

DUCK LIVING

STUDENT HOUSING & LIFESTYLE MAGAZINE



Ways to cope and stay cozy this term as we live through history

NEW YEAR

NEW "WE"





LETTER FROM THE EDITOR,

It's safe to say that we're all a little exasperated with living in "unprecedented times," but until things are preceded again, the best we can do is keep moving forward with our heads and spirits high. The combination of cold-weather, winter classes and COVID seems like a spell for disaster, but don't worry: we're here for you! In a world of separation and distancing, it's key that we remember our togetherness in spirit and move forward as a collective "we" into the new year. Let's change these wasteland vibes to more of a winter wonderland. Check out this issue of Duck Living for tips on enjoying the outdoors even in the cold, keeping your house nice and cozy, and how to look back on the terror that was 2020 with rose colored glasses. Stay safe out there folks, and stay positive! (But, not COVID positive. Oh, you know what I mean.)

Skyla Patton

STAFF LIST



For all of our up to dates

publications visit:

dailyemerald.com



PRESIDENT AND PUBLISHER

Bill Kumerth

VP OF OPERATIONS

Kathy Carbone

DIRECTOR OF SALES & DIGITAL MARKETING

Shelly Rondestvedt

ACCOUNT EXECUTIVES

Stella Kalomiris

Lily Teague

Amy Menendez

Fritz Hergenhan

Patrick McCumber

CREATIVE DIRECTOR

Sam Rudkin

EDITOR-IN-CHIEF

Skyla Patton

WRITERS

Siena Dorman

Skyla Patton

Shannon Enriquez

PHOTOGRAPHERS

Isaac Wasserman

Isaac Wu

ART DIRECTOR

Emma Nolan

DESIGNERS

Isaac Morris

Kate Bossi

Vanessa Marach

Daniel Avina

Switch up your space!

Written by **Josiah Pensado**

Winters in Oregon are always something to dread, even for those of us who have lived here our whole lives. The rain, cold temperatures and sunsets at 4:30p.m. always seem to test our patience, especially with all the things happening in the world right now. And since we are spending more time inside this year, why not make your room more comfortable and warm?

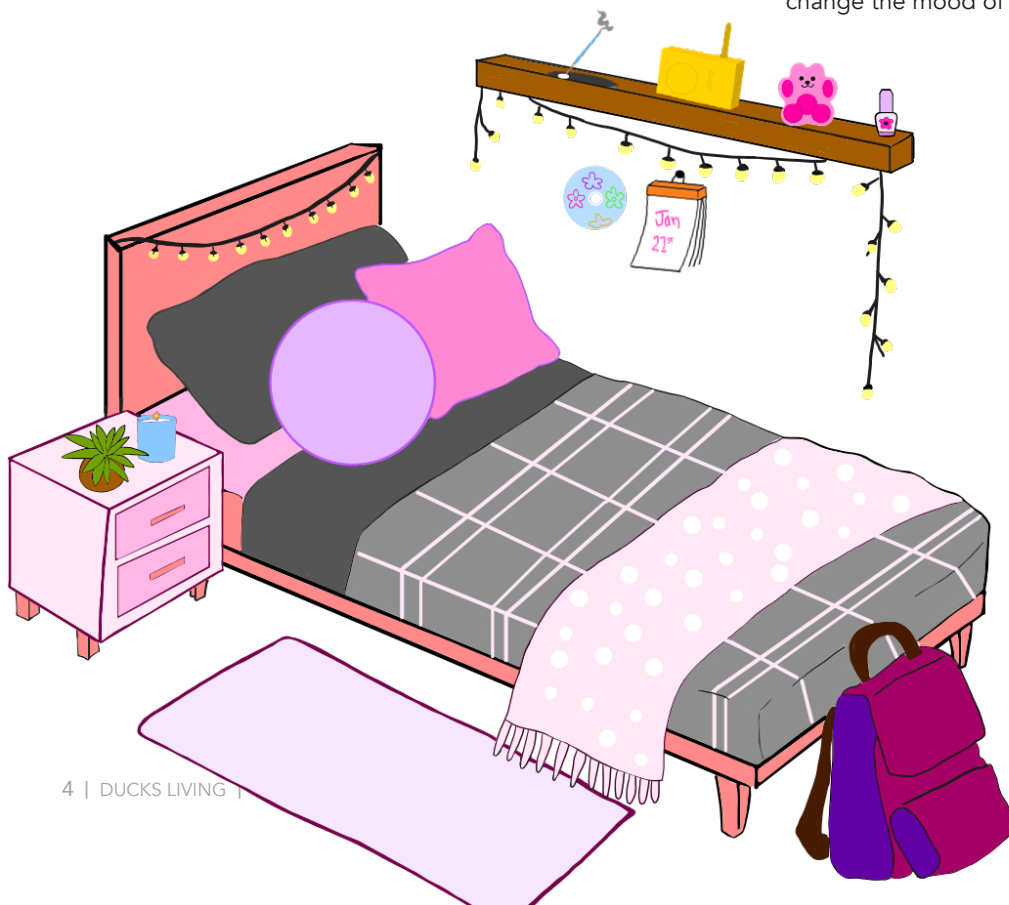
There are many ways to spruce up your living space for the winter without breaking the bank. One of the easiest ways to do so would be adding string lights to your room. It's a relatively cheap way to add some flair to the space, and once you are done with your lights for the holidays, you can simply hang them up around your home. All you really need is some command strips and hooks and you should be set.

Another great way to make your living space brighter would be a salt lamp. A himalayan salt lamp can add some much needed ambiance to your room, especially once it starts to get very dark. With its very alluring orange glow and aesthetically pleasing appearance, salt lamps are a great addition to one's room. An added plus would be the salt lamp's orange glow, if you have trouble falling to sleep at night, you can turn this on a couple hours before you sleep.

If smell is a strong sense for you, another great addition to one's living place would be incense sticks and/or scented candles. These would be perfect to help get you through those long days of classes, or long study days. The wide variety of scents that both of these can provide can really help bring a room to life and create a very warm atmosphere. What is nice about both of these would be the fact that they are relatively inexpensive and can be a nice alternative to keep your electricity bill down. If candles or incense don't strike your fancy, another great way to change the aroma of a room would be a diffuser. Diffusers offer a wide variety of smells and can even help dehumidify a room.

Not into the fairy lights or essential oils? Simply reorganize the furniture in your room, or, add a new statement piece to your room. Whether it be adding a new chair, a bookshelf, or even removing old furniture all together, shifting is a tried and true way to revitalize a room.

As added decor, posters are a simple and effective way to add personality to any room, and can bring a nostalgic vibe. Alternatives are tapestries or even a neon sign. Throw pillows and blankets would be a great addition to any couch, as would setting up rug in your home. If you are looking for something less visual or smelly, a new sound system never disappoints and can help get you groovin' and movin' as a fun bonus during the winter blues. Anything from a record player, bluetooth speaker, or simply connecting Spotify to your TV, music can always change the mood of a room.



TIP: Your bed is a huge part of your room. Pillows, throw blankets and comforters

Written by **Josiah Pensado** Photographed by **Isaac Wasserman**

SUSTAINING SUSTAINABILITY

How to keep your space (and you) warm without skyrocketing the electricity bill.

As the temperatures in Eugene get lower and lower, our heating bills seem to get higher and higher. But there are a lot of ways to mitigate these high electricity bills.

A tried and true classic to keep yourself warm over the winter would be more layers. Your feet and hands will cool down faster than the rest of your body, so keep them warm! A cozy sweater, fuzzy socks, or knit beanie are all accessible and comfortable ways to keep yourself warm without busting the bank. You could also invest in a new fuzzy blanket or throw to have handy while at home, or stock up on reusable toe and hand warmers.

If you have one already, ceiling fans help circulate the already warm air, and a lot of ceiling fans have a reverse switch which makes the blades turn clockwise. This will keep the warm air down instead of up, and will help circulate the warm air around your living space. If you have a fireplace, it would be advantageous to close it when it is not in use, and seal up the other vents so you can keep the cold air from coming in. Depending on your situation, it can also be cheaper to heat a home or room with wood stove heat rather than electric (easier is not always better!).

Another great tip would be closing doors of unused rooms and even finding a way to seal the bottom of said doors. You could use anything from a towel to old laundry to keep the gap below your chair sealed—we're not judging. If you have a lot of windows in your living place, keeping a temporary plastic seal on the windows can help provide more insolation. Another handy tip would be to open the blinds when the sun is out. More often than not, dirty heaters can lead to inefficiencies when trying to use them. Try dusting them every so often to ensure maximum efficiency. Furniture can also obstruct the ventilation, so it would be in your best interest to make sure nothing obstructs the vents.

If you are interested in other ways to maximize efficiency this winter, some great ways to do that would be in the kitchen. Tupperware is your best friend in this regard. Meal prepping and cooking large quantities of food (rice, chicken pasta, etc...). It is also advisable to keep your freezer and fridge temperature at an appropriate level. If it is too cold, food can be a pain to defrost, and if it is too warm, it will simply go bad. With these tips in mind, you should be able to keep your heater bill down, and be cozy all the while.



Written by Siena Dorman Photography by Isaac Wasserman

COVID IN THE COLD

How to stay cozy while maintaining social distance

The frigid and often rainy weather has settled into Oregon and the COVID-19 pandemic is still a very real obstacle in our lives. With seemingly few options, it may feel as though we are running out of things to do that don't involve hunkering down inside. However, there are still simple, safe, and responsible ways to enjoy your free time.

First and foremost, be prepared to brave the weather. Ensure that you have layers that will resist holding in sweat and keep a warm top layer that, ideally, is waterproof. On the other hand, if your closet is packed with a few too many long sleeves, coats or last season's winter gear, consider sorting through your wardrobe and donating warm items you no longer have use for. There are plenty of individuals and families that need warm items this time of year. The unique challenges presented by the pandemic can make affording sufficient amounts of warm clothing especially difficult this year. There is a Winter Clothing Drive hosted by the Catholic Community Services of Lane County or other organizations like St. Vincent Depaul and Goodwill.

When you find yourself hungry and looking to shake things up, it's a great idea to grab some take-out at a locally run restaurant, bakery, or cafe. Ordering out is one of the best ways to safely ensure that the small businesses of Eugene stick around—they're woven into the fabric of our community and these places rely on the community's business. Plus take-out is an exciting way to mix up your diet. Do be sure to tip well. Those who are out working are doing so because they need to and giving gratuity should be common practice these days. 20% is my rule of thumb but give whatever you can at check out.

Also, hitting up local grocers like Sundance, New Frontier Market, Capella Market or The Kiva is a nice way to get out of the house and provide business for these markets. Another benefit to shopping local is that small

grocers provide more local and sustainable produce.

Looking for a computer break? Stretch your legs and try out a walk through Autzen or campus. There are plenty of routes to take on and it's easy while outdoors to maintain a safe distance from others.

The weekends may provide an opportunity to go beyond the borders of Eugene. Mt. Hood and Mt. Bachelor both have beautiful locations to dust off your snowshoes and experience the charming snow. If you'd rather, the lifts are running and the snow has been great for skiing or snowboarding—masks required!

If you're keeping it local, outdoor bonfires are the perfect way to warm up and enjoy the outdoors. Grab your roommates, blankets, some s'more and hot chocolate ingredients (I highly recommend sunflower butter chocolate cups), throw together a playlist and gather around the fire. As long as there is a safe place to light some wood, you're good to go. Solid alternatives include rallying around the fireplace or roasting some 'mellows over the stove. It's all about finding the safest accommodations.

Parties are out but themed at-home hangouts are... in? With a little imagination and a quick trip through your temporarily retired "going out" clothes, you can turn your home into a mini soiree. Pick a theme and run with it. My house has tried out a black tie event for five, cooking night, collaging & drinks and game night. Turn on a fitting movie, make a formal menu, call up some dearly missed friends via video chat, and give yourself an excuse to dress up. You and your covid circle can camp out in the living room and make the most out of it.

Regardless of what adventure you take on, staying safe remains the priority. With a few thoughtful measures to protect yourself and others, the Oregon winter still provides ample opportunity to have some fun and to take on new experiences. Getting outside, making some plans,



plan the perfect

📍 STAYCATION

The difference between an average post-work night spent watching television and an in-house vacation is the intention and preparation you put into it.

Written by **Asha Abrams**

PICTURE THIS: winter break 2021. You're dozing on a sunny beach, thawing by the fire in a ski lodge, or jamming out in your best friend's car on the road trip you've always wanted to take together, content and vaccinated. In these challenging times, it can be a good self-care activity in itself to plan the perfect vacation for when it is finally safe to do so. However in the meantime, we all deserve a COVID-conscious break from the world to relax and escape the everyday stress of our routines.

You can choose to stay local and give yourself a mental break, think of it as a vacation in spirit. Social distancing mandates that we spend free time inside our homes. The difference between an average in-house vacation is the intention and preparation you put into it. Choose a set amount of time devoted to your staycation and clear your schedule of ordinary responsibilities. The first step to a successful staycation is preparing your space. By putting in a little extra work cleaning your house before your designated "vacation" from life begins, you can create a hotel-like atmosphere to relax into. Go grocery shopping to stock up on some extra special treats and research a new restaurant you've never tried to order takeout.

Unplug and Relax

The point of a staycation is a break in routine, so if you are someone like me who has fallen into the habit of filling boring quarantine hours with more screen time, why not try to unplug for a bit? Give yourself permission to indulge in a hobby you might ordinarily lack the time for. For example, I've recently rediscovered how satisfying it is to snap in the last piece of a jigsaw puzzle. With class and work on the computer and guilty pleasure Netflix binges on the TV, give your tired eyes a break! Beach reads need not be saved for the beach (did you know that the University of Oregon library has an extensive popular reading collection and pickup window for holds?!) so try getting lost in a dramatic story, or listen to an exciting audiobook while walking around your neighborhood.

Spa Day

At this point, I think every single person could use a solid twenty-four hours devoted entirely to self-care. Transform your space into a spa retreat for a day by dimming the lights, playing peaceful music, and lighting candles or an essential oil diffuser for aromatherapy. Treat yourself to a store-bought face mask or make one yourself! There are so many simple recipes you can find that use ingredients you'll have on-hand. You can make such an easy exfoliating scrub just by mixing equal parts of sugar and coconut or olive oil. Give yourself a mental pampering as well by following along with guided meditation and yoga videos.

Bring 'Abroad' to Your Living Room

Blast Copacabana, turn on some party lights, and pretend for a night that you've teleported somewhere warm and vibrant! Ordering in from a restaurant you've never tried before and putting extra effort into making fancy drinks is a great way to imitate the exposure to new and different experiences we seek when we travel. Pina colodas are super easy to make, delicious, and make you feel about as far from dreary eugene weather as you could get. All you need is frozen pineapple chunks, rum, and coconut milk. For 3 cups of pineapple, you would use 2/3 cups of coconut milk, and as much rum as you want. Blend it all up, add some ice if it's too thick, and enjoy! If your dream vacation involves partying on the beach with your closest friends, get them in on the action—pass along the drink recipe, and host a zoom party, playing drinking games and brainstorming plans for what you'll do on a trip together.

Seek a Change in Scenery

Absolutely can't stand the sight of your own walls? Living in the Pacific Northwest, we are so fortunate to be surrounded by nature and many opportunities for adventuring. In Oregon we are only a few hours drive away from both the coast and mountains. For a change in pace and environment, take a day trip to walk along the beach or to explore snowy forests up on the mountain. You'll need to brave the winter weather with a thermos full of a hot drink and layers of warm clothes, but numb toes at the end of an exciting day outdoors can be well worth it. A great university resource you might not know about is the Outdoor Program Rental Barn, located on the corner of 18th and University Street, currently open for COVID-safe reservations and curbside pick-up. They offer inexpensive rentals for all sorts of equipment you might need for an outdoor winter adventure including snow shoes, ski jackets and even camping stoves.

TIP: Virtual tours from the Taj Mahal to New York City are available online