have students in my section do their food assistance related community service,” Merrick said.

Kaitlin Umlandt, junior in dietetics, found out about the FRN chapter through the world food issues class this fall and has since joined the chapter. Umlandt wanted to get involved because of the issues FRN can help tackle.

“I’m really passionate about finding solutions for [food security and food waste],” Umlandt said.

Rudlong recalled seeing a Food at First regular during her time cooking meals at Food at First, as she has also seen him on campus collecting soda cans from trash bins that he turns in for money.

“He’s someone who frequents Food at First and it was kind of just nice to see him there. I was like ‘oh you’re eating today. Good.’ So it’s kind of like I wouldn’t necessarily say a caring relationship but it’s kind of like ‘I’ve seen you struggle and I know that you’re being helped right now’ so it’s kind of reassuring,” Rudlong said.

Funding for Iowa State’s FRN student chapter currently comes from a grant given by the Student Government.

Money is needed for purchasing the totes that are used to carry food from dining cafés to Food at First. The grant is also used for food safe containers that lock so food can stay protected once collected.

“I don’t think setting a goal for food recovery necessarily is a good idea just because in general we want less food because that means it’s not being wasted in the first place,” club co-founder Autumn Rudlong (left) said.

FOOD RECOVERED

| FALL 2015 | 1,059 lbs |
| SPRING 2016 | 1,400 lbs |
| FALL 2016 | 1,285 lbs |
| SPRING 2017 | 1,919 lbs |

TOTAL POUNDS OF FOOD TO DATE:

6,264
Victoria Szopinski cited the 2016 presidential campaign as a motivator in her decision to run for mayor of Ames.

“She feels the 2016 election has motivated many to get involved with local politics,” Spitzer said. “She was already thinking about running and [the 2016 presidential election] pushed me that next bit to be where I am,” Szopinski said. “I know my history. I know what has happened in countries that have governments that don’t appreciate the press, for example, that call out something negative with anyone that’s different than someone who’s Caucasian and you can look all over the world and see where that has had a negative impact.”

Szopinski’s parents are European immigrants. During World War II, Szopinski’s father fled Poland to go to England, where he worked in intelligence. Szopinski’s father met her mother in England, and they immigrated to Canada, where Szopinski was born. When Szopinski was six, her family moved to the United States.

Szopinski felt that the 2016 election has motivated many to get involved with local politics with the belief they can make a difference. The difference Szopinski wants to make lies in her desire to make a more inclusive community. “It’s those communities that feel threatened that we need to reach out to. Through the Ames Progressive Alliance, for example, we worked with the Body of Christ Church and brought them together with the police department — and that’s an ongoing process to make sure there are conversations and that we’re being proactive,” Szopinski said.

Szopinski stressed that while she has goals and opinions, she feels collaboration is important in government and an important tenet of her campaign. “I don’t know the answer to everything and anybody who tells you they know the answer to everything, I think, is fooling you and me and themselves,” Szopinski said. “I think the key is you bring in as many voices as possible to help make informed, thoughtful decisions, and that’s really the core of this campaign.”

Szopinski added that she feels people need to be heard and know they’re being heard. “[Residents of Ames] are very fortunate in a lot of ways. We have a major university, we have low unemployment, but we also have a lot of problems. We have poverty just like every other place does. We have homeless people. We have crime. We have drug trafficking. We have those things that you never see. We have a lot of children who don’t eat, and those are the kinds of things that are probably paramount on my list of things that we need to be made aware of and then we need to find the experts,” she said.

Szopinski, the former director of conference services at Iowa State, feels her connections within the community will be an asset to bringing experts to public conversations on issues such as mental health. “It’s all about relationship building,” Szopinski said. “Asking people, engaging and appreciating that there’s a lot of knowledge out there and we can see these things out together … People want to help. They just need to be asked.”

Szopinski feels that it is important for Ames to retain the status of a sanctuary city. She said she felt that the city has been trying to show that it supports all of its residents and wants to continue in that direction. “There are cities that have stood up and I think I’d do the same and say you know what, pull the money. I think it’s in numbers. If enough cities stand up and say ‘fine, pull our money,’ I think it’s in numbers. If enough cities stand up and say ‘fine, pull our money, but we have values.’ Then it’s not going to happen.”

Ames mayoral candidate Victoria Szopinski’s first job was as a jazz promoter and booking agent at the University of Michigan with Eclipse Jazz, a highly successful student organization.

“Eclipse Jazz, a highly successful student organization,” Szopinski said. “It’s those communities that feel threatened that we need to reach out to. Through the Ames Progressive Alliance, for example, we worked with the Body of Christ Church and brought them together with the police department — and that’s an ongoing process to make sure there are conversations and that we’re being proactive,” Szopinski said.

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A debate has been taking place for years in Ames centering around students in residential neighborhoods and complaints from long-term residents. The Ames city council passed an ordinance stating that a house could not be occupied by more than three non-related residents.

The state legislature recently passed a law stating this ordinance was illegal because they felt it opened the door for discrimination. Being involved in local and state politics, Szopinski believes she has a nuanced position on the matter.

“University communities are different. We need to build a relationship between the university and students who live off campus. We used to have an off-campus housing office. Other universities have liaison people who are the first line of helping students … be better neighbors,” she said.

While Szopinski supported the state legislature’s action, she believes there are issues in neighborhoods with large student populations. “It’s a real concern, if you live in a neighborhood like [Campustown], and it’s happening all over the city, that your property value may go down, that your quality of life is disturbed if people next door are staying up all night. These are real issues and it’s also a great example of citizens involvement,” Szopinski said.

Szopinski also expressed concern about the financial well-being of Iowa State students and their ability to participate in the local economy. “I worry about students and I worry about how high the rent is. I mean when you’re paying $800 bucks for a room, you’re not shopping in our shops, you’re not eating in our restaurants. That’s just the part of it,” she said. “I worry. And then we’re gonna raise tuition on all of you.”

Szopinski said she worries about portions of students being excluded because they can’t afford to live in Ames in addition to paying tuition. “It’s our responsibility to make sure that you’re safe and you’re being treated fairly. The gap, to me, is just part of a much larger rela-
Hurricane Maria hits Puerto Rico

Students try to reach home

LAURA PESQUERA woke up to a startling video posted by her brother-in-law Wednesday morning. The video showed harsh winds, trees swaying from side to side and the beginnings of widespread flooding. Pesquera tried calling her family only to find the lines were down.

Pesquera's family lives in Toa Alta, Puerto Rico, a city hit by Hurricane Maria on Tuesday night.

Pesquera, junior in biology, is one of many Iowa State students with family directly impacted by Hurricane Maria. Electricity is down around the country and isn't expected to be restored for another six to seven months.

Gas stations sit without roofs. Light posts and trees lay in heaps on the ground. Thousands of houses are flooded or completely destroyed. As photographs were passed across news outlets, Pesquera said people were left to wonder, “Is my family in that mess?”

She was unable to contact her family for over a day. Pesquera had to go through her day-to-day tasks such as taking a physics test and finishing homework all while her family was facing a life or death situation.

“I was very overwhelmed with the fact that everything else was normal,” said Pesquera. “So that was scary for me — just to know that we live so far away, it’s really easy to ignore things happening somewhere else.”

Her family finally got through Wednesday evening using a neighbor’s phone. Everyone in her family was safe, but her house had flooded and the stairs had become a waterfall when the drainage system was blocked. At her sister’s house, a portion of the roof was taken off, but they had chosen to stay with Pesquera’s parents during the storm.

“I cried so hard. My family is my everything; I love them to death,” Pesquera said. “Honestly don’t know what I would be without them.”

Maria Pimentel, sophomore in political science and member of the Puerto Rican Student Association, is from Humacao, a small town on the east coast of Puerto Rico. Humacao is a short distance from where the eye of storm made landfall in Yabucoa, Puerto Rico.

Pimentel last talked with her family on Tuesday before the phone lines went down. At that time, they were expecting the storm to enter the country a couple towns further south. Her family had decided not to evacuate, convinced that the house’s structure was solid.

She had no contact with them until 11 a.m. Thursday. Pimentel said she burst into tears at the sound of her dad’s voice.

The conversation was short, only two or three minutes before they lost connection again. Her father said they were fine, but the house was flooded. They also asked her to call her grandma to let her know they were alright.

They are not trapped, but are choosing to remain inside because of concerns of further rain and falling trees.

Caitlin Gallagher, sophomore in industrial engineering, is from an island near the main land. She received news from her best friend after hours of uncertainty. Many people haven’t been as fortunate. Gallagher said she has a friend who still hasn’t heard from her brother.

The apartment has sustained minimal damage. “I was facing a life or death situation. I was very overwhelmed with the fact that everything else was normal,” said Pesquera. “I cry so hard. My family is my everything. I love them to death,” Pesquera said. “Honestly, don’t know what I would be without them.”

Although the hurricane has passed, devastation is far from over. Many Iowa State students were unable to contact their families after Hurricane Maria hit Puerto Rico on Tuesday due to a power outage. Power is not expected to return for six to seven more months.

“I don’t think this generation knew what a horrible hurricane was,” Pesquera said. “It is scary to think it kind of looks like it went from a first world country to a third world country really fast. But I think the Puerto Rican people are really strong, so it doesn’t really matter what happens to them. At the end of the day, they are very resilient.”

A GoFundMe page, GoFundMe.com/studentswithPR, has been set up by Puerto Rican students studying in the U.S. They are from over 25 universities across 15 states working to help with crisis relief. The funds will go to Unidos por Puerto Rico, a public-private initiative.

The campaign was set up by Puerto Rico’s first lady and governor. Iowa State’s Puerto Rican Student Association asked the community to give whatever they can to help the cause.
POLICE BLOTTER

9.20.17

Kory Nathaniel Swaernin, age 26, of 1125 J Ave - Nevada, IA, was arrested and charged with public intoxication at Sunset Dr and Ash Ave (reported at 1:41 a.m.).

An individual reported the theft of a wallet and keys at Parks Library (reported at 10:08 p.m.).

Abigail Lynn Rickes, age 18, of 140 Beach Rd - Ames, IA, was cited for possession of a controlled substance at Maple Hall (reported at 11:14 p.m.).

9.21.17

Taylor Christopher Arens, age 22, of 4912 Mortensen Rd

Unit 1023 - Ames, IA, was arrested and charged with operating while intoxicated and vehicle fail to respond to a red signal at South Dakota Ave and Todd Dr (reported at 2:16 a.m.).

An officer initiated a harassment related investigation at Parks Library (reported at 2:33 p.m.).

An officer initiated a drug related investigation at Buchanan Hall (reported at 1:56 p.m.).

An officer investigated a property damage collision at 1102 Haber Rd (reported at 5:03 p.m.).

An officer initiated a harassment related investigation at Eaton Hall (reported at 8:18 p.m.).

An officer on watch of an individual at Lot 63 (reported at 10:34 p.m.).

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**COLUMNS**

*By Sarah Hays*

Iowa State Daily

Mexico, a long-time ally of the U.S., made a heavy-weighted decision to help the U.S. last month. Reaching out a hand to those who needed assistance, Mexico made an offer to give aid to U.S. states, cities and towns that had been affected by recent natural disasters.

Shortly following Mexico’s kind offer, disaster struck right in their own country. Naturally, Mexico had to use their own materials to help rebuild the places that are sacred to their culture and families. Due to the weather’s change of course, Mexico revoked their offer to aid the U.S. and, considering that a hurricane alone costs billions in damage, made the right decision.

With at least 100 people dead, Mexico has been staggering through multiple disasters. Beginning with an 8.1 magnitude earthquake, a hurricane and continuing on with dangerous tropical storms, natural disasters were striking right and left within weeks. Not only does Mexico need the materials they were planning to send to the U.S., but a lack of appreciation from the U.S. government may have played a role. Carlos Manuel Sada Solana, Mexico’s undersecretary for U.S. relations, originally made the announcement that packages would be delivered to assist North America.

Without any form of acceptance from President Donald Trump, Texas Gov. Greg Abbott took initiative and welcomed Mexico’s offer, which was later rescinded.

Although Donald Trump did not offer any condolences during the climax of Mexico’s struggle, he did make contact three days later. “Spoke to President of Mexico to give condolences on terrible earthquake. Unable to reach for 3 days b/c of his cell phone reception at site,” Trump tweeted on Sept. 14, about three days after Mexico’s main disasters.

Whether Mexico decided to revoke their offer due to a lack of communication or to provide for themselves, as they should, they made the correct decision. The United States should understand the caring intentions that Mexico has, and hopefully return the favor in Mexico’s time of need.

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**EDITORIAL**

*Child health care is a necessity*

Currently over 6 million children receive health care due to the Children’s Health Insurance Program. Families are eligible for CHIP if their income is higher than the Medicaid program rules, but not high enough to afford individual health insurance. CHIP is very inexpensive for the insured families; a typical premium is less than $200 per year. The funding to support medical care for children (and some pregnant women) comes from a combination of state and federal funds, with the federal government paying the bulk of the program.

CHIP was enacted in 1997 with bipartisan support, and has been highly effective. Because of CHIP, the percentage of uninsured children in the U.S. has dropped from 13.9 percent when the program was initiated to 4.5 percent in 2015. While Congress may still be debating whether or not to repeal the Affordable Care Act and how to replace it if repeal occurs, children still deserve the long-lasting benefits of a healthy start in life.

The federal funding for CHIP expires at the end of this month. We urge Congress to extend that funding without conditions and without tying it to other bills, regardless of any current disputes over the future of the Affordable Care Act. If Congress fails to renew CHIP funding, at least 30 states and the District of Columbia would be unable to support their programs by March 2018.

On Sept. 13 Republican Orrin Hatch (one of the original sponsors of the CHIP bill) and Democrat Ron Wyden of the Senate Finance Committee proposed a five-year extension of the CHIP funding. We commend them for their bipartisan effort and strongly support their proposal to extend the funding without strings attached. Children should not be pawns in a broader, long-standing debate about how and whether the U.S. should provide universal health care.

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**FORUM**

*Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.*

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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.

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She is a leader for the Iowa State cross country team, junior in graphic design, All-Big 12, Academic All-Big 12 First Team, Big 12 Commissioner’s Honor Roll, All-Academic Individual for three years — but who is the real Annie Frisbie?

From River Falls, Wisconsin, being the only runner in her family, Frisbie always felt that running was her passion. Frisbie’s mother wanted her to go out for a fall sport after playing soccer until seventh grade. She chose cross country. Eight years later, nothing has changed.

“Picking cross country was the best decision of my life,” Frisbie said. “Cross country for me is my sanctuary, running means so much to me and I would not change a thing.”

As a senior at River Falls High School, Frisbie won the Wisconsin Division I State Cross Country individual title, fourth at the Nike Cross Regionals Midwest and seventh at the Foot Locker Midwest Regional.

Even though she signed her senior year, she was not receiving any Division I offers, so she reached out to colleges such as the University of Minnesota-Twin Cities, the University of Montana and Iowa State.

“When I reached out to the colleges after my senior year,” Frisbie said, “I felt I had something to prove. I wanted to show the other schools that over time I made a mistake.”

“Picking Iowa State was amazing,” coach [Andrea Grove-McDonough] believed in me and saw my talents, and our relationship has gotten stronger ever since.”

Frisbie has found success here at Iowa State, whether she is running for the cross country team or in the studio working on her graphic design projects. She uses her studio time wisely, so that when she is out of school she can purely focus on cross country. The key for Frisbie is that she always makes time for herself.

“Dealing with the pressures of being a student athlete is to always make time for yourself,” Frisbie said. “I would love to go professional in running, but I know that I’m not just at Iowa State for running; I am also here to find a job out of college.”

Being a leader for the cross country team is an important role for Frisbie, but there’s no pressure as she leads by example. Frisbie takes what she learned from past runners to influence others on the team.

She wants to take the expectations from last semester and build on them for the upcoming season. Frisbie praises her coach, Grove-McDonough, who rallies the group and sparks the team.

“Coach Grove-McDonough understands each of the girls on the team,” Frisbie said. “She communicates with all of us in the best way she can to let us know what she expects all of us to achieve in the season, not only for the team but for ourselves.”

Frisbie’s goal for her junior season is to build off the success of last season into this year by winning the Big 12 championships, regionals and making nationals. The team is currently ranked 23rd in the 2017 NCAA Division I Cross Country Women’s National Coaches’ Poll.

Coming off a win at the Hawkeye Invitational two weeks ago, the team still has a lot to prove. The team welcomes in seven new freshmen to an already young team. The key for Frisbie and the team is to not let the rankings, whether it be for the team or personal rankings, affect their mindset.

“We would rather be the underdogs that have a good day,” Frisbie said. “We have so much to prove this year and we are excited to get the season started.”

BY KOBE.GAINES
iowastatedaily.com

COURTESY OF
IOWA STATE ATHLETICS
Annie Frisbie serves as a leader for the women’s cross country team by sharing what she learned from past runners with the rest of the team.
Improv takes over the M-Shop

BY JACKIE NORMAN
@iowastatedaily.com

MOJOS HAS M-SHOP QUACKING UP
Improv members Sami Woodrow and Patrick Murphy try to purchase a fancy hat from Matt Banwart. They were inspired by a previous story about an Anaheim Ducks hat.

“I have been doing this for three years now and it’s been so fun,” Misseldine said. “I kept hearing about it and just decided to audition one day.”

ROLLING WITH THE PUNCHES
Patrick Murphy fuels T.J. Misseldine’s chair addiction with one that rolls during the Grandma Mojo’s performance on Sept. 20 in the M-Shop.

WASHING UP THE HUMOR MACHINE
Ellie Seaton, Tyler Hupp and T.J. Misseldine each provide one word as part of their machine to answer questions the audience posed about washing machines.

ONE WORD, 12 LETTERS, BEVERAGE FOR UNDER 21
Grandma Mojo’s Moonshine Revival specializes in games involving creating scenes out of just one word, in this case ‘nonalcoholic’.

“I just gravitated towards comedy, you know?” Seaton said. “Everything from SNL to TMZ, I just want to do things that made me feel positive, including improv.”

Volunteer
and help support local
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of Ames, Inc.

Howard Suite 284
ationship issue between students and landlords,” she said. “I’m not afraid to say yes, I do [think landlords take advantage of students] because I talk to students and that’s what I’m hearing.”

While Szopinski feels that the increase in rent in Ames is related to supply and demand, she feels that housing data will be integral to seeking solutions.

Szopinski said she is in the process of compiling data on areas where Ames has seen increases such as the price of rent and number of units available.

“If you know there’s a problem, then you figure out who’s affected by it and who can contribute to that conversation and then you go forward from there,” Szopinski said.

Szopinski feels that the city government has a responsibility to promote the welfare and safety of all community members.

“I would say the core of this campaign is inclusivity, welcoming, caring. We can define that in layers and layers and layers of how that applies to business, how that applies to retaining our aging population, how that applies to making sure that all our youth are prepared for whatever it is they want to do when they leave this community, we can’t expect our schools to do everything, and it applies to quality of life in general,” Szopinski said.