

25 July 2007, 11:00 a.m.

I first met Jessica at a wedding reception I attended with my host family my first night in Lakeview. She told me she worked at the Extension Office, so I've seen her around ever since and interviewed her while we were both there to get a perspective of Lakeview from someone who is my peer.

Allegra Gordon: So what's one of your favorite foods?

Jessica Frank: One of my favorite foods... is probably steak.

AG: You get a lot of that here?

JF: Oh for sure.

AG: How often do you eat steak?

JF: At least once a week if not more.

AG: Do you get it at the Lakeview Lockers or?

JF: Um, we, there's, there's a really good kind at Safeway it's Rancher's Reserve? That's really good to do? And also our family usually invests and buys either a whole, or half beef. Um, usually from town people around that we know and so we just freeze it and keep it.

AG: Does your family ever hunt?

JF: Um, they used to. Not anymore. My dad doesn't hunt anymore, um. I have brothers who hunt still though, so.

AG: What about one of your least favorite foods?

JF: My least favorite food? Um [pause] My gosh. My least favorite foods are donuts. I hate donuts. Um, yeah.

AG: Are there any donuts in Lakeview?

JF: There's, yeah there are! There's a couple bakeries. Um, and I guess they're really good as far as donuts go, but I can't stand 'em, so [laughs].

AG: So what about for your evening meal yesterday, what did you have? Do you remember?

JF: I had homemade macaroni and cheese.

AG: And who made it?

JF: My mom made it! [laughs]

AG: Does she do most of the cooking?

JF: She does do most of the cooking, yeah.

AG: What kind of stuff does she make?

JF: [laughs] Um, we eat, she tries to keep a lot of protein in us, so we eat a lot of like, steak or any other kind of meat we can get. Hamburgers, um, she makes burritos, lasagna, like I said yesterday was macaroni and cheese. She'll make stuff like mashed potatoes with 'em, and vegetables, and that kind of stuff.

AG: So would you, is your family or are you personally concerned with health?

JF: Um, yeah, right now because we're having some health problems in our family so we're trying to kinda keep everyone's diet you know? Pretty, um, covered, like in getting everything we need and stuff like that, so.

AG: Yeah. Do you think Lakeview in general, do you think people are concerned with their health?

JF: Um? I do. It's a lot easier to be health-conscious with food in Lakeview just because of the lack of like fast food restaurants and stuff like that? So you kinda have to utilize your grocery store and stuff like that. So it's easier to be healthier, so I think people are.

AG: Do you go grocery shopping with your family?

JF: I actually do the grocery shopping.

AG: Oh you do?

JF: Yeah I do. That's my job when I'm home.

AG: Do you, do they have any requests or do you just kind of, "This is what I think we should have?"

JF: It's always a list, there's always a list. Um, and there's always meat on the list. I mean, can't have enough meat in my house, so. [laughs]

AG: So, are there, do you have a favorite restaurant in town?

JF: Um, I'm not sure, oh yeah I do! It's the Happy Horse.

AG: Oh ok, how often do you go there?

JF: Um? I like to go once a week. Um, on my lunch break I try to meet up with people there. I try not to eat out too much just cause the expense, but, that'd be my favorite spot.

AG: Do you have like a regular thing that you get?

JF: I get the same thing every time. Half turkey sandwich. Every time. Yeah.

AG: What about, are there any restaurants that you wish were here that aren't?

JF: Oh wow. Um, as bad as it is, I'm a Taco Bell fan. I wish we had a Taco Bell so bad and it's probably better for me that we don't. Um (Bry: Oh me too!) [laughing] Um, and I really like Olive Garden too, but I know that it would, both of those things would be so out of place here, so it's understandable that we don't have that type.

AG: Where do they have Taco Bell and Olive Garden? Where do you go?

JF: Well, I go to school up in the valley, and so- by Oregon State I go to Western- Um, so there's always stuff up there.

AG: Do you ever drive, like around here do you go to Klamath or anything for food?

JF: Yeah, um, actually I just took a trip with a friend. We went to Klamath and that was one of the big deals it was like, 'Well where do we get to eat? We get to choose anywhere we want to eat' and we ended up eating at Taco Bell [laughs]. Like of all the things we could have had, but.

AG: So would you say, do you ever go just for the food or is it more of a, "Oh well I'm here so we'll eat while we're away?"

JF: Um, "I'm here so we'll eat," I mean I don't think I would ever go that far just for food.

AG: Do you ever go over there to grocery shop? Do you ever have a hard time finding what you want here?

JF: Um, sometimes it is hard, I mean eventually if you wait a couple weeks they'll get your stuff in it kinda cycles, so, I've never gone anywhere else to grocery shop, like gone out of town and I don't think I would.

AG: Does anyone in your family? I've heard a lot of people in Lakeview go over to the Walmart there and stock up once a month.

JF: Yeah. Um, if we're over there, I mean we don't go for that specific reason, but if we're over there, I mean it's definitely nice to be in a big store. Things seem a little bit cheaper, maybe they're really not, but yeah, and exactly, stock up.

AG [05:22]: So when you go there why do you go?

JF: Um, we go there [pause] um, not really for grocery shopping, but other types of shopping. Like, I dunno clothes, I remember earlier this summer we had to make a trip to Home Depot because we can't get that kind of stuff here. Cause we're remodeling. I go to the book store a lot when I go over there and stuff like that, so.

AG: So back to the food system here- what are some things that you appreciate about any, anything about the food? Any restaurants, or local foods, Meat Locker, anything like that.

JF: Um, it's really nice to have a meat locker here because you know that if you want good, fresh meat, and it also is nice cause it's supporting the local economy, it's good to buy from them, but it's nice to have that there so that it is available and, we don't have a lot of things available being so, secluded from everything else, but that is one thing is, we can get is meat. So it's nice to have that kind of spot.

AG: Is there anything that you don't appreciate about the food system? That you dislike about it? [Phone ringing, JF answers]

JF: So what was it? I'm sorry.

AG: Things you don't like about the food system here.

JF: Um, it seems like there's a lot of the same things. Um, I was actually really upset when they put a Subway in because we have, or we had, one of them's actually closed now, we had two local sub shops, so it's just, it seems like there's not a lot of variety? Um, which you can definitely live without, but [interruption]

AG: So not a lot of variety.

JF: So I guess it's just a lack of variety and the fact that if people do wanna open up a place, you'd think they'd try and fill something that we don't have, but.

AG: So, your household, how, what are the different ways you get your food? Do you go to the grocery store?

JF: Grocery store and then, um, maybe once a year we will purchase um, just from a real local cattle a whole or half beef. That's pretty much it. We don't grow anything.

AG: Yeah, what about in the past? Has your family ever been involved with growing or selling or anything like that?

JF: No.

AG: Did you do 4H or anything?

JF: I [laughs] actually yeah I did do 4H. My brother and I both did 4H and FFA and we raised pigs and sold that so I guess that, would definitely count.

AG: But that's pretty much everything?

JF: Yeah.

AG: Can you think of any stories related to your family and food? Or do you have any special family recipes or anything like that?

JF: Special family recipes... Um, the funny thing about my mom, and she is a really good cook and I will never dispute that, but she makes a lot of things up; she doesn't use recipes. And, it's kinda scary sometimes cause she'll throw random stuff together and put things together that I wouldn't do? And it turns out ok, so that's the interesting thing

about eating at my house and my mom's cooking is that she invents a lot of stuff, she kind of just uses what she has, but it always turns out into a decent meal you know?

AG: Have you inherited that at all?

JF: No! I'm horrible at it. I have to have a recipe right in front of me or it'll just be, horrible. For sure.

AG [10:26]: So when you're at school, do you live in an apartment?

JF: Yes.

AG: And do you cook for yourself?

JF: I do. Um, last year was my first year out of the dorms, in the dorms it was a lot easier cause you just go to the dining hall, but, so last year I kind of had to learn to keep myself stocked with stuff that I was actually gonna eat, and decent food that I could make decent meals out of, so.

AG: So are you involved with any groups that eat together? Like any church groups or work?

JF: No. The closest thing is just friends. Um, I have a group of actually it's the same people it's about three friends and I, that's all we seem to do is if we wanna get together "Well let's go out to lunch," or "Let's go out to dinner," or "Let's make dinner" or something like that, so. That's definitely a [pause] an activity we do a lot together, so.

AG: What about here in Lakeview, do you know anything about how low-income or elderly or disabled people get their food?

JF: Um, probably not as much as they should that's for sure. I mean I know that we do have a Welfare system and people utilize it which is great, and I've been in the store when people use food stamps and stuff like that, but other than that I really don't know much about it and I probably should, but I don't.

AG: That's ok. What about other food just generally in the community- do you know where it comes from?

JF: Um? I don't. When I grocery shop I [pause] it's always strange to see where things are coming from? But, um, I mean as far as, I mean if we get our beef directly from somebody then I know where it came from, but other than that it's just in the grocery store and I don't know if it's out of state, out of country, I mean, you know.

AG: What's your reaction to local food? If you find out something is local are you more inclined to buy it?

JF: I am more inclined to buy it, especially in a small community like ours I really like to support smaller, local economists. Um, if it's not as good as what I can find in the store then I probably won't and hopefully it will be as good, but um, I mean if it's just as good a quality? And, I have an opportunity I will buy from them.

AG: Is there any, where can you find local food around here?

JF: Oh my gosh.

AG: Do they ever stock anything local in the grocery store?

JF: Not that I know of. The only thing I can ever remember is there was a lady in town who made her own salsa. And they, they stocked it in Stewarts Market and it was just kind of random. She put it in there and it was awesome, it was really good, so.

AG: Do they still carry that?

JF: Um, during the summer months you have to watch for it. She doesn't always do it; it's really really random. So that's really the only thing I know that they stock from here in the area.

AG: Is there anything about the food system here that you'd like to see changed?

JF: Um? Not that I can think of. Um, I understand the reasoning that we can't have, I mean if you go to a Safeway in, up in the Valley, it's gonna, the produce is gonna be better and stuff like that, I mean that's understandable and there's reasons we can't do that, but it would be nice if we could always have fresh fruit and fresh vegetables and just fresh stuff, but it's understandable us being so far away from everything why that isn't possible, but if there a way to see that change I'd love it. It'd be really nice.

AG: Is there anything else you can think of relating to the food system?

JF: Food system... Not really, I mean, it's kinda sad cause we don't have many good restaurants really? Like, where you can just go sit down and have a good dinner; it's mostly just kind of fast food type places, so that's kind of a bummer around here. Um.

AG: What kind of, do you think there's a big, that that would be successful if people came in and opened up more that type of restaurant?

JF: I honestly think it would be, um we used to have a restaurant here called the Indian Village? And it was always people were always in there for lunch and dinner and there honestly isn't a place now to go sit down and have a meal like that in the evenings.

AG: What kind of food did they have there?

JF: They had everything. I mean.

AG: But it was a sit down?

JF: Yeah it was a sit down restaurant. The other places, I don't know how to describe it except for kind of fast foodish. (Yeah.) You know. Um, and I've heard a lot of people talk about; it's not just me wishing. It'd be nice to be able to just go to a nice dinner.

AG: Where do you see Lakeview in like 20 years?

JF: Foodwise? I have a feeling, because our town tried to play off a lot of tours, a lot on tourism, um, I have a feeling we'll be getting' more chain places like as far as fast food restaurants or restaurants in general. Um, hopefully we can get some expansion on grocery stores, and just get kind of a bigger, wider, fresher selection and stuff. And I think it can happen. I think, um, in that amount of time we can, kind of get things, expanded a little bit.

AG: Do you think the town as a whole will expand in that time? Do you plan on being here?

JF: Um, I would like to, but I don't know if I will.

AG: But you can see yourself living here?

JF: Yeah. I mean it kind of depends on the changes that do go on and if it does get bigger and if it does grow, and stuff like that, so.