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THE PRINCETON SUMMER JOURNAL

A PUBLICATION OF THE PRINCETON UNIVERSITY SUMMER JOURNALISM PROGRAM

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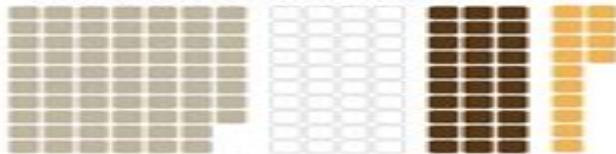
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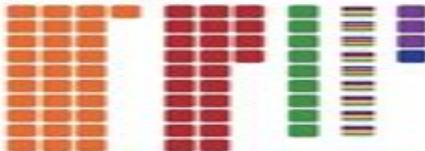
Brown, white, tan, and yellow dominate summer meals

66 percent of summer meal items are neutral colors, experts say this signals lack of nutrition.

Tan, White, Brown and Yellow



Other Colors



PRINCETON SUMMER JOURNAL

We tried 50 free summer meals across the country, here's what we found.

By Clara Tran, Claire Baek, Bryan Rodriguez-Velazco, Zahra Altareh, Jaeha (Justin) Kim, Mai Espino Lopez, with the staff of the Princeton Summer Journal

Layers of stacked frozen leftovers saved from dining halls—mashed potatoes, mac and cheese, and salad—in Ziplocs. School lunch plates filled with tan and brown foods, with little to no green in sight. Scrambling to figure out the latest EBT eligibility. Staring at an

empty fridge on a hot summer day. Students of all ages, whether K-12 or college, continue to face hunger and a lack of accessible nutritious food, these are just some of the many ways that food insecurity manifests for students and families.

"The issue goes beyond just someone [having] enough food to meet their caloric needs, fill their stomachs, to have one meeting the nutritional needs of a person," said Dr. Lauren Dinour, faculty member at Moonlight State University with the Nutrition and Food Studies department.

Having access to nutritional food helps children develop healthy habits so when they become adults with greater freedom, they have those skills established. As Mykaila Simmons, the Health Promotion Manager at Princeton University said, "when it gets in early, it gets in deep."

A Princeton Summer Journal investigation reveals how SUN Mosaic—a federal program that provides meals and snacks at no cost at various neighborhood locations—

See LUNCH page 8

Mayor Mark Freda Provides Updates on Recent ICE Raids

By Gabrielle Bobager
VERO BEACH, FL.

In a press conference with student journalists, Princeton Mayor Mark Freda provided updates regarding a United States Immigration and Customs Enforcement (ICE) raid that sparked fear in the community. Freda discussed the continued impact of the raid on the town and its immigrant communities.

Early morning July 24, 15 people were detained while heading to work. According to Freda, ICE was only looking for one person, but when the person entered the van, agents detained the others.

"We are very sure, like 90-some-percent sure, that at least one of those people had working papers and is here legally, and there was no reason for that person to be taken," Freda said. "I mean, there are all people who are going to their jobs. They're going to work. None of them are

criminals."

"Princeton has always been a very welcoming place," he said, noting that his Italian family immigrated to Princeton in the 1900s. But now, the town's immigrant community is questioning its safety.

After the raid, Freda called the regional ICE director, demanding further information. He said he was "surprised" by the raid because ICE had not visited Princeton since last summer, marking the first raid since the Trump administration took office.

While Freda is working to resolve the issue, the town is considering its stance on the New Jersey Immigration Trust Act, which protects immigrants by limiting cooperation between federal and local authorities.

During a recent town council meeting, Freda said, officials faced a significant backlash when people came to advocate for a resolution supporting

See FREDA page 3



Pam Wakefield, Voices of Princeton

A Community Built on Stories

By Alya Mohamed,
DENVER, CO.

Princeton, and the With-

come solidly supportive

The WNBA Has New Players: We call them officials

By Selah Derby
MUNCIE, IN.

When fans criticize WNBA officiating, it's rarely about one bad call—rather, it's the inconsistency that sparks anger. One night, physicality is ignored; the next, the same play draws a foul. This makes it extremely difficult for players to gauge how far they can push the boundaries.

As a result of the lack of consistency, every foul can sway the game one way or another. Players, coaches, and fans are increasingly upset that officials are changing the outcome of games instead



New York Liberty's Marine Johannes taking a free throw.

of the players.

This season, several conflicts between teams have broken out mid-game due to inactive officiating. Take the Indiana Fever Connecticut Sun game just before the All-Star break,

in which a highly anticipated matchup was derailed by constant physical altercations. Instead of just playing basketball, multiple players were fined or

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The Debate of Meritocracy

Princeton Journal Princeton Journal

Roman Wölfel



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