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### Sunrise Session 2

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**ZOOM RECORDING LINK:**

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[https://unco.zoom.us/rec/share/SzselTe162FCxZlGH3ljXDSBPD\\_DGmg1y8GtYqu5TiHxKqnrqMrgIuFXlxv0wQZn.JEHYWQ5BfCOmLK3p](https://unco.zoom.us/rec/share/SzselTe162FCxZlGH3ljXDSBPD_DGmg1y8GtYqu5TiHxKqnrqMrgIuFXlxv0wQZn.JEHYWQ5BfCOmLK3p)

**Present:** Liz Graf, Arianna Staiano, Nicole Crim, Amanda Wessels,  
Sara Larson

**Medium:** Zoom- Online Conversation

**Date of Interview:** 2/9/2022

**Language(s):** English

**Transcribed:** Auto-Transcribed by Zoom

**Edited and Formatted by:** Madison Smoker

**Brief Description of Contents:** Anthropology Students enrolled in ANT 300 at the University of Northern Colorado discuss cultural holidays, cuisine, dress, and customs that are associated with their unique backgrounds. Participants shared their favorite holidays and the foods that they traditionally eat during these holidays as well as memories associated with them as well. Holidays discussed include Birthdays, Halloween, Christmas, Thanksgiving, Veterans Day, as well as funerals. Questions were provided by Dr. Michael Kimball.

**Reference Key:**

LG = Liz Graf

AS = Arianna Staiano

AW = Amanda Wessels

NC = Nicole Crim

SL= Sara Larson

**RECORDING TRANSCRIPTION**

**[00:01]**

LG: awesome... So today we're talking about holidays and celebrations, so it says: "for this week find out about what the important celebrations are in each participant's home countries. know a celebration could include birthdays, weddings or coming of age ceremonies." Should I share the slides like I did last time? Or do we want to try to have a conversation more so, and see what comes up?

NC: just kind of go off of the slides, but not exactly... wherever the wind takes us from there.

AW: [talking over each other] Oh sorry.

NC: Go ahead

AW: last time we kind of just - I think this week will be more of a discussion than last week, but maybe if we all answered one question, all of us, and then the next question all of us, and maybe try to have a discussion based off of that, instead of just one person answering all of the questions and then the next person.

NC: yeah, I like that format suggestion.

LG: So, can everybody see the screen?- [Confirmation] okay, I will go first. [reading off the slide] "What holiday or celebration in your country of origin is your favorite?" Oh, I don't know... I like my birthday, mostly because it's the start of Halloween, and so I think of my birthday. It's the first day of October, so I think of it as the start of spooky season. I kick it off and so obviously it's my favorite month. Halloween is my favorite holiday so, then maybe I should say that Halloween is my favorite holiday. My birthday starts it off.

NC: the whole month is just celebration.

LG: yeah.

AW: I think my favorite holiday- [cut off by another speaker]

NC: Sorry, I think, I was talking, what did you say it was?

AW: I said thanksgiving.

NC: I love it for the food I don't like it, you know.

AW: yeah cause-

NC: it's got a little bit of a dark history.

AW: I feel like why I like it goes in with the second question, but it is because black Friday is right after it and my family is big on Black Friday, so we have Thanksgiving and eat pie and food and whatever and then we sit down and break out all the catalogs and stuff and I have a really big family so for Christmas we draw each other's names so one person has another person. And so we do that, and then we figure out what everybody wants we sit down with all of the ads and plan out our Black Friday, so I just think it's fun doing that and then combined with black Friday.

NC: And it's awesome your family sits down and plans it all out. That's awesome, I'm all about a good sale.

SL: I guess for me... so I'm adopted, and my birth family is very Hispanic. My younger half-sister who's 10 years younger than me she just did her confirmation in the Catholic Church. I grew up Lutheran and so my mom gave me the option of do you want a Quinceanera, or do you want something else, what do you want to do, and I was like I don't want to poofy dress that's a no-go for me. I also trip over my own feet so heels- also no. I did my confirmation- so in the Lutheran church it's three years there. like Catholic Church it's a year or so, and so my mom invited all the women that have had an impact in my life at some point and we did a tea party and then she also had people that weren't able to come- they all wrote letters for me and she made a book out of it, and so I have all those letters just to look at if I need encouragement and- favorite holiday would probably be Christmas. Because my adoptive families very Norwegian so it's a lot of the Norwegian desserts and stuff so lefsa love lefsa, Krumkake...yeah and I get away with more, that's what happens.

LG: What are those desserts?

SL: So lefse is...best way I can kind of describe it is like a potato Tortilla and then you put butter and a lot of people put brown sugar or just butter, I put white sugar because it tastes better to me, but you can eat it right when it comes off the pan or it gets cold and you put cold butter on it. I always get confused with krumkake and pepparkakor. I think, krumkake- you know the Italian really flat cookies? pizzole(?) I think it's called so it's like that. But not as sweet it's kind of a crappier version of that. but you can also roll them up around this specific dowl and then you fill it with different fruit preserves and cream and then pepparkakor is like a gingerbread a very spicy gingerbread.

LG: I think you mean Pizzelles [going back to earlier confusion about Italian cookies]

SL: pizzelles! but yeah.

LG: yeah, sorry it's not what you were talking about

SL: yeah, I knew it was like the flat Italian cookie. [unintelligible] I'm not Italian so I don't know.

NC: I knew that it was close. I was like that's pretty accurate.

NC: I don't know what my favorite is... I really like all of these. Every time one of you mentioned one I'm like 'yeah that's my favorite I think' and then... I've always liked Thanksgiving. I think all the food is amazing, and then I love Halloween too. Christmas is great. Christmas is when I go back to where I'm from, Illinois- so I actually to see my family at least. Actually, I didn't see them the last few years over Christmas, but I would say that that's what makes it my favorite because all of these are great, but I think I would say Christmas would take it because of that. Do you guys all stay around here for Christmas, are you guys from here? Or for holidays in general?

AW: I'm from South Dakota so I go back up to rapid city, and then we go to the East side to Mitchell and Sioux Falls because that's where all my family is.

NC: Well, that's cool though, get a little bit of a trip.

AS: farthest I go is usually Longmont that's where my grandma lives

NC: some grandma visitation though is awesome.

AS: yeah, we all just gather up in my grandma's house and eat food and talk shit about each other.

NC: To each other face or behind each other's back

AS: Definitely whoever doesn't show up.

AS: they get the brunt of it. If you're not coming to a family gathering, you can guarantee that we're going to be talking shit about you, the entire day. [laughter] it's family tradition.

NC: [laughing] yeah got to keep it alive.

AS: family tradition yeah.

LG: Pre COVID I would go to Butler, Missouri which is in the middle of nowhere, where my cousins live. And then we would come back home. I'm from Boulder... So my family in Colorado, we would gather and then my family in Missouri would gather.

NC: They don't want to come to you instead. I feel like it'd be more fun if they came to Boulder than-

LG: yeah, that's a family thing that happens

NC: yeah, I'm always trying to bribe people to come out here, instead, so I don't have to keep going back to Illinois cause no! like no. like I just feel like we would have more fun out here we're like there's so much they haven't seen and done. You know there's no mountains at all, its flat cornfield like nothing to see nothing to do so, how can you not have a good time here. But it's only working just so-so. I got them to come out for my birthday my mom and my brother, but that's it I'm trying to reel some more people in.

AS: my sister she lives in Pennsylvania and I always feel bad when we're like 'oh Tori come home' but I try, I have tried to like go and see I think I've gone like three times to see her, and I definitely have gotten the most out of everyone in the family and she's been there for seven years.

NC: wow. Yeah, that's good that you've gone, though, like it is a big...I don't know, it's a pretty significant trip, it is a lot usually you gotta request off work and make sure to go to classes and you know, to leave for a significant amount of time, so I would still say that's pretty good.

SL: I'm from evergreen which is like hour and 40 minutes like up to a from here, and then you just go like straight up to 85. We switch off with my mom's family, because two of my mom's brothers live in Minnesota so we'll switch off like doing holidays there so we did Christmas two years in a row at our House here in Colorado so the next year we'll probably go to Minnesota. But this year, my parents said no we're going to Hawaii.

NC: That's awesome, that's the one place I want to go.

LG: Arianna, what's your favorite holiday?

AS: I was hoping you guys would forget because I'm torn [laughing] No, I really, really love the fourth of July. That's always been like one of my favorites. I just love summer I love everything about summer, when I was growing up my aunt would always have this giant fourth of July day [stumbles]- my goodness- fourth of July Barbecue. And everybody would go to her house and her now ex-husband would make just the best Barbecue ever and her daughter was my best friend and just some of my best memories are on the Fourth of July, growing up, but when my fiancé got out of the military, we started celebrating Veterans' Day and that's a lot of fun. It's just an awesome day and I like veterans' day because I get to just spend the whole day with him and just... celebrating his accomplishments and that's a lot of fun for me so. I'm torn now.

LG: What does veterans day mean to you?

AS: Well, when we started our relationship, we literally started dating one month and one week before he shipped out to boot camp. Yeah yeah it was bad idea. That was hard so when they're in boot camp they can't even call you or anything you have to rely on just writing letters back and forth to each other so that was the first three months of our relationship and then he was in for a

couple more years, but I was still here, and I was like going to school and trying to get like I was getting my associates at the time, so. We just never really got to see each other or talk to each other, because we're always in different time zones, so that also sucked. But I did go out to see him wherever he was, which was a lot of fun. And so I guess like veterans' day is just... it's special to me because not only is it symbolic of like him coming home and being home with me but it's also symbolic of all the good times we had while he was still in the military, so I like it it's just like a little holiday just for us.

NC: How long have you guys been together?

AS: um our four-year anniversary is coming up on March ninth.

NC: Aw, he's been home for a while, then.

AS: yeah, a couple years.

NC: yeah, that's awesome you guys can really enjoy some time where he's not having to be absent all the time. I'm sure he feels really good about how far he's come too and everything that's amazing. I could do a half hour of boot camp and I would be crying. So cute

LG: yeah my boyfriend when he graduated high school, we had this conversation [regarding the military], and he was medically disqualified but we were getting ready to do that, for our relationship, even though we've been together a year already.

NC: it's a tough decision. That's a really tough decision because you know, especially in the beginning, you just want to do everything together and hang out all day. You guys are strong. Both routes are amazing cause you know- I don't know, I think it's really cool to have those talks, and figure out what you're- what you're ready for, and it says a lot about the relationship that you can like get through

LG: Well not to be a drag but I'm gonna bring it back. So I like Halloween, I think, because I love dressing up in a costume and, like the creativity of being like whatever I want to be. I have been vampires and I've been Hermione Granger. I had a wand and the robes and everything, and I was so upset because when I went everybody kept calling me Harry Potter- like trick or treating - everybody kept calling me Harry Potter and I was like "I'm Hermoine!" I was really pissed off. But my mom would make swamp juice and, all these fun treats and I don't know I think of Halloween is like a community-based thing. On top of that I practice witchy things so that's like another thing for me.

AS: Halloween is a good one. I do like Halloween

SL: My roommate for her birthday, this year, she really wanted to do like the thing where you're like monochrome, so I chose black got a black wig and then found out like oh I'm actually not gonna be here for it, we took one look at the wig and we're like "dude sexy Severus Snape." [laughing] got my Halloween costume for next year. [still laughing] that's what's happening.

[laughter]

AS: That's hilarious.

SL: I think my favorite aspect of Halloween is- first off, the candy. Candy is always better around that time. Valentine's day candies are kind of sucky, just saying. There's just so much more variety on Halloween and more types of activities to do, whereas like Valentine's day and St Patrick's day it's like drinking...or make more Scorpios. Not a lot of options.

[laughter]

AS: that's gonna be in the transcript ladies.

NC: yeah, I always used to go to a different neighborhood like rich neighborhoods and walk around there because they would have full candy bars and stuff and I didn't even live around there but I know you guys got the good stuff. One of my neighbors would always be grilling hot dogs, which was weird but exciting and people like stop there- yeah I know it was weird- *and* give out candy but people would kind of like stop there, and hang out because it was [welcome] , so I do miss that even when I was much too old I took my dog trick or treating so that I could get candy because, I feel like you should be able to do that as long as you want you know. I get it's super weird now... I feel like we go into somebody's house knocking like, 'candy!' but, like some people are kids forever and I think we should be able to just do that. it's kind of more acceptable if you have a cute dog dressed up as a pirate so. [unintelligible] Sometime.

AS: Well, I have nieces and nephews and this year, they were like 'aunty Ari can we trick-or-treat at your apartment?' and I was like 'absolutely!' It was the coolest thing that they wanted to come to my house to trick-or-treat, I was like- i'm officially the coolest aunt

NC: that's awesome you're like 'goals! I made it!'

AS: And they'll give me a bunch of Kit-Kats because they know that Kit-Kats are my favorite and every year they're like, 'here aunty this is your favorite right?' and I'm like 'absolutely give me all of your candy children.' It's fantastic.

AW: Have you ever had those ice cream cone things you know? and there's chocolate on top? what are they called... Drumsticks? kit kat makes a version, have you ever had those?

AS: They are.

[Nearly Simultaneously]

SL: so good.

AS: so good.

AW: I think the vanilla kinda tastes like buttered popcorn, but you should try them. I think they have them at King Soopers.

AS: Oh, my goodness [to fiancé] babe can we go to King Soopers?

LG: Well, I think my dad's- my dad's not- he's 62 wait he's 61 oops don't tell him I said that. He was talking about for Halloween that he would get apples and dimes or something like that, it was change instead of candy and I did- I'd never heard that, until this year that it hasn't always just been like candy that gets handed out it's other things.

NC: yeah, I've never heard that.

LG: And he grew up in Denver.

NC: interesting

SL: My mom for a while, when we were younger, just because she didn't want to have to deal with all the candy- she made it up, But she was like, 'all right, the candy fairies coming.'

NC: Instead of like the Tooth Fairy

SL: Just like 'right candy fairies coming. What can I tell the candy fairy that's something you want?' and so, for like four years in a row, this is when like Webkinz were really big so my mom would buy us each a webkinz in exchange for all our candy I was, like 'all right, what do you do with the candy though?' and she's like, 'I ate it and threw it away. took the good ones out ,'... like all right.

NC: You guys seen when Jimmy Kimmel does those videos? He asked people to tell their kids that they don't [unintelligible] their candy and the kids like usually like freak out it's hilarious if you haven't watched it, you should YouTube it after this. My friend did it with her son and he was like beyond himself like you know 'You ate all my candy?!' he was just so upset.

LG: Well, I'm one of four so my sisters and I would all sit, and we would auction them off and [unintelligible] I don't even remember what was like the prize, like the best candies to get... I like Almond Joy and my sisters hated it, so I got all the Almond Joys like for little things.

AS: me too me too, be like 'do you want this tootsie roll? I'll take your almond joy,' and they were like 'absolutely'

NC: I like the Mounds bar I'm not big on nuts so mounds bars are like the same same thing but no almond

AS: I like Mounds too. I like the dark chocolate.

SL: it's a texture thing I just- I can't. Those were the ones my mom would always take.

NC: yeah. I can see that, I guess I ate so much of them back then that like now i'm like 'hm I'm OK', but I get it. It is a weird texture thing kinda

LG: So, other than candy what do we eat on holidays?

SL: Are you guys' ham or Turkey people or like something else on Christmas?

[Unknown]: Ham

SL: yeah.

AW: So, I don't eat red meat, but everyone else does in my family so for Christmas we always have ham at one Grandparents house that I don't eat and then my Grandpa grills steaks that I also don't eat, so I just eat all the sides on Christmas but thanksgiving we always have Turkey.

SL: We do soup sometimes because my mom is sometimes just like, 'no I'm done with all of you here's five different soups you can choose from.'

NC: That's awesome. [unintelligible] I love soup

SL: We also do green bean casserole but not like your typical one this is *heart attack* green bean casserole. You mix sour cream and cheese together and then you mix that in with beans and then put the rest of that cheese on top, and then you put the onions on top, and then you bake it and it's not the healthiest, but you know the Grandparents haven't died yet. [laughing] So, their hearts are fine.

AW: My favorite thing that we have at Christmas is my grandma makes this thing called Oreo cookie salad and it's basically like crushed up Oreos and whipped cream and vanilla pudding and it is amazing it's my favorite thing at Christmas.

AS: my favorite thing at Christmas and Thanksgiving is spinach dip, and I don't exactly know how to describe how we make it and why it's so delicious but it's literally, the best thing ever and I would always when I was a child- I would get in trouble, because my grandma would make the spinach dip and I would go in and she'd be cooking everything else I'd be like, 'oh hi grandma how's it going how's your day' like just like talking her ear off while I'm like slowly just

devouring all of the spinach dip. And then, the rest of the family, wouldn't get any. So they had to keep it up, so I couldn't get it.

LG: My mom would make- they're called frosted pickles- for Christmas time and it's a pickle and... I feel bad because I think it's cream cheese and then horseradish? Something like that, and then some dried meat. I'll have to figure it out, but it's super good and I only crave it that time of year.

NC: that's super interesting [unintelligable] delicious yeah.

SL: I had a Family friend do something similar, but it was just cream cheese, and she would cut the Pickles up. And then put cream cheese on it. And then I think it was pastrami. Something like it

NC: you guys are making me so hungry. We usually do Turkey for both thanksgiving and Christmas, sometimes we do ham though. I'm big on stuffing. I'm all about it. I eat so much stuffing. All of these things sound so good I'm starving, we had [cut off] sorry

LG: stuffing with oysters or without oysters? Or has that ever been an option?

NC: Without. It's never been an option, but I would say, without still. If it was me.

AS: [concerned expression] Liz Do you eat your stuffing with oysters?

LG: yeah, my family would make stuffing with oysters in it. My boyfriend just glared at me from the side. [laughs]

AW: my uncle when he makes it put black olives in it [unintelligible] I don't like- [unintelligible]  
The stuffing's good I didn't know.

AS: ew call the police. [joking] Call the police and stop him right now

NC: Black olives are probably the one vegetable, out of all of them that I just can't eat

SL: I'll eat like a can just as a snack- I'll drain it

AS: But as a snack? I love black olives- But as a snack? [disbelief]

AW: know I really like black olives, but I tried it in the stuffing, and I just don't feel like they  
mix

NC: yeah, it seems like an odd thing you know if there's something you don't like on your pizza  
like for me black olives and they just put on there anyways, but you really want pizza and you're  
like 'I'll do it, but I'm not thrilled.'

AW: yeah, I'm not going to enjoy it.

SL: are there foods you guys like specifically only eat on your birthdays?

AS: hm Specifically on our birthdays?

LG: I have two sisters... well three of my siblings were born in June and so the ones that are home will have homemade ice cream cake whereas in the winter months we'll have actual cake and then my favorite food is lasagna so my mom would make homemade lasagna for my birthday.

NC: Nice, my stepdad always makes lasagna for Christmas like now-a-days the past couple years at least. We always- basically the same thing as thanksgiving, a couple of the sides have changed but recently he's been cooking lasagna and it is so good. He's a chef so yeah it's pretty good you would love it if you're about the lasagna.

AS: I wouldn't say that there's one specific thing that we would eat, but every once in a while- I would say, every other birthday my mom would take us out to Texas Roadhouse for my birthday. Texas Roadhouse is my favorite restaurant ever. So that was a lot of fun and that was really the only time of year that we would go to Texas roadhouse because it's expensive, and we were poor so that was like 'Okay, you can either have birthday presents or Texas roadhouse' so Texas roadhouse.

NC: what do you usually get?

AS: steak.

NC: Nice.

**[30:00]**

SL: We sometimes- not always- it switches between Belgian waffles and then, we call them Norwegian pancakes but it's crepes so like depending if either any of us are home my mom will make it for our birthdays. Cheesecake always on my birthday. Love cheesecake. My dad's made it the last couple of years and for my 21st birthday last year. There's a restaurant that my parents never took my sister and I to because they're like it's too expensive I'm like 'fair. Completely

fair,' it was for date nights and anniversaries for them, and I just asked my mom can we go there for my 21st birthday no present needed just I want that. So salmon I got salmon there but salmons also become a big thing for my sister and I

NC: Where was it, was it good?

SL: It was very good, I still think my mom out ordered me she got a mushroom risotto thing that was really good.

NC: we gotta stop talking about food you guys. [laughter] I should have eaten before this I think

AS: yeah I have a bowl of pudding right here. [holds up bowl of pudding] [unintelligible laughter] it's homemade pudding too

[Unknown speaker]: Oh!

LG: So then, what clothing do we wear through the celebrations? Obviously costumes for Halloween but -

AW: My family does ugly Christmas sweaters on Christmas

AS: I love that. My family does Christmas pj's that's has been a tradition for- I don't know seven or eight years now, like not my entire life pretty recently. One Christmas my cousin texted me and she was like 'hey FYI none of us feel like getting dressed, come in your pjs' and I just told my immediate family, I was like 'oh Joanne said that we're all coming in our pjs' and they're like 'yeah absolutely' so we all showed up in our Christmas pj's and played a bunch of games and got super wasted and then we were like this is the tradition from now on. Christmas Pjs.

LG: My mom would give us pjs on Christmas Eve, and so we all get our own pjs that's our first present of the holidays.

NC: You can't go wrong with pj's, we should probably just start doing that, on every holiday. Holiday pj's. Especially thanksgiving when you know your pants are going to be too tight anyways. I might try to initiate that with my family.

SL: So, because my adoptive family is very Norwegian we still know the Norwegian cousins. My parents and my sister and I went over and visited them a couple of years ago, but when I was younger, they sent over three traditional dresses. I don't know if you can kind of see that [shows group a picture], so my sister's wearing what really little kids wear and then I'm wearing what the older girls wear and then the red stripe at the bottom there's a Green one that gets added as you get older and so those have stayed in my family... so we're now on the fourth generation so my great grandma's three-time great-grandkids are now wearing those. It's a little bit of a fight sometimes but there's only been one girl born so she has them right now but... yeah.

NC: do They like symbolize anything significant or just family?

SL: So, yeah so that's like the traditional clothing from like our area in Norway um I know for my Norwegian cousins once they finished confirmation- [restarts] So those are like probably almost \$1,000 worth of clothes. Each of those dresses was almost \$1,000 um and so when they're older they get a full adult set as a confirmation present. They wear them on their national holidays like I see my cousins posting in them all the time, we always wear them for Christmas. But I don't know what else they wear them for

LG: Well, it's interesting. So, I'm Catholic or *was* Catholic, I'm not anymore and when I got confirmed, I had to wear a white dress and you had to have your shoulders covered and all that stuff but it was not like that it was one of those let's just go to Macy's things um yeah and then I ended up wearing it when I went to go see The Lion King on Broadway.

SL: yeah, and they wear those any holiday there's also a special brooch that they wear these pins and you can tell where a person is from just based on those pins.

AS: that's pretty cool

NC: Is it just like a thing in like Norway or?

SL: I think so I when my sister and my parents and I all went a cousin gave my sister and I, the kid version of them and then I inherited my great grandmother's, which, is cool but I don't really wear it.

NC: yeah.

SL: Like no good opportunity to.

NC: mm hmm.

NC: that's awesome, though, that you can pass it down along the family line there. That's awesome. I'm all about sentimental things. I want to keep things that my family has given me [unintelligible] It just means a lot more I think than most material things.

SL: I think each family has their own design for it too I don't-

NC: That's very nice yeah. What were they called again? Was there a name for them?

SL: there's a name for them, I cannot remember it.

NC: No worries yeah. I could have easily missed it. That's awesome

SL: I think if I even tried to pronounce it, it would not go well.

[unintelligible, multiple voices]

NC: I'm terrible at pronouncing words that I'm not familiar with it's just the anxiety of- I probably don't know how to say it makes me mess up even worse, I think I'm supposed to be keeping us on track, being the research coordinator and I'm not doing a very good job at all [unintelligible]

SL: we ended up on clothes [in reference to the questions]

NC: yeah yeah. Liz I think you do a good job so if you ever see me just like going off say, 'lady bring it together, pull it back sister'

LG: I mean in terms of research, I think.

LG: Mike's [Dr. Kimball] gonna get what he wants.

AS: yeah yeah

NC: [laughter] very true

LG: yeah.

LG: so, this is about coming of age ceremonies. It's interesting because I don't know if we'll talk about it later, but funerals, of course... it's just it's, it is a celebration, I think, in my culture and in My family, we view funerals as a celebration of life.

NC: I want that, for all people [unintelligible] Like it's so quick right after right that... I feel like it's really hard for people in that mindset... [unintelligible] Focusing on the loss and grieving and I feel like it's really hard for people sometimes to think about all the good times you had and that they lived such a long life, where you know a short but very impactful life or whatever it may be, but I think that that's awesome when people can celebrate their life, instead of just being super upset when you -are usually around people you love and care about in a situation like that so.

LG: I mean there's definitely mourning and there's grief yeah. But I view it like that's a piece of it... like celebrating life has always helped me get over- not even get over just cope with-

NC: embrace it like just like manage it yeah.

LG: yeah... life is death, death is life

SL: my grandmother died last January, last year. Her nickname was kitty-real name Margaret-but her nickname was kitty everyone called her kitty and people would give her so many different like cat things [shows object to camera] like this is one. A lot of cat things. she had a curio cabinet of it, and then, when she died, we had just moved her so we had already gotten rid of a lot of her stuff and then she died, and she had to be laughing at us because we're going through 400 different stupid cats [laughing]. so then I'm having to take pictures of my parents dining room table sending them to my sister and my cousin who are not there, and having them circle which one they want But I think us having to go [my aunt's my uncle's my parents and I] having to go through all of her jewelry and all the cats, it was like, "OH, I remember that cat I gave it to her when I was six" or like "oh here's four different strings of pearls" where all three

granddaughters and the great granddaughters will get one for when they get married or anniversary whatever so I think the process of grieving looks different but it's still... It helps just doing the random things you don't think will help.

NC: yeah, that's really awesome I've been super lucky in my life so far, I have - knock on wood - [knocks] I haven't lost anybody I'm super close with I lost a friend in high school and a couple friends, not a best friend- my family is really small it's really just me my brother my stepdad and my mom. I see my dad very, very rarely and his sister- my aunt, very rarely and that's it so we're very close. My step grandma too so we're just super close super small family and I can't even think of anything like that, but I when people can have a good perspective about the life that they lived... yeah [unintelligible] -terribly upset and I'm scared for the day. I lost a dog once and it ruined me for two years I don't know how people go [unintelligible]- one of my favorite one of my favorite professors has a funeral tomorrow for a really, really close friend and I feel so terrible, and you all have to, you know [softly] deal with grief it's so difficult... The grieving process... Any tips people come across I think is so awesome because it shows resilience.

LG: Well, I don't have any tips so

NC: yeah, I think that thinking of it [death] as a celebration of life is a great way to do that

SL: I pour myself in school. Just think about school. Whatever higher being there is last week was really like "hm I'll get to help you understand grief right now, let me take two"...yeah I was like 'great cool thanks for the focus for school.'

NC: Oh no I'm sorry to hear. it's got a way... [unintelligible] I don't know I don't ever learn a lesson, the first time, or anything you can take that's beneficial from something bad happening, I never learn it the first-time whatever force is working, wherever, is really good at making it happen anyways.

SL: yeah, at this point just the last year I think it's up to like almost 10 people within the last year from my family

NC: That's crazy! Do you have a big family?

SL: yeah.

SL: yeah, my both my parents have three other siblings and then grandparents and great grandparents plus my birth family, just like... all right cool. Just constant state of 'eh okay.'

NC : Liz it sounds like you have a big family too yeah?

**[45:00]**

LG: Yeah, I do. So, my grandfather had 12 siblings and my grandmother had 15- she was the youngest of 15. It's very common in Germans that came from- so my family came from Volga Russia because we went from Germany to Russia to find land farm on and because we were Volga German we were ostracized out of Germany, and then we came from Russia to Kansas, which then is when my grandparents came along, and so they were farmers and my mom who's got a much smaller family said that pregnancy is the best form of birth control. But it's also free Labor so that's just kind of why there's so many and my family is massive yeah.

NC: geez it sounds like it. That's a lot of siblings.

LG: Well, and i'm sure there's family still in Russia and Germany that I've never- yeah

NC: Have you ever visited either?

LG: No, my dad makes food, though. My last surviving great aunt- so my grandfathers siblings she's 95 and she used to make all these wonderful dishes and German food is interesting because sometimes it's tasty and sometimes it's just bland as all get-out

NC: yeah.

LG: hit or miss huh.

NC: that's crazy, though I am envious. My very recent ex, his family was huge, and it was so overwhelming, for me, because I'm used to just three or four of us, and it's a lot to take in and if you're not used to it, but also because I'm overwhelmed- this is amazing... So cool so that's awesome.

LG: well. It's seven o'clock.

NC: Yes, yes.

LG: So, anything- [cut off by multiple voices] anybody want to add anything? Okay well all the folders are shared, so I will put the transcripts in the folders and then have Maddie edit them and then we'll share with the rest of you.

LG: alright

NC: Thank you so much.

LG: yeah

NC: See you guys on Monday.

**[47:45 Recording Ends]**