MLK Day: Meals for Haiti Among Activities at Coe

In observance of Martin Luther King Jr. Day, Coe students, faculty and staff participated in service projects to benefit both international and local causes. Nearly 70 participants assembled 9,072 meals in about 90 minutes in association with Kids Against Hunger. All of the meals packed are now being transported to Haiti. Each meal, made up of grains, costs 25 cents, and the funding for the meals was raised entirely by Coe students. In addition, blankets were created to benefit those in local shelters.

The group Kids Against Hunger packages highly nutritious, life-saving meals for starving and malnourished children and their families in the U.S. and developing countries. The goal of the organization is for its meals to provide a stable nutritional base from which recipient families can move from starvation to self-sufficiency. Kids Against Hunger accomplishes this by mobilizing the energy and caring of American children, teens and adults on behalf of hungry children around the world. Kids Against Hunger seeks to end the literal hunger of children receiving the meals, but also satisfies a hunger among prosperous Americans for meaning and contribution.

The service projects were made possible by fundraising efforts and support from the Iowa Campus Compact AmeriCorps student organization, the Coe Crafters student organization, and the Coe Committee on Diversity.

Other Martin Luther King Jr. Day activities included an Issue Breakfast where civil rights were discussed and a poverty simulation to promote a greater understanding of poverty. During the simulation, participants role-played the lives of low-income families, from single parents trying to care for their children to senior citizens trying to maintain their self sufficiency on Social Security. The task of each family was to provide food, shelter and other basic necessities during the simulation while interacting with various community resources staffed by low-income volunteers. Each year, this simulation is an eye-opening experience for Coe students and offers an opportunity to discuss important poverty-related issues.

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Newsletter Staff
Editor:
Lonnie Zingula

Layout/Production:
Christina Kroemer

Assistant Alumni Director and Director of Parent Programs:
Kate Rose

Public Relations Coordinator and Assistant Director of Parent Programs:
Kristy Staker’08

▲ Coe students, faculty and staff spent part of Martin Luther King Jr. Day packaging meals for Haitians.
College orientation can be life changing, but it was life saving for one incoming Kohawk. Thanks to the quick work of a student trainer and fellow student-athletes, Samuel Gordon ’14 can talk about his experiences and the importance of CPR.

“Just because you are young doesn’t mean you are invincible,” said Gordon, of Highlands Ranch, Colo. “I’m living proof and thankfully I am here to talk about it.

Gordon had just finished playing tennis with one of his dorm mates and decided to go for a run at Clark Field in late August.

“I guess I started running, but stopped and sat down on the bleachers, fell backwards and lost consciousness,” Gordon recalls. “Several people rushed to help me. Someone called 911 and others started CPR.”

Coe sophomore Emily Kleinmeyer ’13 said her lifeguard training kicked in when she and other soccer team members heard a bystander call for help at Coe’s outdoor track.

Gordon, a member of Coe’s tennis team, was unaccustomed to Iowa’s humidity and collapsed during an individual workout.

Kleinmeyer performed chest compressions, while Jordan Oberbreckling ’12, a student trainer, performed mouth-to-mouth resuscitation. Soccer teammates Kaitlin Mitchell ’14 and Courtney Rogers ’14 helped by moving Gordon from under the bleachers and calling 911.

“I’m absolutely indebted to the soccer girls,” said Gordon, who has since recovered. “I’m thankful they knew what to do in that situation.”

Quick action by students familiar with new CPR guidelines issued by the American Heart Association – the first major change in 40 years to the way CPR is performed – probably saved Gordon’s life.

“The CPR was keeping the blood pumping to my body, making sure I didn’t go brain-dead,” said Gordon. “Basically, CPR was keeping me alive.”

“They did all of the right things,” said Dr. Joshua Pruitt, medical director for LifeGuard Air Ambulance at St. Luke’s Hospital in Cedar Rapids, “and it led to a much better outcome for Samuel.”

The new guidelines recommend chest compressions as the first step to revive victims of sudden cardiac arrest.

For at least 40 years, the group has emphasized the ABC’s of cardiopulmonary resuscitation: airway, breathing, compressions. Now the training calls for “CAB,” or compressions, airway, breathing.

Research shows starting CPR with opening the airway delays chest compressions by a critical 30 seconds.

Dr. Michael Sayre, co-author of the guidelines, noted that starting CPR with compressions allows blood to pump to the victim’s brain and heart sooner.

Previously, someone performing CPR would look, listen and feel for normal breathing, and then open a victim’s airway by tilting their head back, pinching the nose and breathing into the victim’s mouth.

The new guidelines call for first pushing hard and fast on the center of the chest 30 times, at a rate of at least 100 compressions per minute.

The guidelines apply to adult and child victims.

Even with no pulse, someone who collapses would have oxygen in the lungs and blood for a few minutes, Pruitt said.

“If you start compressions immediately, they’re going to get that oxygenated blood to their tissues,” he said. “That’s the purpose of CPR.”

Pruitt said fast compressions are also important.

People with no training in CPR should perform only chest compressions and leave the breathing to trained rescuers.

Studies show less than one-third of cardiac-arrest victims receive bystander CPR and less than 8 percent of people who suffer cardiac arrest outside the hospital survive.

Effective bystander CPR can double or triple a victim’s chance of survival.
The simple effort of monitoring and weighing food waste generated during meal production cut that kitchen waste by about one third at Coe College and seven other campuses served by the same dining contractor, according to a recent study.

The eight campuses across the country all work with the company Sodexo, which operates Coe’s dining service under contract.

In the first eight weeks of the pilot study, launched in September and aimed at reducing pre-consumer food waste in those dining halls, a more than 30 percent reduction was noted, officials said. The study didn’t look at what the customer throws out, but rather the food that was wasted during preparation of the meals. Dining hall employees entered data about what they were throwing out and why, and they weighed the waste.

It helped the dining hall workers focus on overproduction of food, spoilage and food expiration, said Coe Dining Services Director Tom Wieseler. Some of the waste is unavoidable raw material, such as rinds from watermelon or cantaloupe, he said, but the act of tracking the waste is helpful.

A lot of food options at Coe’s dining hall are made-to-order, such as burgers. But the effort to reduce waste has made a bigger impact on items made in bulk, like casseroles or sloppy joes.

“I think we’re doing a pretty good job,” Wieseler said. “It’s just people paying more attention to things. I know we’re making less and watching it closer.”

And while this particular effort focuses on pre-consumer food waste, Coe also has worked to reduce waste on the consumption end of the equation, Wieseler said.

Coe last year eliminated trays in the dining hall, a move that reduced food waste by 285 pounds per week, Wieseler said.

The college also has a campus garden, used in the summer to grow some of the food for the dining hall. Also, a new energy-saving oven was purchased last spring, Wieseler said.

“We’ve done a lot of the low-hanging fruit. This was kind of the next step,” he said. “We try to be as green a department as possible.”

Coe has been composting for three years, hauling food waste to an off-site facility 240 days a year. By the end of the 2009-10 school year, nearly 48 tons had been diverted from the landfill.

Elimination of trays in the dining hall last year reduced food waste by 285 pounds per week.

Coe cut kitchen waste by about a third by monitoring and weighing food waste generated during meal production.
# Essential Calendar

## Spring Term
- Spring Break begins (after last class) ................................................................. March 4
- Classes Resume ..................................................................................................... March 14
- Student Research Symposium (no day classes) ....................................................... April 12
- Final Exams .......................................................................................................... April 30, May 2–4
- Baccalaureate ...................................................................................................... May 7
- Commencement ..................................................................................................... May 8

## May Term
- Classes begin ......................................................................................................... May 11
- Memorial Day (no classes) ................................................................................... May 30
- Classes end .......................................................................................................... June 7

## Fall Term
- Classes begin ....................................................................................................... Aug. 29
- Labor Day (no classes) ........................................................................................ Sept. 5
- Homecoming ....................................................................................................... Sept. 17
- Fall Break ............................................................................................................ Oct. 17–18
- Family Weekend .................................................................................................. Nov. 4–6
- Thanksgiving Break (after last class) .................................................................. Nov. 22
- Classes resume ................................................................................................... Nov. 28
- Classes end ......................................................................................................... Dec. 12
- Final Exams ....................................................................................................... Dec. 14–17

*Note: For the most complete and updated campus calendar, select “View Full Calendar” on Coe’s website (www.coe.edu).*