

University of Northern Colorado

Scholarship & Creative Works @ Digital UNC

Heritage Conversation Partners

Department of Anthropology

2-3-2022

Sunrise Session 5

Dora Osal

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



Part of the [International and Intercultural Communication Commons](#), and the [Social and Cultural Anthropology Commons](#)

Recommended Citation

Osal, Dora, "Sunrise Session 5" (2022). *Heritage Conversation Partners*. 16.
<https://digscholarship.unco.edu/hcp/16>

This Full Session 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.

ZOOM RECORDING LINK:

Start Time: Mar 2, 2022 05:57 PM

Meeting Recording:

<https://unco.zoom.us/rec/share/P0WvoCSCsZnREGFn-LIgcck0ig8H8O72-YGiADOnk1i9eWoie0xoaL8fUyWVqPEzH.t13KIvUt7iBb8c8z>

Present: Liz Graf, Arianna Staiano, Amanda Wessels,
Sara Larson, Dora Osal

Medium: Zoom- Online Conversation

Date of Interview: 3/2/2022

Language(s): English

Transcribed: Auto-Transcribed by Zoom

Edited and Formatted by: Olivia Simpson

Brief Description of Contents: In this week's meeting, students from ANT 300 at the University of Northern Colorado discussed food and health with the research participants. Topics included healthy diets, what they eat when they are sick, remedies for sickness, and how long they would like to live.

Reference Key:

LG = Liz Graf

AS = Arianna Staiano

AW = Amanda Wessels

SL = Sarah Larson

DO = Dora Osal

RECORDING TRANSCRIPTION

LG: All right, it is recording. Now let me share the screen. Alright, can everyone see the screen?

DO: Yes, I see.

LG: Tonight, we are talking about food and health. Um, which, I don't know, it seems like a fun topic. I'm excited. Does anybody want to start us off, if not, I can start.

AS: Sorry I'm late by the way.

LG: Glad you are here.

AS: yeah I was in traffic on highway 34 and it was literally stopped, I love you, and I looked at the time, and I was like i'm gonna be so late.

LG: yeah. Well, you weren't so late we're just getting started.

AS: Cool. alright.

LG: Awesome. So the first question is, what are the most common popular foods dishes, things to eat from your culture? So my-my family heritage is mostly German, and I can't remember-oh my dad likes to make Bierocks I think that's how you pronounce it and it's it's a cabbage and like ground beef, and garlic and salt and pepper kind of rolled into this like dough ball. German food is traditionally very bland and so that's an example, a very bland food. And then I don't eat it that often, and it's not hard to find the ingredients.

SL: I had a kraut burger for the first time on Sunday.

LG: Yeah, they're kind of like kraut burgers!

SL: Yeah it needed hot sauce. Yes, that was-you're a little bit understating how bland it is.

AS: I love kraut burgers.

SL: It was good, but very bland.

LG: My family cheats and we put cheese-cheese on it.

AS: Oh. We put-my fiance wants to know if it's with cheddar cheese.

LG: Yeah, like any cheese.

AS: He says "Hell yeah." Apparently, you piqued his interest. Um, my family, we put-we put mustard on our kraut burgers, is that a weird thing to do?

LG: No, I do that too.

SL: No, that's what my roommate did.

AS: What about you Dora?

DO: Okay. In Venezuela their most popular food is the arepas. Arepas is like bread, Venezuelan bread made of corn flu-flour, and they-We feel that that arepas is round, that like a disc. We can fill with the cheese, or a meat, or eggs, it depends. On this may popular nowadays in the in the world, I don't know if you are hear about arepas, Venezuelan arepas.Had you ever hear?

SL: Yeah, if you've seen the movie Encanto, like that's what she's making like the mom, she makes her arepas. I've also had them, they're really good.

DO: Ah yes, corn flour. Is that's the common food in Venezuela. I like so much. We fry it with ah fried potatoes.

SL: The ones I've made, we only did cheese, but then again, this was like in school and we're using like a pancake griddle. That-that was interesting.

AS: So my family heritage, uh we are Italian um.

DO: Oh.

AS: We used to, uh, my mom would make us spaghetti a lot growing up, but my mom is not Italian, I get my Italian from my father, and as an adult I realized that my mom would make spaghetti so wrong. Like, she just doesn't-she doesn't know what flavor is. She doesn't know what spices are, and when I grew up, I found my grandma's recipe for spaghetti sauce, and I made it and I was like this is the best, ever. Why would I ever eat anything other than this?

AS: And it has, like tomato sauce, onions, garlic, beef, I like to do it with Italian sausage. The other day I didn't have any beef, so I used ground Italian sausage, yeah. It was so good.

DO: It's very good. What's-what's the sauce like spaghetti that you like more?

AS: Yeah, I like-I like the marinara sauce with the-the tomato sauce, but I do get down with Alfredo, quite often.

DO: Ah, Alfredo, that's good.

AW: Um, my family doesn't really eat any like super traditionally, like German foods. We've never-I mean Okay, they like brats a lot, I just don't eat red meat, so I don't eat them, but I don't know we never really-even my grandparents like never really made any super like German foods. So, I didn't like grow up with that, I did go to Germany a few years ago and I had a lot of German food. But, like the brats there so weird, because, like here they're like-really like thick and like shorter, but the brats that I had in Germany were like longer and skinnier like a longer hotdog almost so I thought that was interesting but [trails off]

SL: I know I don't look it, Dora, but my family is Norwegian, another bland food. Um, my family actually eats a lot of Norwegian food, not Lutefisk because I refuse to eat lye. But we, around the holidays, so like Christmas we'll have lefse which is, kind of a-]potato tortilla. And then you put butter and sugar on it, so we have that a lot. Um, lot of like, family recipes um, there's been only like a couple of things where we've had to like substitute ingredients for them. I think they taste better that way, um, we do crepes on special occasions. we call them Norwegian pancakes and we let ours get brown, but my Norwegian cousins, they refuse to eat them if they turn brown. Um, but yeah we like them crispy.

LG: I-I try to not eat red meat either. It's more interesting, like so my-my boyfriend's family's from Texas, and they eat a lot of red meat so, I end up kind of like, having to eat with them, um, or I don't eat at all. And then but-but I really do like like chicken, if I had to eat meat, it-it's chicken, otherwise I try to avoid it, I don't like eating animals.

SL: Oh Dora just went out.

AS: No, my laptop's gonna die too. Stand by.

SL: I mean, when I'm at my parents house, like I am right now, I eat healthy-ish. Um, I try to eat healthy at my house in Greeley but that doesn't always happen, like just with my schedule and stuff. Um, I do a lot of chicken, uh haven't eaten very much red meat lately. That's about to change. My aunt and uncle who live in Belize, they're here and they used to own a restaurant and hotel down there, and my uncle's a self taught chef, and so we cook a lot of different things, and

he likes to cook a lot of red meat. But tonight is chicken Caesar salad. But yeah. I don't know, I should probably eat healthier. But I wouldn't say it's like, bad.

AW: I think I feel the same way, because like, I mean, I feel like a lot of like midwestern things are not the healthiest, but I am not going to McDonald's every night. So like I mean I don't know how unhealthy it can be.

SL: How many tater tot dishes do you eat a week?

AW: Okay, but actually, I haven't had any in a while, because I tried to like-care how hot dishes like such a comfort food for me, and so I try to not make it super often so then that's not like the only thing I eat. But I'm really good at like sitting, and scrolling on Facebook and like finding a bunch of recipes so I put them in a book, but yeah. I don't know, I just like will make food that makes a lot so, then I have leftovers, instead of like eating frozen meals, or something like that. I feel like that's better than always going out to eat, plus I don't have the money for that so.

AS: Um we try to eat pretty healthy too. The past, like I don't know week or so, we haven't been because we ran out of groceries and we're going on vacation next week, so we don't want to like go get more groceries. So we've been eating out quite a bit this past like week or so. But typically we try and eat pretty healthy. We do eat quite a bit of red meat. But we also eat a lot of chicken as well, I made chicken tacos the other night, shredded chicken tacos. So good, oh good, I definitely will be making that again.

LG: My boyfriend made duck for Thanksgiving this year, and that was like-they didn't want to get a turkey, so they tried a duck and it was so good, like I don't know what he used. He's not-he's got his headphones on too, so you can't like just tell him, but it was so yummy and it was like the first time I'd had duck and I almost like, I'm ready to just make that a tradition, instead of having turkey on Thanksgiving.

AS: Yeah. My-my ex step dad would do goose hunting, and he would make teriyaki goose, Oh so good, is it like one of my favorite meals i've ever eaten, was teriyaki goose.

SL: Dora, would you say you eat pretty healthy?

DO: Um, there are healthy food, um. Salads. Um, you know. We like- here we like so much the arepas him, but I don't know if you-if you know empanadas? No?

SL: Yep!

00:15:16.170 --> 00:15:16.590

DO: Well, is-it's um, now, we-we prepare here the food at home, because it's very expensive to go out to for-for it-not for dinner for-for breakfast. I tried to-to prepare a-for example, a pasta with Italian sauce, or chicken in sauce - in tomato sauce with potatoes and some rice. Um, just that, or a soup-vegetable soup, with chicken. That's more healthy- that we can prepare. In for the weekend, we like to prepare pizza. That's not so healthy.

AW: But, what pizza toppings do you use?

AS: What did you say Amanda, you cut out a little bit.

AW: Oh, I asked what pizza toppings Dora used.

DO: Oh okay. Mozzarella cheese, tomato sauce, um, maybe eh I don't know how to say, onion, basil leaves - leaf of basils, Jamòn, I don't know how to say jamòn in English.

SL: Do you put ham on it?

DO: Yes, no?

SL: Sausage?

AW: Like Canadian bacon?

DO: Kind of a bacon yes. Okay um ham. **Ham.** Ham and the jerk. Um, that's the most popular, and some ah corn-corn, sweet corn, just a little sweet corn.

SL: I don't know if I've ever had corn on pizza. That sounds good, though.

AW: What about pineapple? Pineapple on pizza.

DO: Pineapple is good, in-in pizza. I like..and this a mozzarella with basil and tomato, in sauce tomato. But the tomato brother has done. A slice tomato, and then you put in ah, over, basils and basil, and then ah, oil. Olive oil. Is-is very Italian.

AS: I've never put olive oil on a pizza before, but I might. I love olive oil. Oh, i like the next question.

LG: I do too.

AS: Um, fun. What should you do when you have a bad cold? What are traditional remedies or cures you learned from your parents or grandparents that you still use today? Um, my mom would make-sorry, every single word that i've ever learned just went out of my head. My mom would make chicken and dumpling like chicken noodle and dumpling soup, from scratch, and she would like make the dumplings and the noodles from scratch, which were so good, but this was only when you were like really, really, really sick is when she would make it for you, because it was an all day process.

AS: And so I both, like simultaneously loved being really, really, really sick because I would get chicken and dumplings soup, but of course I hated it because I was sick. And when my fiance and I were living with my mom for a little bit she made it just randomly one day, and I was like no way. It's my favorite, my favorite thing my mom makes.

AW: I feel like chicken noodle soup is such a staple when you're sick, like I don't know, that's like the only time I ever eat it too. Like we used to have it at Thanksgiving or Christmas, when my grandma had Christmas, but yeah other than that, it's only when I'm sick I eat chicken [cut off]

SL: Your parents were Nice. Mine just said suck it up, or put your head over like a boiling pot of water and like with the towel, and they said that's all you get, we're also going to show a ton of tea down your throat.

AW: I get that, with my mom-my mom would always put like Vicks on our chest, and I hated it. I hated to smell, it was too strong like I couldn't stand it, so I should always ask "Oh, do you need the Vicks?" I-I ran ran away.

AS: My mom would put Vicks in the vaporizer, did you guys ever have vaporizers?

DO: No.

AS: Well yeah.

DO: Very good.

AS: Yeah, she would she would put it Vicks in the vaporizer. So what a vaporizer is, it's kind of like it like a humidifier but it's really, really, really hot and like here in Colorado it's super duper dry so when you're sick it's even worse and so you'd have to like, make your House humid and she'd crank up a vaporizer and she put just a glob of Vicks on it, so that the Vicks would like melt with the vapor. I love Vicks, because I think that-that-that stuff is great. Is that what you use too Dora when you're sick?

249

00:23:34.380 --> 00:23:34.770

DO: Well, my mom prepare our chicken soup, um, give me a lot of uh tea, herbal tea, and vapor rub too. Use vapor rub, and she'd prepare a cider with red onion, honey, garlic, and lemon juice and give me a spoon everyday of that and that is very good because it uh it's very good for the cough and expel the mucus from the respiratory tract. Have you ever heard that cider with red onion?

SL: I've read about it. I've wanted to try it when I've been sick, but I don't get sick a lot. But you know, that might have worked for COVID like...[trails off]

AS: Does it taste good Dora? Or does it taste bad?

DO: Um, not taste so good, but is very good for-for the healthy.

AS: It not doesn't taste good, but it works.

DO: But it works, yeah. I like more chicken soup.

AS: Yes.

LG: My boyfriend's mom got-so whenever it's cold season, or if we're getting sick she makes us take Cold Snap, and it's just a bunch of herbs, kind of in a-in a capsule and its got [cut off]

DO: What's the name?

LG: Cold Snap.

DO: Um, Cold Snap, huh.

LG: She-she studied Chinese medicine, and she's uh-she does plant spirit medicine. That's why we use Cold Snap, and it's got like Japanese honeysuckle and Burdock. It's got like, just all kinds of herbs, so whenever we think we're getting sick, we just whip out the cold snap.

DO: Somebody told me echinacea is good for-for that too.

SL: I had a family friend, I think it was in October, I went out to San Diego. I'm going out there, next week too but she like-it was like, at the start of COVID, I almost got stuck out in San Diego. I was on one of the last flights back to Denver, and I don't know what she shoved down my

throat, but it was just like a bunch of herbal pills and she's like this will make your immune system strong. I'm like okay, Hailey.

LG: I-I really love using herbs as much as I can, for anything. I burn them, I keep them around, I use them for my own daily practices.

[In the background - "this is cool"]

AS: My mom is really into like, essential oils and stuff. Um, I mean, some of the stuff when she was like oh yeah this will help with a headache or this will help with anxiety I'm like oh yeah that works, but she's like this will cure you, I'm like no it won't mom, you and I both know that, take me to the doctor. She's like no, just dab these essential oils on your wrist, and you'll feel better.

SL: I think it's lavender oil that I use, I don't know, I just take what oil my mom gives me, but whenever I have migraines I'll put it like right behind my ears, pulse point. Um, that really helps my migraines. Like my migraines I lose feeling on my right side, and like it just goes numb and I can't move it at all, and so like if it gets up to my knee I know it's gonna be really bad. But, like the lavender oil has kind of helped prevent that a lot of times, which has been interesting, but still walk around like I have a peg leg. It's just so still, but yeah lavender oil and then magnesium and B12 is what I was told to take.

AS: Mm hmm. my sister gets really bad migraines, and the doctor told her to take magnesium and B12 supplements every day.

SL: Yep.

AS: So yeah and she would take like lavender baths, lavender and eucalyptus baths, and that used to help, but they've just gotten so bad that she has to take medication everyday to hopefully prevent them, but she's gone down from like 5 migraine days a week to like one, which is good. On this medication that they put her on. I'm hoping that my migraines don't get that bad, ever.

SL: I don't know, I think you three have seen it, but Dora I have like the inner part of my ear pierced too on both sides, and that's for my migraines because it's pressure points.

DO: Yeah.

SL: It's supposed to help.

LG: My.. [cut off]

DO: The pressure on the neck?

SL: Um it's like, people can't see it, but like this earring right here.

DO: Ah, okay.

SL: Right there, and I have it on both sides.

AW: My sister has that too, because she gets really bad migraines but I have this-I have this tea from Peru and it's like made out of the coca leaves from the coca plant, and that helps a lot with headaches and like, because they use it for like elevation sickness and my sister refuses to drink it, because she just hates tea so much. And I'm like this will help you and she, no she hates it.

AS: That's funny. My my mom and my sister have both of their dates pierced too for their migraines. Migraines are no joke.

LG: My boyfriend's mom is a acupuncture-yeah acupuncturist, so whenever we're not feeling good she does her-her magic on us, to try to like get headaches to go away. Uh, she-she takes our pulses, and like can feel kind of what needs to get adjusted where and she um, she does reiki and she's just she's really cool and i'm trying not to nerd out, but like when I'm not feeling good I just kind of go to her and be like can you just read my pulse and-and fix it?

SL: For a headache, it's probably like 500 needles all over.

AS: yeah.

LG: Well, and it's cool because she'll be in Boulder and I'll be at school, and I'll just call her and she doesn't even need to do needles, she's like okay, and I can feel them and she-she does reiki, so I can feel her touching the points and she's like not touching me at all.

AS: That's cool. So what best way, what is the best way to exercise and keep fit? I would like to present Exhibit A, my best way to exercise and stay fit, this guy right here. [holds up dog] Yes. Nice long walks with the dogs. That's how, it keeps you healthy and it keeps them healthy and everyone's happy. He just got done with a nice long walk, and he's a tired boy.

SL: I mean, I do a decent amount of hiking, some backpacking. Um, I do a lot of walking, but I just, yeah. It's not my favorite thing to do.

AS: How do you exercise? You do walking too, Dora?

DO: Um now no, I can't because I got better, but I like walking because I can feel the fresh air, and I can-I can see the the flowers on the road. And it's a simple exercise and it's very, very good when you do a for at least three three times in a week. For a, for um-for 30 minutes up at least each-each one.

AS: Yeah, I used to, I used to be a dancer, and that is a lot of intense workouts. But, in the past 10 years, I have sprained my ankle more than 40 times, and my doctor told me..

DO: Oh wow.

AS: Yeah no running, no dancing, no wearing heels, you-you can walk and that's it, and I don't know if you guys noticed in class, but I always have an ankle brace on. Because if I don't then literally just walking across the road my ankle will re-sprain and it's just-it's awful. So walking is all I can do.

DO: This, in this time, is winter, and you can go out for walking. What kind of exercise do you, you say you can do um winter?

AS: In the winter like, when it's really super cold outside. So I have my little-my little Samsung watch here that tracks all of my steps and when it's too cold to go out and like do walks, then I'll walk around my apartment. And I'll just do laps around my apartment and my dogs will follow me around the apartment so that we're still like doing a walk, but it's too cold to go outside.

DO: Do you run after the puppy around the house?

AS: Yeah, yeah we just walk in circles around the apartment.

[laughter]

LG: I am-a lot of the times, we go to an indoor facility so that we can work out. I-I in high school my entire life I've played soccer, basketball, track, and softball, so I never had an offseason. I was always doing some-some sport. Um, so I can relate to the multiple ankles being sprained and being like this is this, this is a lot.

381

00:36:48.570 --> 00:36:57.750

LG: But in the winter, like for me personally, I tried to go somewhere that can at least like I can do a workout, or I'll just do an at-home thing. In Colorado, skiing is a big deal. I've never been skiing and I've lived in Colorado my whole life but I hear it's fun or snowboarding.

AS: It's not. It is not fun.

SL: It is.

AS: I went skiing once, and okay, I went skiing once, I went to the top of the mountain, got about two feet fell on my butt, and scooted the rest of the way down for six hours straight. It was not fun, do not recommend.

SL: In the winter, I'll ski, but I have a condition called basilar invagination. So it's my brainstem, is being pushed by my spine. Um and it's gotten to a point where like, if I get another concussion like that could take me out. So, I played volleyball for nine years, um and they told me after my junior year that I really shouldn't. I ended up still playing my senior year of high school, but after that like I try really not to do sports that I might get a concussion, but I do still ski, but I wear a helmet.

AS: Good.

SL: I mean, the most damaging things to a person's health...there's a lot. Um... [trails off]

AW: I feel like it's mostly genetics.

SL: yeah.

AW: I feel like that's like, the most damaging thing because you're either like born with a condition, or like you-you know it kind of develops later on in life, and it makes it hard to like work out.

SL: I mean I'm kind of an example of that, so I have the-I have BI, and then also early onset osteoporosis, so I'll probably have to get back surgery before I'm 35. Uh, my ligaments suck. I broke my arm in elementary school, and they set it wrong, so it curves.

AS: Oh no!

SL: Yeah. I should be wrapped in bubble wrap, majority of the time, but we're just living.

AS: I have to say, like a lack of moderation, you know, a lack of discipline, is the most damaging thing to a persons health. Like drinking too much, not drinking enough water, like just just a lack of discipline in general.

DO: Maybe they live life, is if you have so much stress, it can damage the health.

AS: Yeah stress is-is big on damaging a person's health. My goodness. We all know that, midterms are next week.

LG: My-my boyfriend went through a really stressful time, like this well he's always stressed at this point, but like recently with his uncle passing away, and the day before, we were the day before we were supposed to leave for Texas, to go to the funeral we were driving he ended up getting bell's palsy which is basically like the nerves in your face kind of stopped working so it looks like you're having a stroke. So we were terrified that he had a stroke, but really he just had stress induced bell's palsy and his face was like I've had enough, peace out.

AS: Wow, that-that's terrifying.

LG: It is, and I mean it's been a month-two months, and it his face has mostly come back to normal, but you can see it in a smile just ever so slightly that it's the nerve is still trying to recover from being so stressed.

SL: Dora, how long would you like to live?

DO: Ah, well I don't know but I think I live up to my lightning years. But I think I would like to be healthy first.

AS: That's profound, Dora.

LG: best way to put it.

AS: Yeah.

DO: But I uh, be a healthy with ah 90 years old, very active people. But you have to-to have a life very healthy too. What about you?

SL: Yeah no, we're just gonna truck along and-until there's no more. I really don't want kids, and I go back and forth with wanting to be married or not. So I guess I'll be alive long enough to take care of my parents until they die, we'll put it that way.

AS: Aww, I'm saying 75 tops.

SL: Yep.

AS: That's how old I wanna be.

LG: Yeah, I just want to live until I move on, I guess. I just want to be happy and make the most of my life. I do want to get married, I do want to have kids, like you know, I have a very long life ahead of me, and I am going to enjoy the ride.

AW: I kind of feel the same way, like, I think I just want to go visit all the places I can, you know and see everything I can see. I don't know, I don't think I want my own kids, I want to like adopt, or foster, because I don't love the state of the world and, like climate change, and everything, so I don't want to bring a life into that and I feel like I might as well just help the kids who are alive and don't have guardian figures in their live, so.

SL: I'll rephrase mine, I want to be the best wine aunt there every was. That is like, peak goals.

AS: Um, I have already taken that position, Sara.

SL: But yeah like I, I don't mind kids, I just could not handle my own. I..yeah. I don't like other people being dependent on me and I don't like being dependent on other people.

AW: I just also am scared because, like middle school boys are weird, and they make me uncomfortable, and I don't want one of my own.

SL: They're hilarious.

AW: And I'm not taking my chances, I just like-I live really close to an elementary school, and I would like, walk back and forth from class a lot, because I totaled my car, but anyways and so they're just like I would observe these children just, and they were so weird so like I would cringe as a mother. So I don't want one of those. Like If I could just skip that phase it would be so nice.

AS: My nephew is in middle school right now, he's 12 years old and I adore that kid so much, because he's like an actually-like real human now. He has like real human thoughts and everything, and he can tell jokes that are like actually funny, and I can have a real like grown up conversations with him about grown up things, of course, not like super adult things, but like grown up things.

AS: It's the coolest thing because I've known this child, since he was just a little tiny baby, fresh out of the womb, and now I'm having real conversations with him and he's making me laugh, and he told like an actual real joke, the other day. Um, my dog is fixed and his favorite toy is a ball and I said something about Oakley's favorite toys being balls, and he was like "yeah that's

because he doesn't have any" like I laughed so hard at-that's the best joke he's ever told in 12 years and I said you're my best friend now. Maybe it's because I am a 12 year old boy, Amanda I don't know.

SL: The camp I work at, the middle schoolers were always my favorite to work with. Just they're so weird it's so cool. Like I had a kid, like catch a squirrel and he tried to offer it to me, and I'm like "no I'm good" he's like "no take it" I'm like "no, you can you just let it go" he's like "okay." The squirrel was just sitting like in his hand like "what the heck"

AS: Dora, do you have kids?

DO: No, I don't have kids. I just work so much, I don't have kids. But I have too many niece, um very I think that they children on this day are very grown up, very adult.

SL: All right, I want to be Dora when I grow up.

LG: I can relate to the weird summer camp stories where I'm like "you did what?" Like being a counselor. Like okay-like I had these the this-this girl in my cabin, who really like this boy, and all of her friends were like "Oh, are you going to kiss them, are you gonna kiss him?" and they were like making a big deal about it, like they wanted to witness that kiss and I-I knew I am-I've been friends with this boy for a while, like I've known him and his family for a while, so I just walked up to him and was like "I'm gonna just put it out there, that you, you shouldn't kiss her unless you want to kiss her like don't don't do anything you don't want to do man like don't don't get pressured in by by middle school little girls because they're very good at doing that".

AS: Yeah, they're terrifying.

LG: And it was awesome because he was like I needed that, and I'm like yeah any-any more girl advice you can come to me, I have, I can help you.

SL: Here's the thing the boys are just weird, middle school girls are mean and terrifying.

LG: Yeah.

SL: They will come at you, with everything they got, and just sit with the straightest face.

LG: Well, I've had a girl spray-so because of COVID, we had to spray everything down after each use, I had a girl that I thought I could trust to do it turns out, no one gets to touch lysol but the counselors. Um, cause she-she got frustrated and just sprayed another kid in the face with lysol and I was like "I'm gonna get fired". It was-it was bad.

SL: They ran towards a bear, like so we have a hike day and there was a bear that came like sprinting at them and they're like "dope a bear, I'm gonna run at it" you're like no no stay put this bears probably drunk on hand sanitizer because it got into the hand sanitizer."

LG: Well we've got two minutes before our time is up, how's everybody feeling?

AS: Hungry.

LG: Yes.

DO: Sleepy, for me, yes.

AS: I'm sleepy too. What time is it in Venezuela, Dora?

DO: Now, it's nine past...fifty.. Three hours more than vertical or cholera. Three hours more.

AS: Oof. Thanks for staying up with us.

LG: Does anybody want to add [cut off] Oh, go ahead.

AS: Oh, I was just gonna say we really enjoy having you in our group Dora, we like you a lot!

DO: Yes, I like-I like the group I enjoy with you. All of you.

LG: All right does anybody want to add anything before we sign off? Okay, I'll see you guys next week.

AS: I'm not gonna be here next week.

LG: Okay, I will see [cut off]

AW: Oh I'm not either.

SL: I'll be in San Diego, but I'll be here.

LG: All right, so I will...alright.

AW: Have fun.

LG: Bye.

DO: Bye bye.