

Audio transcripts

Embrace your environment

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I'm Tamara Luna. I work at the University of Minnesota Crookston as a lab coordinator. I'm an alum.

Growing up in Crookston, water around here has always played a part — I feel like in everyone's childhood. Going to the lake on the weekends when my mom was off or when we had time and going swimming and you know we have five kids and a single mom so it was like--let's just go to the lake. We'd just bring some food to grill out and you know - it's pretty cheap. Then just let the kids run wild. It was always a good time at the lake.

Actually in my adult life, I like to try new things and I feel like the best way to get the most out of any environment is just to embrace that environment. And so there are a lot of lakes, there's a lot of ponds, rivers and so that's why I was like I'm going to try kayaking, tubing, spear fishing, ice fishing and stuff like that. There's always some kind of water activity that we're going to do.

I lived in Texas and they don't go to the lake. [laughs] They don't go to the lake in the summer. If it's hot out, if your building complex has a pool, that's good but other than that it's just--let's stay inside. [laughs] It's just a lot different.