

THE GRAPEVINE

TEACHERS COLLEGE, COLUMBIA UNIVERSITY



RD Real Talk podcast recording at the Weight Inclusive Nutrition and Dietetics (WIND) Conference; photo courtesy of Heather Caplan, RDN

The Game Changing Approach of Weight Inclusivity in Nutrition and Dietetics

By Autumn Rauchwerk

I came to study nutrition in graduate school seeking answers to some questions that I wasn't sure even had answers. Why were more people than ever struggling against their weight despite spending so much time, energy, and money to find diets that "worked"? Big food companies and their marketing campaigns weren't going anywhere, and people of all shapes, sizes, and ages were growing more uncomfortable in their own skin. They were seeking answers from whoever would promise them their dream body, which supposedly would give them a sense of happiness

and self worth. And could I, someone who didn't eat "perfectly," someone who had moments of struggle with her own body image, someone who didn't want to track her macros or be low-carb, really be a dietitian good enough to meet my own and other people's standards?

It was in asking these questions that I stumbled into the world of Intuitive Eating, Health At Every Size (HAES), and Weight Inclusivity. Everything I had been learning in classes and everything my friends and I had been debating rearranged itself in a form that finally made sense.

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LETTER FROM THE EDITOR

Dear Students, Faculty, Alumni and Staff,

When people experience GI discomfort, they usually go see a doctor first. Sometimes they'll get a referral to see a GI specialist or RDN - if they're lucky or ask. But how many of them are just handed a script for something that will just manage their symptoms?

At the HealthNuts' book club (see page 7 of this issue), Tamara Duker Freuiman, MS, RD, CDN, author of the newly published, *The Bloating Belly Whisperer*, talked about how many of her patients were sent from doctor to doctor. When medications didn't work, the patient took it upon themselves to eliminate foods they believed may be causing their pain or discomfort.

Restricted diets are difficult to follow and studies have shown that they are linked to lower quality of life. Some of Tamara's patients used to wake up five hours early just to go the bathroom before going into work! Others avoided social gatherings or travel because it took them out of their routine. If only the patient had seen a RDN who could diagnose their GI problems.

Tamara said that some of her patients spent years seeing different doctors before coming to her as a last resort. It's crazy to think that a RDN would be someone's last resort FOR A GI ISSUE. As Tamara noted, bloating is a very vague symptom and diagnosing it can take up a lot time. RDN's, however, are able to spend more time with patients. This is why we need more doctors to refer their patients. Information from the doctor combined with RDN can make a diagnosis clearer.

If doctors don't know our scope of practice, then we have to show them how our collaboration can lead to positive health outcomes. We need to know our worth (see Faith's article on page 5) and be confident in our capabilities.

In a world of fad-diets and misinformation, it is imperative that healthcare professionals work together for our patients to truly feel better and live healthy, happy lives.



Sincerely,
Jasmine Hormati

A handwritten signature in black ink, appearing to be 'JHormati', written over a light blue background.

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Fresh Off the Vine: Events and Announcements

Coming up: Society for Nutrition Education and Behavior (SNEB) 2019 Annual Conference - Nutrition Education: Rooted in Food. This year the conference will be in Orlando, FL from July 27-30. Students are encouraged to attend! SNEB offers student discounts are available - check out their website for pricing and more information. Many TC faculty will be attending as well! <https://www.sneb.org/events/2019/07/27/conference/2019-annual-conference/>

- Passing the baton! Congratulations to our new:
 - Grapevine Editor-in-Chief: Caroline Markowitz
 - NYCNEN Administrator: Francesca Castro
 - HealthNuts Coordinator: Viktoria Sekamov
 - Student Mentor Coordinator: Jamie Gershel
- Congratulations to the six students that recently (and successfully!) defended their doctoral dissertations in the Program in Nutrition!

Maxine Ashby-Thompson
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Adele Lee

Amrita Persaud
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Kathryn Whyte



Countdown to Convocation!
Dr. Isobel Contento, Dr. Randi Wolf, and Dr. Pamela Koch celebrate the TC's Countdown to Convocation with Program in Nutrition Doctoral Students.

Harlem Grown celebrated Earth Day by inviting volunteers to help prepare their community gardens for the first spring plantings of the season. Students from Dr. Pamela Koch's Community Nutrition class cleared garden beds and filled them with fresh soil. To see what's growing, visit Harlem Grown's open volunteer hours on Saturdays through the summer!

Lesley Kroupa



The Game Changing Approach of WIND (continued from cover)

After following some dietitians using this approach on Instagram and talking to Alissa Rumsey, MS, RDN, CDN, CSCS, I really wanted to understand what this world was about. Alissa, a non-diet approach practitioner, introduced me to Weight Inclusive Nutrition and Dietetics (WIND), and I immediately reserved my ticket for the WIND Workshop.

This all-day event in NYC on February 9th was organized by Alissa and Heather Caplan, RDN, a weight-inclusive practitioner. It created a supportive environment for passionate and experienced women to ask questions, share insight, and meet fellow dietitians practicing in this often marginalized space. Alissa and Heather were joined by two other presenters, Jennifer McGurk and Beth Rosen, both RDNs.

Heather offered the opening remarks, and reminded us that weight stigma is one of the few socially acceptable forms of discrimination. She said, “We prescribe behaviors to fat patients that would be diagnosed as an eating disorder in thin patients.” The way that weight management is often treated can therefore lead to disordered eating

Jennifer and Beth’s presentations spanned many

issues, including the importance of an individualized approach, the non-linear path of behavior change, research that supports HAES, the limitations of BMI, and the need for better representation in the media. When working with clients, we must stop labeling foods as “good” or “bad,” let go of using the terms overweight and obesity, and stop measuring success based on weight loss. The focus should be on how someone feels instead. The WIND approach is long-term,



sustainable, and flexible. Afterwards, the four women sat on a panel to answer some difficult questions related to the movement and their practice. This session was recorded on Heather’s “RD Real Talk” podcast (available on iTunes). Alissa wrapped up the conference with guidance on how to market, brand, and conquer social media with a weight-inclusive approach.

When people claim that weight is tied to many different chronic diseases and reduced quality of life, they are missing an important point. Body size does

not tell us anything about a person’s eating or exercising habits. The media has only shown thin bodies as beautiful and healthy, and where has that gotten us? One-third to two-thirds of dieters will regain more weight than they lost, in addition to the psychological and emotional impacts from diet culture.

A common criticism against WIND is that if we normalize larger bodies, people will lose motivation to be healthy. I argue the opposite is true - if people see their bodies represented in the media, they will respect and take care of their bodies.

We must also recognize the genetic, environmental, and social influences on weight. Those of us in thin bodies must acknowledge that privilege and how the world caters to our bodies in a way that can be taken for granted. While nutrition can play an important role in improving health, relationships with food, and overall well-being, we must move away from judgment and prescribing restrictive behaviors.

We need to open the nutrition space for all bodies, showing and supporting diverse bodies on social media and in our work. We must recognize that forming an inclusive world where everyone has a place and a voice in the movement is the only way forward.

As future dietitians and nutrition professionals, it is essential that we actively engage in elevating our profession and promoting our value as food and nutrition experts.

The New York City Nutrition Education Network (NYCEN) hosted their last general meeting of the 2018-2019 year, entitled "Getting Paid Your Worth: Compensation and Advancement in Food, Nutrition & Dietetics," on March 8, 2019 at Teachers College.

The meeting featured keynote speaker, Libby Rothschild, MS, RDN, CPT, a Wellness Business Coach and Course Creator, who spoke about the importance of salary negotiation in the dietetics profession. After discussing some statistics pulled from the Academy's *Compensation and Benefits Survey*, Rothschild introduced her framework for salary negotiation. She emphasized the importance of being prepared by: (1) doing comprehensive research of industry compensation standards (using the Academy's Salary Calculator, a tool available on the Academy's website), (2) understanding your strengths and weaknesses and what added value differentiates you from other candidates, and (3) meticulously documenting your specific achievements and bringing this supporting documentation to interviews. Rothschild's main message was to think big. Think beyond the roles posted on job boards - dietitians can and should be innovators.

A panel discussion followed including Libby as well as three additional speakers, Olivia Blanchflower, Director of Wholesale and Distribution for GrowNYC, Qiana Mickie, Executive Director of Just Food, and Natalie Rizzo, MS, RDN, Media Dietitian, specializing in sports nutrition (also an alum of TC's Program in Nutrition and Dietetic Internship). The panel provided varying perspectives about pay inequities related to gender and race, salary negotiation challenges related to working in various sectors in

dietetics, and advocating for our worth within and outside of the industry.

When asked why they believed food and nutrition professionals are undervalued, Blanchflower and Mickie addressed the concept of "women's work" within our patriarchal society. Mickie cited the barriers surrounding race, gender, and culinary skills as some of the root causes of being undervalued and explained the importance of valuing our "lived experiences," in addition to our learned experiences.

Blanchflower emphasized the importance of not undervaluing your previous experiences, saying, "The totality of your lived experience is always something that you can apply to your next career." This hit home for me as a career changer. Rizzo echoed this sentiment explaining that she transferred the skills she acquired in her first career in ad sales to her current one.

A theme that arose during the panel discussion was the idea of building relationships and a strong community of like-minded individuals to collectively work toward increased recognition of our qualifications and expertise as food and nutrition professionals. The consensus among the panelists was that talking about money should not be taboo! More transparency regarding compensation is needed in our industry, and we can contribute by creating space for these conversations to occur.

NYCEN programming has come to a close for this school year. Stay tuned for another year of inspiring, thought-provoking events, starting in September 2019!

Around the World: Health and Wellness Fair

By Nicole Lindel

On March 5th, the Teachers College Dietetic Interns hosted their annual Health and Wellness Fair to celebrate National Nutrition Month. The theme for this year's event was "Around The World". The moment you stepped foot into Everett Lounge, you immediately felt as if you were traveling overseas. All those who attended the event were greeted with a raffle ticket in the form of a boarding pass for their "flight" around the world.

The interns worked diligently on creating their tables—each from a different country. From the Caribbean all the way to China and Korea, passengers made their way around the world—sampling traditional foods and learning about the country's culture. Before exiting Everett Lounge,

passengers were encouraged to take pictures with their friends—holding fun props while standing in front of a map of the world.



Passengers who successfully made it around the world were eligible to win a raffle prize! Prizes included a stainless steel crockpot and a \$400-value cooking class for a group of 14. On the topic of cooking, Carmine Ingentino, a TC dietetic intern, took the event to the next level with his

engaging and informative cooking demonstration. In front of a crowd of 30+, he prepared a traditional Italian sweet potato gnocchi dish and it was absolutely delicious!

The event was a huge success with approximately 300 people in attendance! Passengers enjoyed not only the free food, but also learned about different traditional foods and cultures. What made this year's event so unique was its celebration of food, nutrition, and diversity. TC dietetic interns were able to seamlessly intertwine the three, leaving passengers' tummies full and minds informed!



HEALTHNUTS BOOK CLUB: THE BLOATED BELLY

WHISPERER

By Viktoria Sekamov

What happens when you combine a dinner night, a book club on bloating, and deeply inquisitive nutrition students and professors? You get a lively conversation with delicious GI friendly food, where talking about flatulence and stool consistency is not frowned upon but actually encouraged. In fact, rather than using the words “flatulence” and “feces,” Tamara Duker Freuman, MS, RD, CDN, the author of *The Bloated Belly Whisperer*, pointed out that she prefers using real words like “fart” and “poop”. “Get the stigma and awkwardness out of it,” she added.

As a whole, Tamara’s talk about her personal journey in the field of dietetics was a deeply inspiring part of the evening. Her experience is a reminder for all of us that sometimes it is the job that finds YOU, and not the other way around. It is completely fine to be uncertain about the specific area of interest at this stage of our education even if we are halfway through the Dietetic Internship.

with mutual respect and acknowledgement of the importance of each other’s role for the patient.

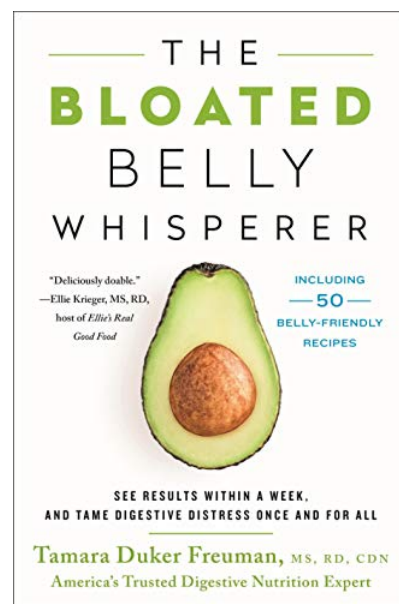
Not all of the relationships along her career path, however, were as smooth. The start of her career was marked by an empty office due to a low number of patient referrals and a constant struggle to “win doctors over.” In light of that, she advised us not to be scared to pitch our worth and our skills to doctors we want to collaborate with and to actually CREATE a position for ourselves. “You have to create a job for yourself; if you do so, you will become indispensable to the practice,” she concluded.

Tamara most definitely did become indispensable. Today her office is rarely empty. A big proportion of the patients Tamara sees on the daily basis have lived with bloating for years and come to Tamara as a last resort. To their surprise and relief, as soon as the cause of their bloating is discovered, it only takes them one to four visits to completely resolve a problem that they have been living with for years. How rewarding!

I highly recommend “*The Bloated Belly Whisperer*” to all students whether or not gastroenterology is your specific interest. After all you never know where your career might take you.



Tamara also shared her experience working with medical doctors as part of her practice works in collaboration with Dr. Goldstein, a gastroenterologist. In addition, Tamara highlighted the importance of a partnership in the field of dietetics with medical doctors. Dr. Goldstein and Tamara have co-created a symbiotic relationship



WELL Campaign Draws NY State Senators and Assembly Members in Albany

By Callie Troutman

On March 26, 16 senators and assembly members from across New York State, along with around 70 staffers, gathered in a conference room at the state capitol building in Albany for an event hosted by the Wellness Equity & Learning Legislation (WELL) Campaign. The WELL Campaign is an effort led by staff at the Program in Nutrition's Laurie M. Tisch Center for Food, Education & Policy to strengthen and prioritize school wellness policy for all New York students.

During the event, lawmakers and staffers heard about the importance of strong, statewide school wellness policy from a panel of experts in the field, including Tisch Center's Executive Director and Research Associate Professor, Pam Koch. The two education committee chairs, Assembly Member Michael Benedetto and Senator Shelly Mayer, showed their support to the campaign through their opening remarks, indicating their willingness to put their limited time and energy behind this opportunity.

Over the past six months, WELL Campaign leaders and partners urged lawmakers to invest in state-level solutions for students' well-being by: (1) developing a New York State model wellness policy that can be shared with local school districts; (2) investing resources to support high-needs school districts and wellness policy implementation; and (3) creating an online hub to centralize district wellness policies and reports. Through two Days of Action, the Campaign engaged over 400 people and sent over 1500 emails to lawmakers, making it clear that New Yorkers care about the physical, mental, and emotional health of their students. Going forward campaign leaders will be identifying parents,

teachers, school health professionals, students, school administrators, and community members across the state who can serve as School Wellness Champions, linking on-the-ground stories to legislative action.



From left to right: Assembly Member Michael Benedetto, Pamela Koch, Alicia Evans, Healthy Schools Project Coordinator - Common Ground Health, Amany Messieha Dgheim, MD, Wellness Coordinator, New York State PTA, and Kelly Moltzen, MPH, RD, Program Manager, Creating Healthy Schools

The WELL Campaign is a great opportunity to engage as either a first-time or experienced advocate. Here are three ways you can get involved immediately:

- **Sign up for campaign updates.** Campaign leaders will let you know how to engage in the next Day of Action. <https://www.wellcampaign.org/action>

- **Nominate yourself or someone else as a School Wellness Champion.**

The WELL Campaign wants to partner with and learn from individuals and groups already doing this work, and tell their stories. <https://forms.gle/qJum9XBHARRzv9YK8>

- **Reach out** with any questions or other ideas for how you would like to engage with the campaign! Email Callie Troutman at cat2179@tc.columbia.edu

Follow along on Twitter (@theWELLcampaign), Facebook (@theWELLcampaign), Instagram (theWELLcampaign), or at wellcampaign.org.



HEALTHY KIDS DO WELL

ON THE INTERNSHIP FRONT WITH SERRA TUMAY

Why did you choose TC for your DI?

TC's DI mirrors the ever evolving field of dietetics. It reflects the many different and exciting areas within nutrition.

What rotations have you done?

I finished my clinical rotations in Fall 2018 at New York Presbyterian (NYP) Hospital and Elizabeth Seton Pediatric Center (ESPC), which were widely different from one another. At NYP, I worked in an acute care setting with critically ill patients. Each day I left the hospital thinking I had seen it all, only to arrive the next day and be blown away by the medical and nutritional advancements in patient care! I enjoyed the high pressure, fast-paced environment at this site. I improved my clinical judgement by working with many patients throughout the rotation.

ESPC was more slow-paced. Here I learned about writing assessments for long-term care residents and received ample exposure to tube feeding calculations. I'm grateful that my preceptors at both sites gave me autonomy to work with patients and opportunities to work with interdisciplinary teams.

My first community rotation was at Alissa Rumsey Nutrition & Wellness where I assisted her with social media, brand partnerships, email marketing, client food journal reviews, and event planning. Having built her own virtual private practice, she now offers business coaching and workshops for dietitian entrepreneurs. I got a first-hand look into the logistics of building a brand, growing a social media presence, and increasing clientele in an effective manner.

What is your current rotation and briefly describe what is a day like in your rotation?

I'm currently in my second community rotation



at FamilyCook Productions (FCP), a nonprofit organization delivering culinary nutrition education for all ages. FCP trains school staff to carry out a 8-10 week afterschool program for teens. I'm working with their Teen Battle Chef (TBC) program where the students learn more than cooking and nutrition. They leave this program having gained skills in communication, leadership, responsibility, time-management, self-efficacy, and culinary creativity.

The TBC students from each school will be developing and testing new breakfast recipes along with NYC SchoolFood staff and chefs. Their meals have a chance of making into the weekly menu rotations for the next school year. The students are very excited and enthusiastic about being at the forefront of such change. I rotate between office work, social media content development, recipe testing, and physically traveling to the schools to assist with the TBC classes. While it may seem overwhelming to think of not having a set weekly schedule, this flexibility and change is one of the things I enjoy most about this rotation!

What are your future interests?

Playing sports from a young age, I've always been interested in optimizing sports performance and health. Playing with the Turkish women's national soccer team while in high school was my first introduction to sports nutrition. They had a dietitian on site with the team at all times. I instantly saw benefits to my performance and overtime understood the value of a well-balanced diet on my overall health. I chose to pursue nutrition after seeing the gaps in youth sports nutrition education here in the US. Following completion of the DI, I hope to fill these gaps by working with elite athletes of all ages!

Alumni Spotlight: Catching Up with Carly Wertheim

By Brooke Marsal

One of the greatest things about a degree in nutrition is that it doesn't pigeonhole you into one career. While many of TC graduates go on to complete the dietetic internship and become RDNs, it isn't the only route that our grads take. This month I caught up with Carly Wertheim, a graduate from 2018, to learn more about her journey and about the work she is currently doing in California as a culinary nutritionist, someone who combines cooking education with nutrition to empower clients to eat more healthfully.

Why Culinary Nutrition?

For Carly, growing up, food was always something to be shared and celebrated. She comes from a family of butchers, three generations worth on her Dad's side, so food was always really important to her family. Her interest in food from an academic perspective began in undergrad through her study of environmental studies, which peaked her interest in sustainable food systems. During those years she also struggled with Irritable Bowel Syndrome and through that experience learned to view food as medicine. As a result, she learned to embrace food as a healing tool for both ourselves and the planet.

After graduating from undergrad, Carly trained as a natural chef at the Natural Gourmet Institute (NGI). Their program allowed her to combine her childhood interest in food and cooking with her newly discovered appreciation for nutrition. Through a 6-month program at NGI, she learned about nutritional therapeutics, eating patterns, and how to cook for specific health issues.

Upon graduating from the Natural Gourmet Institute, she started [Carly's Wellness Kitchen](#) in 2014 and worked as a personal chef for cancer patients and others who needed targeted nutrition therapy, but couldn't cook for themselves. She was also running a nutrition education program within hospital. Carly came to TC because she wanted a more thorough understanding of nutrition to better support her clients.

Carly's Wellness Kitchen

Today Carly is in California continuing her work as a culinary nutritionist. Since graduating from TC she has started to move beyond cooking and more into teaching. Her biggest take away from the program was learning how to effectively run nutrition education programs. Today she runs a wide number of nutrition and cooking programs in hospitals, schools, cafes, etc. Some of her most popular programs include, "Eat to Nourish" (an evolved version of her nutrition education capstone project), a Gut Health Fermentation workshop, and a workshop on Herbs and Spices for Longevity. These programs embrace hands-on learning as a means of empowering people to nourish themselves. She also adapts these programs for individual clients, teaching them to cook in a way that is supportive of their various health conditions.

Advice

The biggest advice she has for current TC students is to use their time in grad school to reach out to people whose work interests us. Being a student provides an amazing opportunity for relationship building with other practitioners.



Carly (right) teaching a class at UCSF, demonstrating how to prepare radishes for a spring arugula salad.

The Vessel at Hudson Yards

By Jamila Crawford

The Vessel at Hudson Yards in NYC was made to be climbed. The honeycombed shaped art piece designed by Thomas Heatherwick and Heatherwick Studio rises 16 stories high, contains 80 viewing landings, and serves as the visual center piece of Hudson Yards. The structure overlooks The Shops, a new mixed use building with Lululemon, Athletica, and Van Leeuwen outlets. The Vessel also offers panoramic views of The Shed, Hudson Yards, the Hudson River, and New Jersey. Feel the wind breeze through your hair as you break a sweat outdoors and elevated.

You can reach the top of The Vessel by walking 154 flights of stairs which is about 2,500 steps. If you are afraid of heights, then it's best to stay at a lower landing. You will surely receive a workout walking the steps and there is an elevator for anyone in need of assistance. It ideal for gym-rats needing a change of routine, people who prefer outdoor work-outs, or anyone starting a workout plan in need of extra motivation. All will find a challenge and inspiration at The Vessel!



When the time comes, try using The Vessel as a manual StairMaster or the following workouts. Start with walking three or four laps up and down. For a greater challenge, skip every other step on the way up or run up and down. You can push further and incorporate a set of push-ups on one of the horizontal landings. Challenge yourself by completing as many push-ups within your capacity, aiming for 12 push-ups with each set. If you need assistance and are not ready for normal

push-ups, try using the stairway railing to complete inclined push-ups.

Entrance to this new icon is absolutely free. It's best to visit their website: <https://www.hudsonyardsnewyork.com/discover/vessel> to book your ticket(s) in advance. Alternatively you can visit the plaza of Hudson Yards and speak with a Vessel Ambassador starting at 9:30 AM to receive a same-day ticket which are administered for specific time slots throughout the day.

On recent visits at 10 AM and 4 PM, the wait times for entrance were ten minutes and one hour, respectively. The Vessel experiences a parade of visitors and many of them are curious onlookers only. Hopefully, the throngs of tourists thin soon and New Yorkers have more space to enjoy this beauty.

If you are not ready to use The Vessel as your free gym yet, just go and enjoy the view! Central Park, the Highline, and the West-Side Highway Park are still great urban spaces for your jog or run. NYC offers many excellent spaces for active recreation and The Vessel is definitely one of them.



Za'atar Swirled Socca with Shaved Asparagus Salad

Ingredients

Socca:

- 1 cup garbanzo bean flour
- 1 cup warm water
- 1 tsp sea salt
- ½ tsp baking powder
- 3 tablespoons olive oil
- 2 tablespoons Za'atar seasoning

Salad:

- 1 bag mixed spring greens
- 10-12 spears of firm asparagus, sliced very thinly at a diagonal
- ¼ cup hard cheese, shaved
- Pickled red onions (optional)

Honey Mustard Shallot Dressing (makes extra):

- 2 shallots
- 4 tablespoons white wine vinegar
- 2 tablespoons whole grain mustard
- 1 tablespoon honey
- A good pinch sea salt
- Fresh ground pepper, to taste
- 2/3 cup extra virgin olive oil

Directions

1. Prepare the socca batter: Sift together garbanzo bean flour, salt, and baking powder. While whisking with other hand, slowly pour in warm water. Let rest 30 minutes. Preheat oven to 350° F.
2. While socca batter is resting, whisk together Za'atar seasoning and olive oil.
3. Make dressing: in a high-speed blender, add shallots, vinegar, mustard, and salt. Blend until shallots are finely chopped. With motor running, slowly pour in olive oil until emulsified. Add honey and blend again. Add salt and pepper to taste.
4. Brush a medium cast iron skillet (all over) with olive oil. Heat over medium on the stove top. When warm, add the socca batter and spread evenly. Drop the oil and spice mixture over batter, using a knife to create a swirled pattern. Cook until many bubbles are forming throughout the surface. Place the socca in the oven and cook for 5 minutes or until the socca has pulled away from the sides of the skillet and the surface is dry, firm, and slightly golden. Cut into quarters.
5. Assemble the salad: Combine spring greens, asparagus, cheese, and onions (if using). Toss with dressing and serve atop or to the side of the socca.

A socca is a flatbread or pancake made with garbanzo bean flour, originating from Europe. It's a very versatile dish, since it can be used as a base for anything. I make it year-round and switch up the toppings according to what is in season. For spring, I make it with fresh asparagus and mixed salad greens, with some pickled onions and shaved local cheese (I love the "Flagship" cheese from Beecher's cheese!).

- Caroline Frier

