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# Letter from the editor.

Times are changing rapidly, and now is a better time than ever to go with the flow, open your mind and heart to new possibilities and look to the future as we question where to go next. Plans may not be the same as they were a few weeks or months ago, but if college has taught us anything, it is that change is something to embrace rather than fear. Check out the Summer Guide for ideas on how to do just that: embarking on a summer adventure, trying something new or reinventing how to take care of yourself in a strange environment. The world is evolving, and so should you.

Stay safe, and enjoy!

Skyla Patton

# Keeping Up With Self-Care

Written by **Shannon Enriquez**

In the midst of a global pandemic, health is more important now more than ever. Health and wellness is discussed tirelessly, but often neglected when the time comes to actually care for yourself. Hidden by excuses of not having enough time, nor the resources to practice wellness and self-care, both necessities are put off. Now that we have the time to practice new habits and learn fresh hobbies in quarantine, self-care should be at the top of everyone's to-do list.

Self-care can mean something different to everyone. Finding your niche and what helps you to relax is key. Something about online shopping is oddly therapeutic. Whether it be the endless scrolling or the mimic of window shopping, online shopping calms me down and helps spark my creativity. The best part of online shopping is that you can physically buy the items you're looking at, not just leave them

in your shopping cart. Treating yourself once in a while to a new toy or treat can help take your mind off of stressors in your life.

While online shopping helps to pass the time during quarantine, social media has taken an almost essential role in all of our lives. Rather than scrolling Instagram, searching recipes for a homemade facemask or skin treatment is more focused and beneficial. Most recipes are quite simple, only requiring a handful of ingredients, making your self-care journey more attainable. Whether it be making facemasks, or tie-dyeing your custom tracksuit, getting off your phone and physically making something is not only rewarding, but also makes you focus on that exact activity. Self-care comes in all forms, so experiment with different activities to find one that works for you.

Quarantine has been exhaustingly repetitive and everyone is anxious for change.

Many have been making that change themselves by cutting their hair. But, if you're like me, scared to touch your hair without your hairdresser next to you, doing something small can make a big difference. Starting with a trim is a perfect first step, keeping your hair clean with an easy trick. Start by sectioning off your hair into four sections, with hair ties at the lengths you wish your hair to be. This makes it easier for you to have hair of equal lengths. After your hair is in four sections, begin cutting vertically, going along with the natural direction of your hair. Cutting your hair does not have to be scary—it grows back! Go slow, take small steps and just have fun with it to relieve some pressure and stress.

Although the world is at an unusual place in time, remembering self-care and wellness will help to make this time a little easier on yourself.



Written by **Kate Bossi**  
Photographed by **Isaac Wasserman**



# Cooking Cravings At-Home

Being away from Eugene for the summer means craving the classics from all the delicious eateries in Lane County. This article will tell you how to recreate some of your classic cravings from popular restaurants around campus. Including media phenomenons and tips and tricks on how to navigate cooking/drink mixing for yourself from the confines of your own home.

## Tacovore

To recreate Tacovore's Crispy Tofu taco, you will need to start with warm corn tortillas.

1. For your tofu seasoning, mix **cornmeal, chili powder, cumin, salt, garlic powder, and pepper** in a bowl then generously coat the tofu in the seasoning. Cook your tofu on a skillet on medium heat.
2. To go along with the tofu, you can make a sauce with **scallions, cilantro, and yogurt** in a food processor. Once that is done, you can start building your tacos.
3. Start with the tortilla, then add the sauce and tofu on top. Then, you can add toppings to your liking; **cheese, lime juice, salsa, and avocado** are delicious additions.
4. These crispy tacos will make your mouth water. Not only is Tacovore loved for their delicious tacos, but also for their drink menu.

A drink inspired by Tacovore that you can make right at home is a Agua de Jamaica, which is a refreshing hibiscus tea. You'll need to start by boiling water with sugar, cinnamon, ginger slices, and a few allspice berries. Once boiled, steep the dried hibiscus flowers and let sit for 20 minutes. Then, you strain into a pitcher removing the used spices. Add more water to the pitcher until you fill it to the top. Add some lime juice for a punch-like flavor, then serve over ice with a slice of orange or lime.

## Sweet Basil Pad Thai

Sweet Basil's Pad Thai are pan fried noodles tossed with egg, bean sprouts, green onion, and ground peanuts.

1. To recreate this dish, you'll need to start by whisking **fish sauce, brown sugar, soy sauce, lime juice, and crushed red pepper flakes** until blended.
2. After you mix your sauce, you will want to start cooking your noodles. Heat a skillet over high heat, add oil, then cook your choice of protein. Then, add and cook any veggies if you choose, broccoli and jalapenos are a tasty addition.
3. Push your vegetables to the side of the pan and cook the **egg** on the other. Scramble the egg. Then you'll want to add everything which includes the **bean sprouts, green onion, noodles, and sauce** together.
4. On top, sprinkle **grounded peanuts, lime juice** and extra red pepper flakes if desired.

## Coffee Plant Roasters

Coffee Plant Roasters has a must-try house made chai tea which is served hot or cold with milk.

1. Place **cardamom pods, black peppercorns, whole cloves, ginger, water, cinnamon sticks, allspice, brown sugar, anise, vanilla bean, and nutmeg** into a saucepan over medium heat and boil.
2. Reduce heat and let simmer for 15 minutes. Then, add **black tea bags** and let steep for 5 minutes. Let the concentrate cool.
3. Mix equal parts **chai concentrate** with **water or milk** to make a chai tea. I recommend using oat milk because it's healthy and makes your chai thick. On their breakfast menu, their avocado toast is a fan favorite.
4. Start by toasting a piece of sourdough bread. Then mix together **whipped ricotta, lemon oil, chili, grated yolk, everything spice, radish, and herbs** in a bowl. Once the toast is done, spread smashed avocado onto the slices. Then place the mixture on top and enjoy!



Bonus Drink Recipe

# Socially Distant

# SUMMER ADVENTURES

Written by **Siena Dorman** Photographed by **Isaac Wasserman**



**S**urely this summer cannot pan out the way we once anticipated, but if you have an itch to travel, safe options are still available. With many adventures cancelled, it's easy to feel discouraged and as though you're left without many options, but this is also an opportunity to get outside and enjoy the plentiful array of beautiful sites here in Oregon. Thanks to the variety of activities in our state, summer does not have to be spent at home. An adventure can be found in your backyard.

Social distancing is undoubtedly easiest to respect when avoiding physical human interaction entirely. For this reason, road trips are one of the greatest ways to discover Oregon this summer. From Eugene there are several routes to Bend that are breathtaking and are the perfect opportunity to drive through rich forests, winding roads, surreal bodies of water and through beautiful tunnels. I've found the Santiam Pass to be my favorite route. At 128 miles it's the perfect trip for a day or weekend. The destination is in and of itself a beautiful reward. Bend has plenty of spots to try out new outdoor activities. At the Bend Whitewater Park there is a great spot for river surfing, floating and kayaking.

Trail rides and running trails are liberating ways to connect with nature. While COVID-19 may have stopped you from discovering new states and countries, Oregon certainly provides enough options to come upon new trails. Only an hour drive from Eugene, McCredie Hot Springs is a great option for a quick hike and a relaxing experience in a natural hot spring.

Fortunately, Oregon also has plenty of beaches to visit. The beaches of Oregon are perfect in the summer. Seaside, Newport Beach and Cannon Beach can be exciting opportunities to get away and experience some new scenery. Pack a picnic, some games or a book and enjoy the fresh air. Day trips to the beach never get old and there is plenty of space on the coast to maintain a safe distance from others.

If you're seeking out a local experience, the local parks in Eugene are lovely places to pull out some badmitten, your yoga mat, or a small speaker and enjoy the summer weather. Alton Baker Park and Washburn Park are among my favorite locations.

Summer is the season of delicious fruit and Eugene is home to many local farms. J & M Farms hosts beautiful strawberry fields and Adkins Blueberry Farm is a friendly place that has enough berries to last you all summer. Both of these spots are U-Pick so it gives you a nice way to spend the day outside and you'll go home with affordable buckets of fresh fruit as a bonus.

If you're longing for the days of going out to the movie theaters, the Newberg drive-in theater can offer an exciting alternative. Every night the drive in allows up to 200 cars to enjoy the theater experience, simply e-mail the drive-in ahead of time and they'll count you in.

And of course, the quintessential social distancing getaway—camping. Whether you choose to find a campsite off the beaten path or have space in a backyard, pitching a tent is a peaceful chance to pack up and get out of the house. If you find a campsite you can pack some hiking shoes, fishing poles, binoculars, and your bike for a weekend away. Don't forget to leave no trace and bring an extra bag for garbage!



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# Summer Lovin'



Tired of being stuck at home alone? Pandemic making you rethink your end of the world plan to defend your makeshift shelter by yourself? It might be finally time to consider dating again. But before you rush out there and invite the first person you see to do some COVID-kisses, consider these potential alternatives to surviving the end of the world as a ready-to-mingle single.

Written by **Lauren Bruce**

Rent a giant plastic bubble (similar to a hamster ball) and invite your date to do the same. Not only does this keep you and your date safe from exposure, but it also relinquishes either of you from the awkward “do we hug, shake hands, or not touch” moment when you first meet up.

Budget too tight for bubbles? Cut a slit in your face mask just below where your nose rests. If the date goes well and you get permission to kiss her on the cheek, your mask will part right at the mouth to release your ready lips.

Pick a crowded area to hang out with your date, and show your bravery by touching as many things as possible with your hands and face. This not only will improve your own ability to fight off illness, but will show your date that you will risk anything to impress them. Bonus points if you get permission to touch your date’s face as well.

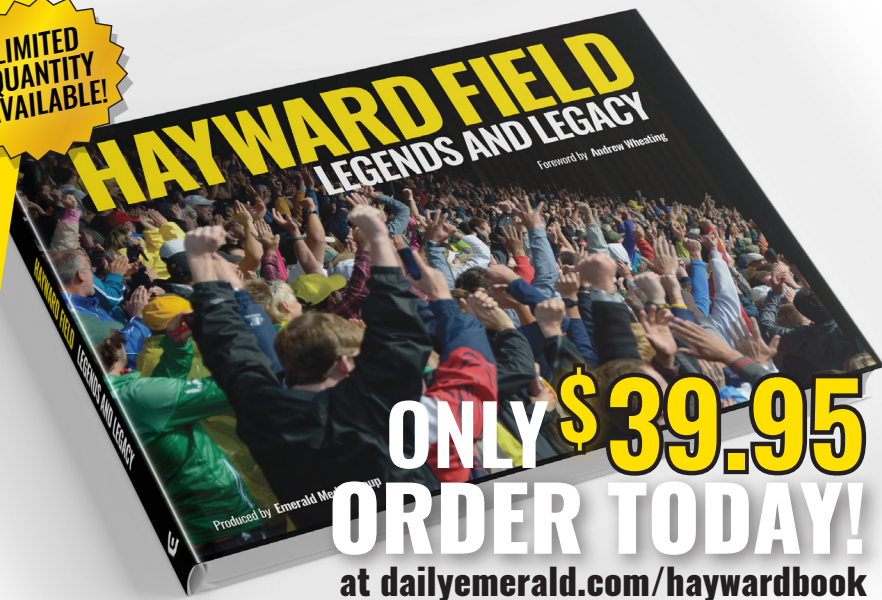
Having trouble finding a date? You can delete those awful dating apps now! Pull out a phonebook or your mom’s old rolodex and start dialing. You’re bound to find someone as lonely as you are at this point. It’s like blind dating, but for the modern man. Alternatively, step outside your door onto your porch or balcony and just start screaming. The first person to ask if you’re alright may turn out to be your date for the night.

Ready to take the next step? Nothing will test a relationship better than being quarantined on the first date. It’ll be like that Netflix special, *Love Is Blind*, but you only have one option! (Boy was that show ahead of its time).

Once you’ve found your love companion, be sure to text your parents immediately, and propose marriage as soon as possible. There’s no reason to wait, in fact, the sooner you’ve found your mate the sooner you will have someone to sit quietly nearby so you can fill your social interaction quota while you play *Animal Crossing* late into the night.



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# Little Gardening For All Homes

Written by **Skyla Patton** Photographed by **Emma Nolan & Vanessa Marach**



### Start a garden any time, anywhere

Gardening is a classic way to destress, enjoy the rewards of producing your own food and have fun all at the same time. With the recent uptick in free time, many new green-thumbers are emerging to get their hands dirty in the world of gardening, but might not know where to start. Here are some beginner tips on getting your garden started wherever you are.



### Apartment or Tiny-House Style

Just because the space is small doesn't mean there isn't room for plants (trust me, you can make it work) Container gardens or herb windows are great ways to dip your toes into growing your own food without taking up too much surface space. Organizers such as mason jars with drainage in the bottom or flower pots with drain trays can allow you to have a plethora of indoor grows like basil, cilantro, chives or even bigger produce such as baby onions or carrots. Look for premade "tiny-house" gardens in local department stores or garden sections; with the rise of minimalism, gardening follows suit!

### Rentals or Shared Spaces

Following lease guidelines or roommate agreements is not to be trifled with, but don't let that get in the way of starting your green thumb. If you have a communal space such as a balcony or walkway, politely ask roommates or whoever shares that space if there are any plants they'd be interested in as well or if it's OK for you to use that space. Most people will be thrilled at the prospect of fresh food, and even one or two terracotta pots on a balcony can allow for a tomato plant or some salad greens. If you're renting, opt for smart pots (durable garden cloth with handles) or containers that you could transport or move around if need be.

### Community Gardening

No outside space? No problem! Eugene and Springfield are inundated with shared community gardens that allow you to get your hands in the dirt outside of your home. Eugene's city website has information on available garden plots and how to apply, or check out the GrassRoots Garden and Youth Farm promoted by Food For Lane County. For Springfield folks, there are a ton of resources available at [springfieldcommunitygardens.org](http://springfieldcommunitygardens.org).

### Local Resources for Getting Started:

- The Eugene Backyard Farmer offers several classes for beginner gardeners and homesteaders interested in an urban lifestyle. Conveniently located downtown, their store boasts soil, starts and everything one might need to get something started outside.
- Lane's Learning Garden Club boasts a plethora of resources for all skill levels, including education on sustainable and organic gardening in all spaces and backgrounds. This unique garden space also teaches interested members about agriculture, permaculture and basic organic gardening.
- Fox Hollow Creek Nursery, Pierce Street Gardens and Down to Earth Home and Garden are all locally-owned and operated must-stop places when you're beginning or enhancing your gardening adventures. Whether you're looking for a new house plant or to revamp your veggie or herb garden, these places will have wide selections and friendly faces to boot.

### Gardener Tip

Make sure to read the back of your tags to avoid planting things too close together!

It's very easy to fill your cart with cute, little plants but your garden plot will be overflowing in a few weeks. And, you may have to choose a plant to sacrifice.



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