

University of Northern Colorado

## Scholarship & Creative Works @ Digital UNC

---

Heritage Conversation Partners

Department of Anthropology

---

9-3-2022

### Evergreen Session Six Clean Transcript

Liner Solarte

Follow this and additional works at: <https://digscholarship.unco.edu/hcp>



Part of the [Social and Cultural Anthropology Commons](#)

---

#### Recommended Citation

Solarte, Liner, "Evergreen Session Six Clean Transcript" (2022). *Heritage Conversation Partners*. 7. <https://digscholarship.unco.edu/hcp/7>

This Article is brought to you for free and open access by the Department of Anthropology at Scholarship & Creative Works @ Digital UNC. It has been accepted for inclusion in Heritage Conversation Partners by an authorized administrator of Scholarship & Creative Works @ Digital UNC. For more information, please contact [Jane.Monson@unco.edu](mailto:Jane.Monson@unco.edu).

UNIVERSITY OF NORTHERN COLORADO

ANTHROPOLOGY 300

March 09, 2022

1:00 PM – 2:15 PM (ET)

\* \* \* \* \*

This text, document, or file is based on live transcription. Communication Access Realtime Translation (CART), captioning and/or live transcription are provided in order to facilitate communication accessibility and may not be a totally verbatim record of the proceedings. This text, document, or file is not to be distributed or

used in any way that may violate copyright law.

\* \* \* \* \*

(Captions provided by a live Captioner.)

\* \* \* \* \*

[CART ready]

EMILY: Who wants to ask questions today?

MIRANDA: I'm sorry, my sound was off, I didn't here what you just said.

EMILY: What was that? My volume was down.

MIRANDA: Mine too! That's all I was saying! [Laughter]

EMILY: Who wants to ask questions today?

MIRANDA: I have them pulled up, I can do it.

EMILY: Okay, I do too. Katie and Ruby would either of you want to? You don't have to, just to figure that out, I think. What was that? No. Miranda also sent out an email to all of us and I responded to it, I also mentioned it in group chat. Please make sure to go over it.

MIRANDA: Especially if you weren't in class. Most of it's all just class stuff, so if you weren't in class, definitely check the email out. Have you heard from either of them at all, Emily? I haven't checked the whatsapp. Since I got my new phone.

EMILY: Yeah, Oscar said he won't be on and able too. He has a doctor's appointment scheduled at this time. He did say, however, that if he gets out early he'll try his best to make it. I told him, "No need to rush, take his time". I don't know about Liner.

MIRANDA: Okay.

EMILY: I could text her and see if she responds, but if she doesn't, we could use this time to just talk as a group.

MIRANDA: If by any chance, Liner isn't able to make it, we pushed this week off for her, we swapped our questions so she could answer food and health. So, I'm thinking worst case scenario, if she doesn't show up, we could go ahead and talk about these amongst ourselves but I'm hoping that we're going to be able to have some make up time to ask some of the filler questions that we weren't able to prior. I mean like, in another session.

EMILY: Okay, I just texted Liner. I would say, if she doesn't respond by 11:10 we should just kind of start it among ourselves. I also haven't heard anything about Emiliano. Oh, she just said yes. But I have not heard anything from Emiliano. About his presence, but I'm just going to assume it's still kind of family related. He's still been very active at least, though.

MIRANDA: Hi, Liner! [MIRANDA holds up her cat]

LINER: Hi, how are you? [Laughter] So cute!

MIRANDA: Sweet! I guess we'll go ahead and get this thing rolling. So, Liner, this week we are talking about food and health, and we actually were gonna do it last week, but we wanted to save these questions to talk with you about because you do nutrition work, right?

LINER: Yes.

MIRANDA: Yeah, so we swapped the weeks so we could talk with you about food and health. So, we talked a little bit about food during holidays, some of the food you eat during holiday time, but outside of holidays, for food in general, what are the most common and popular foods and dishes from your culture? And do you eat them often?

LINER: The most popular is named arepa.

MIRANDA: And that's the bread, right?

LINER: Yes, it's a kind of bread made with corn. And it's like -- not that flat. Medium. It's spherical. And then we open it and fill it with many, many foods. Cheese, chicken, actually there are--there are places where the arepas are sold in Venezuela. We call them "arepas." And there is a big variety of fillings to stuff the arepa.

MIRANDA: So, you get to pick what you want? Your own fillings and stuff?

LINER: You choose it. You choose it and someone fills it. The arepa is eaten by everybody. No matter who are. For example, when you go to dancing- to dance, excuse me, at the end of the night as you end up in an arepera, "let's go eat arepas".

MIRANDA: I love that! Late night drunk food, huh? That's funny, so Is it hard to find the ingredients for arepas here? Or no?

LINER: The harder is the cheese. Because we like fresh -- it's a kind of cheese made in Venezuela. And it's like a fresh cheese, but it's dry.

MIRANDA: Is it like a slice, or?

LINER: No, we buy the whole piece, or a big piece, and we shred it.

MIRANDA: Okay.

LINER: Okay. With a cheese shredder. That is the most difficult part. Because, you can fill arepas with everything. The most difficult ingredient to find is the -- the corn -- flour, the corn flour.

Because here in the Mexican stores they sell sometimes -- because we eat like a "special" brand that says PAN. So, the brand, the package says PAN. And that's the brand. But we always -- Everybody knows the flour as harina/PAN. PAN/flour. In Spanish "pan" means bread, but it is not a bread. But everybody knows the package/brand. And it's sometimes difficult to find it.

MIRANDA: Have you eaten any since you have been in the US?

LINER: Yes, because here in Colorado there are Mexican stores everywhere, and I don't know why but they have the brand here. Even though I do not know a lot of Venezuelan people. The only Venezuelan people -- person I know is my roommate. [Laughter] But they sell the brand.

MIRANDA: That's cool. So, do you and your roommate make it? Do you have like a night where you make it and remember home?

LINER: Yes, uh-huh.

MIRANDA: That's cool. I feel like, I don't know, for Colorado. I feel like a very popular dish in Colorado specifically is things that have green chili. I don't know why. But I've noticed traveling to other states that people don't eat green chili. You'll go to a Spanish restaurant or a Mexican restaurant, and you'll say, "I'll have a side of green chili" and they are like, "huh"? Like what do you mean? It's pork green chili. It's got like the green hatch chilis in it. And it's not super-hot, it's just flavorful. So, I love it! I'm vegetarian and I will still eat pork green chili, my only exception and sometimes if it has big pieces of pork in it, I like that because I can scoop the pork out.

LINER: (Laughter).

MIRANDA: And I think that that's like -- I mean, you guys can go ahead and join in too. But I think that that is something specific to Colorado, like the Colorado culture thing and obviously

New Mexico too and stuff too. But it's not common in all states to ask for green chili and them know what you mean.

EMILY: Yeah, I agree, I think it is also. I think it's Arizona and New Mexico and Colorado specifically that really have a lot of it and know what you're asking for when you're bringing up green chili. Arizona, also there's a lot of cactus there because it is a desert state. There's a whole bunch of cactus jelly, cactus lemonade, and there's just a whole bunch of variety of different things that you can get because of it being a native plant to the state.

MIRANDA: That's interesting. Have you had anything cactus?

EMILY: Yeah, I have, it's a pretty tasty. It's kind of like a sweet-and-sour combination together, but pretty mild. And a lot it is pink because when it's extracted from the plant, it has a sort of like, pinky substance to it.

MIRANDA: That is not what I would have expected.

EMILY: Yeah, it was bizarre the first time I had it, I wasn't sure what to expect and I didn't have it until I was pretty old. So--

MIRANDA: I remember actually, now that you said that, my grandpa- his parents who migrated from Mexico, I remember my grandpa telling me stories about his dad going out and picking up the cactus from the root and shaving it down and them eating cactus. Huh. That's so crazy.

EMILY: Yeah, there's also a lot of water held within it, so it was very common to go and get cactus so you could get hydrated, and it's one of those really cool evolutionary features that a plant has adapted to, in order to survive itself in such a dry climate.

MIRANDA: Yeah, that's so crazy. So, I guess we'll kind of take a little turn towards health. And if anybody wants to jump in and start us out. What is your idea of a "healthy diet"? Would you say that you, yourself, have a healthy diet? So, I'll go ahead and start. I am not gonna sit here and act like I know what a healthy diet is, but I know enough to know that I personally made the choice to go vegetarian. I've been with the exception of green chili -- not eating meat for I think four years now. And the only other exception I do make for that as well is fish sometimes so, I guess you could say technically I am pescetarian, because I will eat fish sometimes. But I mean, feel I made that decision for my health. I also made it also because of ethics with animals as well. But primarily I made it because eating meat made me not feel well, I didn't feel healthy, I felt weighed down and heavy. And I especially started to notice that once I started tapering off from eating meat, and then there would be instances I was like, not eating it and then I would eat a little bit, and then I'd feel it. I would feel it in my body. I would feel so heavy and just groggy. So, it was like a huge motivator for me to quit eating meat. But then other than that, I have been trying to eat stuff that says that it's non-GMO, and I always look at the ingredients now too, on every single package I pick off-the-shelf, I look at the ingredients list and I see what's in it. I don't know what 90% of them, the ingredients, are most of the time, but there are ingredients that I can see on that list, and I can tell like "Oh, I don't want to put that in my body", so I've been trying to make a conscious effort to be more healthy.

LINER: Yes, I agree with you. I think the healthiest diet is that one that made you feel good, when you are aware of that. Because many times people – or most of the time-- people don't know what-what the food is that made them feel healthy. And that's a problem. I'm being working with -- I forget it-- [Laughter] -Mindful Eating, some years ago. And I realized that I don't advise people a strict kind of regimen or kind of food. I just help them to be aware about what they make-- how they feel and what they health--help them to feel better. And, but for the last maybe 4-6 months, I've been eating -- I've been eating organic, no GMO foods. Because I was feeling strange. And I'm eating gluten-free. Because last month--in 2020, I was-- I started to work. But, I work-- I used to work at night, cleaning. But I started to feel very, very tired. And I think -- it was like I wasn't able to think clearly. I feel very strange. I didn't know why, and I started to feel pain in my-- my joints. And I start to realize that maybe it was the food I was eating. I started to eat gluten-free. And I improved my digestion, my stomach health was improving. That was in 2020. I ended up-- giving up. [Laughter] And I retake the ways of eating and I'm feeling better. I feel energy. I don't have a lot of pain. I'm feeling good. It's not easy. Most of the time, because people around you doesn't understand—don't understand what you're doing. And they feel—like they feel ashamed because of you. But I am not suffering! [Laughter] What do you mean? And they push you to “Eat, eat! This is good! Oh my God!” And I try to not be rude. Because many times I feel -- I don't feel good because of them. I think they feel maybe rejected. By me. But it's not that. It isn't I'm doing it for myself. That'-- that is the most difficult thing about this choice.

MIRANDA: So you are saying that one of the most difficult things about you making healthy decisions and eating healthy is when you hang out with friends or peers and their pressuring you to eat unhealthy? I think that a lot of us can relate to that.

EMILY: Yeah, I think that is an amazing observation, Liner. Because that is something I've also noticed; people will think that you think you're better than them because they are eating -- Because you are eating gluten-free or non-GMO and they don't, so they think you are thinking you're better than them, when, in reality, it's not about them. It's about you. Like you were saying, it's for your health and I think that shows just how people view healthy eating in that regards. And it is, it makes you feel bad sometimes because they will try to pressure you, or they will be rude towards you or mock you. And, for me, at least, I've had people say “Oh, I only eat this”. And I laugh and go along with it, because I do understand where they're coming from, but I feel disrespected in a sense. Why does what I do impact you? Why is that something you care about so much? And secondly, you are doing great Liner, I have noticed such an improvement already, from when we first started meeting up until now, And if you are still nervous of course, that's fine, but I want you to know you're doing really well!

LINER: Thank you, thank you.

MIRANDA: Your phrasings and stuff are getting longer, it's awesome.

LINER: [Laughter] Thank you!

MIRANDA: Yeah, but I definitely have to hop on and agree with you on that, Liner. As somebody who doesn't eat meat in a society that values eating meat, I deal without a lot. People tease me all the time. Like: Why don't you eat a cheeseburger? You are so skinny!". You know, just stuff like that. And it's like, I choose to not eat it because I choose to not eat it. I care about my cardiovascular health. There's been studies and ties of meat-eating with issues of cardiovascular health and dairy as well with cancer and stuff. So, it's my own personal decision that I would like to cut them out and a lot of people will respect it, but like Liner was saying, there's always that person who says "hey" just trying to give you a hard time. And it sucks cause you are trying to make your own self decisions. Especially too in a Society where, you know in America, where we do not have healthy food choice options. Yeah and that's something I want to ask about next. This isn't one of our formal questions--

EMILY: Oh, wait. I have one more question. So, Liner, when you were describing this feeling of sluggishness when eating American food that is not non-GMO, when you were eating food in Venezuela did you have similar feelings? Or is that something you've noticed specifically in America from America's food?

LINER: Yes. It was here when I started to realize that, here. The first time I was here, living here because I used to travel to the U.S., but I had not realized the kind of food that the U.S. enjoyed. I just used to spend here maybe six days. But when I moved to U.S., I start to realize that there was a lot of chemicals in this—in everything. And the first time I realized that was when I visited Walgreens. And I was looking for-- I left my makeup stuff in Venezuela, because I just brought one suitcase -- suitcase. And I rose—used to use rose water. But the smell here in Walgreens, I smelled it and it doesn't smell like rose water. This has other things that I don't know. I don't like it. I have not found that right now. A natural, really natural, rosewater. I'm trying to make it. [Laughter] I quit my search.

MIRANDA: I have suggested for you and that. I'll tell you later what I have, it might help you.

LINER: Okay! And I-- after that I was eating -- and the food doesn't taste like in Venezuela or in any other country. Maybe -- I feel there's no flavor in the food. And I started to read about it and wonder why that happened. And that was the moment when I start to think about the organic food. Right now here in the US organic food makes sense for me because in Venezuela I never thought about it because everything is organic. Or most of the food is organic. And, after I to eat gluten-free, I also start to read the label and think about the Inflammation, study on the inflammation and they link it with N- G- O? I don't remember. I know, the genetic modification. And that was the moment maybe 4-6 months ago. That I started to pay attention-- focus my attention. It started when I came here to U.S., the first-- maybe during my first 15 days here.

MIRANDA: That's so interesting! But, Emily that was along the lines that I was gonna ask too. Just, you know, how you see the food here different than the food there. But one more specific question pertaining to that is, how do you feel about our portion sizes here in the US? Versus your portion sizes back home?

EMILY: Good question!

LINER: Yes. The portion size here are bigger. Mainly the sodas, are too, too big. And food has a lot of salt, a lot of sugar. And we don't-- My roommates and friends, they like-- they used to like the desserts, but they quit eating desserts here in the US because they tasted too sugary. And that's part of the portion size, because it's packed with the salt, the grease, and sugar. Sometimes the portions may be medium. Medium for us is big. And sometimes you can choose medium but that is concentrated, it's too concentrated. It's not just about the portion size, it's the concentration of the food.

MIRANDA: And then, also too, I know that you spent some time in England when you were first learning English there. I wanted to know, what are your thoughts on American food versus English food? Because I've personally have been out England myself. And You mentioned about our food here being not as flavorful, maybe more plain. And that's how I felt about the British food. I found their food was so bland. So bland, so plain. It wasn't bad. There was nothing bad about it, it was too plain to be bad!

LINER: I didn't spend a lot of time in England. Because my teachers used to live in Venezuela. But it's the same. The food -- I didn't pay a lot of attention to the food, because I was thinking about everything else. But it doesn't -- I didn't -- feel the same kind of food I used to eat. It's different from -- even though they're in Europe is not the same as Spanish food, French food, German food. Those are very different.

MIRANDA: Where would you say, out of everywhere where you have traveled, where is your favorite foods? Venezuela, home? Or no?

LINER: That's difficult. That is a good question. I have an experience because, I went to Europe-- for the first time, I went to Europe, I thought, I didn't have enough money. And so, I spent it on ice cream, my money, because it is the most cheapest food. And, for example, in France I just ate omelets. And--that one that is -- like a pancake? Crepes!

EMILY: Yeah, Crepes!

LINER: Crepes! All kinds of those crepes. I love the amazing French food (correction) the first time! The second time I was aware of the currency. I started to eat French food. I think it is the best. The French food. Oof! It's Delicious!

MIRANDA: Did you have any of the pastries? The fresh pastries out there in France?

LINER: I thought they're -- the only thing I did not like in France was the bread. Because -- in Venezuela we have really good bread, and we have the baguette and we have the French bread that is smaller. But in France, the bread is hard. And in Venezuela it is really soft! So, there was shock -- I was shocked because of that. I tried to -- I don't know how to say "morder" (to bite), to eat it, I tried but it was too hard to break it! [Laughter] Anyway, my-- I have a friend studying over there. I told her, "Hey, I don't like this bread. What can I do?" She told Me: "No. Ask the bread -- They give you the bread before they end to bake it. And in that way the bread is gonna be softer." That is why I don't like the factory bread. [Laughter] But the other food is great, even the crepes. [Laughter]

MIRANDA: What is everybody's view on what things are most damaging to your health? So, I mean, obviously I think food. Food and diet can be the most damaging to your health. If you do not watch what you eat. But what do you guys feel about this? What do you think is more damaging to a person's health?

LINER: What kind of food?

KATIE: Oh, go ahead! Sorry.

MIRANDA: Anything. Just what in general. Just health. This one's more a health thing, but it can be related to food because food can affect your health. But, what do you think is most damaging to a person's health?

KATIE: Well for me, I think a lot of it – So, I'm somebody who struggles with a lot of mental health issues. And something for me that just has helped If I'm not around people, if I don't see people around me it really affects how I am feeling and it starts affecting my physical health as well. And I think that's something that helps a lot. Also, diet and food and just going outside it helps a lot for me as well.

EMILY: I think social media is really bad for health. Because it will promote unhealthy diets or workouts. It will also show images of people who look muscular or skinny, and people think that is realistic. And there's always gonna be some kind of editing to improve your pictures online, whether that be a specific pose that hides something you consider as a "flaw" or an app to erase wrinkles or make your waste thinner. I think the comparison that brings up can bring up a lot of shame in people or self-consciousness. And I don't -- I don't like that at all. And there's a lot of misconceptions about what "natural beauty" and a "natural body" looks like and pressure for both men and women. There's a lot of pressure for men to be muscular and tan, and to have a deep voice and facial hair, and there is a lot of pressure for women to be tall and skinny, and to not eat a lot because that is seen as "unhealthy" or "weird" if a woman eats a lot of food sometimes here in America at least. And that has impacted me. And as I have gotten older, I've been able to separate myself from that and realize that's not reality, and everybody has something different they need to work on. And eat and exercise for. But it was very damaging and it had some really negative impacts on me before I was able to see that and to make those changes for myself.

MIRANDA: Very awesome point, Emily.

RUBY: For me, to start off, I don't have the best diet [laughter]. But I realized what affects me the most is if I do not exercise or workout. 'Cause it doesn't just affect me physically, it affects me mentally too. So I feel that helps me a lot, just exercising and working out, and stuff.

MIRANDA: That's awesome! Well, I'll go ahead and ask you this one, Ruby, 'cause you're our athlete of the group. What is the best way to exercise and keep fit for you? What have you found really works for you?

RUBY: Just like jogging. Or just, you know, little things like the treadmill. I didn't realize how much a treadmill could like affect your body. I didn't even realize that because at first I was like "Okay you're just running in place, you can lose some calories", but you really lose like a bunch of fat and calories in places that takes you -- Let's say you had to do like weights or other workouts to make you really sore and tired, when you can just go on a treadmill. So, I recommend!

MIRANDA: That's so interesting. I feel I had a weird approach to using a treadmill too, just because of that same thing. It feels like you're not accomplishing much. But that's really interesting to hear.

RUBY: Especially your back, it affects your back. Like if you want to take the fat out of your back: treadmill. And doesn't mean go on an incline.

MIRANDA: Really? I don't have issues with weight on my back, but I have issues with my back muscles. Would you say that that would probably be helpful?

RUBY: Yes! Get some muscles!

MIRANDA: [Laughter]

EMILY: Liner, what do you think is the most damaging to a person's health?

LINER: The salt. Yeah.

EMILY: That's bad for you, really bad.

LINER: Yeah, and that influences your -- the way you eat, if you work out or not. And if you sleep or not. And that's the most important factor. I have some clients that came with me and tell me "Hey, carbohydrates", and when we start to work and think and be aware of the salt, the way the salt changes the way they eat, then they stop the way they eat carbohydrates. And they start to rest, they can start to -- work out. And everything. I think that's the key. The way you think and the way you are feeling. Because of how you think: you feel. [Liner gestures between her head and her heart]

MIRANDA: Yeah, I liked how you explained that earlier, as mindfulness. So true, very true. Do you personally do any work outs? Or what do you think is the best way to keep exercise fit?

LINER: The best way is the way you keep motivated. Because if you -- If I tell you: "hey, you have to lift weights" and you don't like it, you won't do it. You won't have results. And I like -- I used to lift weights. And I also swim. I like it a lot because I would swim by my office in Venezuela and down by the building there was a swimming pool. I used to go to the swimming pool during my break times and then go back to the office, it was amazing. I also used to dance. That was one of my favorite things. But I did a lot of things. I like hiking. A lot of things.

MIRANDA: Are you going to try to go hiking here? Have you gone yet?

LINER: Yes, I went to Boulder Park? And I liked it. But I did not know the place existed until three months ago. I'm going to start to hike over there this summer, maybe.

EMILY: When you moved here, what was the elevation change like for you? Or was there one? Because we're not at ocean level. We're up in the mountains. Was that difficult for you?

LINER: Uhm. That wasn't that difficult. For me. Because maybe we had, in Caracas, we had a mountain. And I used to climb almost every week.

EMILY: Okay.

LINER: Maybe that's why.

EMILY: Most likely. If your body is more used to it, it's easier. I know people that have come from places in Arizona that are really, really low, and they go up into the northern part of the state and up into the mountains and going up three flights of stairs is tiring and exhausting because they are about 1000-ft. or under in Arizona, in most of the state but in the mountains it is nearly 7000 feet elevation. And, for me, that adjustment was quite difficult. But after I was able to -- and used to it -- I really liked it. I felt that pushed me to work on my physical health because I love hiking and camping, but not being able to breathe after half a mile was discouraging so I knew I needed to practice and work up to that capability. And I think some of the most beautiful sights I have ever seen are around 9000 and 10000 ft. elevation up in the mountains where the lakes are crystal clear blue, and there is so much grass and flowers in the summer. And if I did not make that decision to work and acclimate into higher altitudes, I would never have been able to see things that just astound me and in my mind - blown sometimes by what there is.

MIRANDA: A lot of people can get altitude sickness when they come here. They legitimately get physically ill because of adjusting to the altitude. So, that's awesome that you were able to adjust so well, Emily.

RUBY: For me, I actually struggled, especially coming from California! It definitely got to me mentally because, seeing like my teammates and stuff, especially -- Okay, we have two warm up laps, and on the second one I was like dying. And I was wondering, "If I'm dying on the warm up lap, am I going to survive the workout?" [Laughter] It was really terrible! It took me like three months and on top of that my muscles would just constantly fatigue. It was really bad. But now I'm like "Okay, I can handle this!", but when I go to like, Colorado Springs still I'm like "(heaving) my chest! It hurts!"

EMILY: You went to a track meet in Montana? What was it like? I'm assuming they're at a lower elevation I don't know, but what is it like running in lower elevation places now?

RUBY: Well, Montana -- 'Cause it was just like -- Okay, the highest was negative one degrees. So, it was really tough, just walking around in that, like breathing that. I cannot tell what the difference really was because my chest was still hurting. And then when you run indoors there is no oxygen in there. So, it feels like "There is no Oxygen!". But when I -- What track meet was

that? Oh yeah, Texas! Texas is a little bit lower. I could definitely feel a little lighter when I run. So, that was amazing and I could breathe more, I could take more breaths.

MIRANDA: Well, I think that's interesting, we're talking about elevation and how it relates to health because I will -- The first thing when a friend comes to visit from out of town the first thing I want to do is take them hiking. And I have noticed over and over and over again, whoever comes with me will try their hardest to power up the mountain. And I tell them, breathe! I look back and I tell them: breathe! Just breathe! Because hiking here is not so much physical activity-- obviously it is physical, you're using your body-- but what more it is here is a breathing exercise. In Colorado because of our elevation, you have to focus on maintaining your breath and your breathing and if you can do that you will find that your body is not sore because you are so focused on your breathing, and that breathing element and getting you up the mountain that you end up not even thinking about your body. Your body does not end up being as sore, per se. But I just think it's so interesting because I didn't realize until I had friends killing themselves trying to keep up with me. And I'm like, "No, no, no! It's not about pushing yourself like [grows] physically. Just breathe! Just breathe.

EMILY: I also recommend that they start --when people come to visit me I recommend they start drinking at least half a gallon of water a day for three days or so before coming here, because they will get very dehydrated and that will make them sick and nauseous.

RUBY: Sorry, one more weird thing which I didn't understand because some of my teammates are from Colorado. It'd be weird because one week they'd be like fine, they'd be killing it. And then the next week they'll be like "oh my gosh I think this elevation is getting to me". Like, haven't you been here your whole life? What's happening? What am I going to experience or go through? If you're still feeling the effects of this elevation, what am I going to go through?

EMILY: I, this is slightly off-topic, but it's a really interesting fact that I want to share. People in Tibet and the Himalayas that live at 14,000 elevation, that typically people need oxygen tanks to breathe in easily or they need to do a lot of practice to get there for a long term, they actually have a genetic trait that allows it that and that works with limited oxygen. So within your body and your DNA, in your genes that compose what you are able to do and things like that, they have a trait that makes it easier for them. And I just thought that was super cool.

MIRANDA: That's so interesting.

EMILY: Yeah, imagine what it is like to be born and accustomed to that and then feel the elevation changes when you go lower, or when you go higher into the mountains.

MIRANDA: It makes you wonder if overtime people born from Colorado will have something similar, you know evolutionary wise, show up in their genes. But our elevation isn't too, too much different. The Himalayas have crazy, drastic differences in elevation so that makes sense. This one is an interesting question. How old would you guys like to live? I think this one's rough. I personally would like to live as long as my physical body will let me. And I think for a long time, when I was younger, I used to have the mindset that oh I don't want to get old. If I get old, kill me. But I'm realizing that I have a lot more faith I guess in life and knowing that the end

does not need to be miserable. Even if it is there is still something to gain from that aspect of my life. So I am more open to the idea that like I'll go when I go. And hopefully it's in my sleep. Hopefully it's not painful. But I do not think I will ever hit a point in my life where I decide "okay, that's it, I'm done; I don't want to be here" you know in old age or whatever. I think I want to try and do whatever I can to be here.

RUBY: Okay, for me, so I have a grandma that I had to take care of back home. And she's 91. And that made me realize -- Okay this is some personal stuff -- it made me realize that I don't want to get to an age, or to the point where somebody else has to like change me and do stuff for me. Oh my gosh. I can't imagine going through that, only because -- It was just really sad hearing -- Okay, she also has dementia, as well. So sometimes she'll snap into it and she'd be like "oh my gosh I never thought I'd get this old. I wish I could do all these things", like she'd just remember all these things and it made me really sad. And I'm like "Damn, I don't want to go through that."

EMILY: Yeah, I agree with you Ruby. It's just, it's stressful to think about and it, it must be so uncomfortable for you, when you do get to the point we have to rely on other people to change you or to wash you to such an extent. And I feel like, losing your mind, in that sense too, must be confusing and scary, and I do not want to deal with that. And on a short side note we have about four minutes left. So, this should be our last question. But I also really want to know, Liner, how do you feel you've been improving within the past few sessions? Just check in and see how that's going.

LINER: Yes, I still think I need to practice more. (Laughter) I am feeling more comfortable. Talking with you guys, thank you for that.

EMILY: Yes! What do you think you have improved on the most? And what do you want to improve on?

LINER: I have improved more listening. I can understand better. And that's one of my challenge. And I've been struggling with the speaking. Because I am still thinking in Spanish. But, I'm keeping -- practicing, I keep practicing. And about your question you made before, about the age, that made me feel scared. I have to say, that if I -- When I am 98, and I'm still alive, I hope to do -- to still take care -- that I could take care of myself at that moment. And I always see that my example, woman named -- Anastasia? She-- maybe right now she's more than 90. And she's a physical trainer. And that's cool. Being more than 90 and still being able to do that kind of thing. Like Ruby says, if you are not able to take of yourself anymore that's very scary. But I think I'm doing good, I'm doing well. Because I'm trying to eat good and be healthy, I'm trying to work and work out. Right now I'm 43 and I don't feel like 43. I feel like 20! [Laughter] but the other 23 years were practice.

EMILY: Thank you!

MIRANDA: Very good!

EMILY: And, Katie, I don't think you answered it yet, right?. Okay, Let's go and then we can end.

KATIE: Yeah, like you guys said, I don't want people to take care of me when I was younger I didn't wanna -- I never wanted to live past 30. But I'm like -- I want to take it one day at a time and see where life takes me and try to live as long as I can. And I don't want people to just take care of me later on in life. I am excited to see what happens I guess.

Emily: Thank you for that.

MIRANDA: Before we go you guys I'm gonna do a screenshot of us all smiling. Because I'm gonna to do like a team group post. [Laughter] Liner's like "Let me get ready"! Alright, hold on, let me just get my screen all ready, I'm just gonna do a big screenshot. Alright, let me just get it ready -- Ready everybody? Cool. Alright.

EMILY: Next week we are not meeting. It is our university's spring break, and I will text the chat either Tuesday or Wednesday morning to remind everyone. But just remember: we are not meeting next week but we will in two weeks.

MIRANDA: Awesome, have a great break everybody!

EMILY: Thank you guys!

MIRANDA: Bye.

[End of class]