Thoughts from CCEL
April 20th - April 24th, 2020

“Unedited Thoughts from your Favorite CCEL Employees”

1. What is your dream vacation (dream big)?

- Katharine French-Fuller-- Maldives, Spain and Portugal, Australia, Mexico, so many places!
- Becky Jo Gesteland-- 1 month in New Zealand
- Natalie Hales-- A remote cabin by a lake in the woods with a big porch swing and a canoe. There would be a river or waterfall to listen to during the day, a fireplace to sit by at night and beautiful trails to hike and explore.
- Yesenia Quintana-- Costa Rica / Panama
- Teresa Martinez-- Week-long road trip to try different foods around any country (start with the U.S.)
- Zadoth Vazquez-- Going to Morocco and taking a cruise and stopping around every Mediterranean country. Specifically Italy, Greece, Turkey, Egypt, France, and Israel.
- Ella Mitchell-- Everywhere. I want to see it all. (could skip Antarctica if necessary)
- Patrick Tadlock-- Finishing exploring the rest of the Northeast USA and then Europe.
- Joan Gustafson-- A trip to the Scandinavian Countries
- Taylor Calabrese-- A whole year in Japan!
- Cassandra Backman-- Australia with my mom - she has never been able to go due to money and illness but I hope to bring her there one day since her recovery.
- Raquel Lemos-- Backpacking through Europe and Asia with a group of friends.
- Bethany West-- I have always wanted to take my parents to New Zealand. My dad lived there when he was a teenager and hasn't been back. I love Maori culture!
- Ana Wutz-- Hawaii
- Giovanni Frias-- How to Win Friend and Influence People
2. What has been your favorite place to visit (vacation or otherwise)?

- **Katharine French-Fuller**-- No one place: Argentina, Chile, England, Maine, Boston, etc.
- **Becky Jo Gesteland**-- Norway and Ireland
- **Natalie Hales**-- Camping anywhere.
- **Yesenia Quintana**-- Anywhere with a warm beach
- **Teresa Martinez**-- I absolutely love visiting my grandma in Abiquiu, New Mexico!
- **Zadoth Vazquez**-- Spain has been my favorite so far, mainly because of the streets being so close together, you can walk everywhere!
- **Ella Mitchell**-- Costa Rica
- **Patrick Tadlock**-- Walt Disney World
- **Joan Gustafson**-- The Black Hills-Dakotas
- **Taylor Calabrese**-- The Redwoods in CA
- **Cassandra Backman**-- Joshua Tree - so diverse and a live
- **Raquel Lemos**-- My family lived in Okinawa for a bit. I would like to return to Japan and see more of the culture, rather than living on an Air Force Base.
- **Bethany West**-- I loved Holland. I could live there! It is beautiful, the food is great, the air is clean, and the people are so kind!
- **Ana Wutz**-- Hawaii or Italy
- **Giovanni Frias**-- Best place I have been is Hawaii, and the best place I go often is camping!

3. What is your favorite State or National Park in Utah or close by?

- **Katharine French-Fuller**-- Bryce Canyon
- **Becky Jo Gesteland**-- Bryce Canyon National Park - I worked there for 4 summers :)
- **Natalie Hales**-- Zions. Great variety of awesome hikes!
- **Yesenia Quintana**-- Zions
- Teresa Martinez -- Love Colorado!
- Zadoth Vazquez -- Zion's national park
- Ella Mitchell -- Goblin Valley
- Patrick Tadlock -- Any National Forest really as long as I can hike and explore
- Joan Gustafson -- San Rafael Swell
- Taylor Calabrese -- Zion National Park
- Cassandra Backman -- Joshua Tree National Park but I love Antelope State Park
- Raquel Lemos -- I've . . . never been to our national parks. Hey, maybe that's what I'll do when the quarantine ends. I haven't really been to state parks either, besides Willard Bay, Bear Lake, and Antelope Island. For nostalgia I'll say Bear Lake, just because I have a lot of memories of boating, fishing, and eating raspberry shakes with my family there. I will say that Antelope has the better hiking trails.
- Bethany West -- I love Snow Canyon State Park. I spent a lot of time running around those big, red rocks when I was growing up.
- Ana Wutz -- Goblin Valley State Park
- Giovanni Frias -- Only one I have been to is Zion, and that place is beautiful!

4. Do you prefer the beach or mountains for rest and relaxation?

- Katharine French-Fuller -- OCEAN!!
- Becky Jo Gesteland -- beaches are nice for a while, but I think I like the mountains more
- Natalie Hales -- Definitely mountains!
- Yesenia Quintana -- Beach
- Teresa Martinez -- Mountains
- Zadoth Vazquez -- I love both, but I would pick the beach.
- Ella Mitchell -- Which ever one has fewer people there
Patrick Tadlock-- I have always loved the Mountains, but the beach is great for relaxation!

Joan Gustafson-- Mountains because you did not list on the Lakes/Rivers....

Taylor Calabrese-- Mountains

Cassandra Backman-- Mountains

Raquel Lemos-- Mountains. I’ve been to multiple beaches in multiple countries, and they’re always so crowded. Besides, the waves are vicious, and my eyes are really sensitive to saltwater, so it’s not a good time for me. The mountains are peaceful, and I get to hike and enjoy the scenery. If we’re talking about rest and relaxation, it’s definitely the better of the two.

Bethany West-- Always the beach!!

Ana Wutz-- beaches

Giovanni Frias-- Mountains, the beach is full of sand and sunburns):

5. Do you prefer to fly or drive on your vacation?

Katharine French-Fuller-- Fly - must go far away!

Becky Jo Gesteland-- drive - nothing like a long road trip!

Natalie Hales-- Drive, if the drive is under 8 hours.

Yesenia Quintana-- Fly

Teresa Martinez-- Drive

Zadoth Vazquez-- Flying because it's quicker

Ella Mitchell-- Fly

Patrick Tadlock-- I love to drive. A long road trip is so much fun!

Joan Gustafson-- Drive

Taylor Calabrese-- Flying, I actually love airports!

Cassandra Backman-- Drive
Raquel Lemos-- If it's more than 20 miles, I'd prefer to use public transportation or fly.

Bethany West-- It depends. Road trips are super fun, but if I am just trying to get to a destination I would rather save time and fly.

Ana Wutz-- flying.

Giovanni Frias-- Depends on the car I am driving. I can literally drive from Florida to Alaska, if I am in the right sports car.

6. Do you prefer tent camping, RVing, or hotel/motels when traveling? Why?

Katharine French-Fuller-- Hotels or Air BnB - more relaxing

Becky Jo Gesteland-- when I was young, I loved to backpack and camp; now I enjoy a comfy bed in a nice hotel

Natalie Hales-- RVing. We like to take our trailer and go camping because it stores everything we need, we just hitch up and go! Also, you can step out the door into nature, hotels are more stuffy.

Yesenia Quintana-- Hotels because comfort

Teresa Martinez-- Tent camping because I love feeling the fresh air, experiencing minimal living and figuring out how to survive to the next day

Zadoth Vazquez-- It depends on the reason you're traveling. If I were to be a tourist I would for sure pick a hotel. I like staying in an actual building.

Ella Mitchell-- There’s a time and place for it all. Hard to have campfire songs in the hotel. Hard to dress up nice for dinner from a tent.

Patrick Tadlock-- I like all of them depending on the experience I am seeking. My preference is always a RV though.

Joan Gustafson-- My travel trailer because I know who sleeps in my bed, we can stay in rural/quieter locations and we can take our motorcycles with.

Taylor Calabrese-- I prefer Airbnb's because they're all so personal and different. When we visited the Redwoods, we were able to stay in a mountain village through Airbnb

Cassandra Backman-- Tent Camping - Backpacking is so much fun!
• **Raquel Lemos**-- I like toilets, so if given a choice, I'd take the RV or hotel/motel

• **Bethany West**-- I love camping, but I can only do it for one or two nights before I turn into a monster from sleep deprivation. Hotels are my way to go.

• **Ana Wutz**-- Hotel/motels,

• **Giovanni Frias**-- If I am traveling like across the country a motor home would be perfect to stay at different places. And if it's like flying to different places I would do a hotel. And camping like on a weekend would be tent camping.

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**Thoughts from CCEL**  
**April 13th - April 17th, 2020**

“Unedited Thoughts from your Favorite CCEL Employees”

1. Please share a book or books you suggest others read.

• **Katharine French-Fuller**-- The Poisonwood Bible

• **Becky Jo Gesteland**-- *Year of Wonders: A Novel of the Plague* by Geraldine Brooks

• **Natalie Hales**-- The Hiding Place by Corrie Ten Boom

• **Yesenia Quintana**-- Evicted, finished it up a few days ago and it was great!

• **Teresa Martinez**-- Just Mercy by Bryan Stevenson; Redefining Realness by Janet Mock; Harry Potter series; Hunger Games series

• **Zadoth Vazquez**-- Psycho-Cybernetics

• **Ella Mitchell**-- The Stand… Just Kidding :)

• **Patrick Tadlock**-- Jadoo by John Keel, Harry Potter series, Extreme Ownership by Jocko Willink and Leif Babin, The Hunt for Red October by Tom Clancy, The Obstacle is the Way by Ryan Holiday, The Alchemist by Paulo Coelho

• **Joan Gustafson**-- Red Stangland's Norwegian Home Companion
2. **What will be the first place you visit or go back to when social distancing is not happening anymore?**

- **Katharine French-Fuller**— A restaurant with my spouse
- **Becky Jo Gesteland**— Art Elements + Beans & Brews + Grounds for Coffee + Starbucks + Wasatch Roasters = all the coffee shops!!!
- **Natalie Hales**— Thai Curry Kitchen on 25th Street
- **Yesenia Quintana**— Probably family and a sporting event.
- **Teresa Martinez**— My mom in Texas or my grandma in New Mexico, whichever comes first
- **Zadoth Vazquez**— In-N-Out and the mall
- **Ella Mitchell**— Church
- **Patrick Tadlock**— Any sit-down restaurant
- **Joan Gustafson**— The Mountains for Group Camping with our family and friends
- **Taylor Calabrese**— My mom's house and all of my friends' houses because I miss them so much!
- **Cassandra Backman**— Antelope Island for Hike and Slackwater for Pizza
- **Raquel Lemos**— Probably Weber
- **Giovanni Frias**— A car show or play volleyball with the family.

3. **We are four and a half weeks into working remotely. What work habits have changed since that first week?**
• **Katharine French-Fuller**-- Not much surprisingly

• **Becky Jo Gesteland**-- I now move around the house--don't like sitting/standing in the same place.

• **Natalie Hales**-- During the first week I was in the mood to work in comfy clothes on my comfy couch. The sudden slowing of the outside world made me want to hunker down with my family (there was also an earthquake that week, so that added to the mood). My two Jr. High age kids and I have migrated to the kitchen table for school and work because we found it was more productive (but I can still keep an eye on what they’re doing there). We have gradually built new routines and learned the importance of taking breaks to get outside and move. This week there were some cold, rainy days so every couple of hours we had a ten minute dance party. We went retro with 80’s dance party songs and Awesome Mix from Guardians of the Galaxy.

• **Yesenia Quintana**-- I'm walking around more and taking a proper lunch (usually).

• **Teresa Martinez**-- Consistent eating and exercising my dog regularly

• **Zadoth Vazquez**-- Waking up early...

• **Ella Mitchell**-- "I rearranged my workstation so that you can't see my messy house behind me on zoom calls.

• **Patrick Tadlock**-- I now work from all over the house instead of a desk. I am learning how to work through distractions better.

• **Joan Gustafson**-- I am on week 9 of working remotely, I have been eating less chocolate, doing more quick exercises and listening to more easy listening music

• **Taylor Calabrese**-- I've been working outside for half of my shift (weather permitting)

• **Cassandra Backman**-- More focused and ability to manage time

• **Raquel Lemos**-- I'm not very productive. If I don't make it a habit to sit down and work on homework, I won't do it.

• **Giovanni Frias**-- I am now better at sitting in front of my computer without getting distracted.

### 4. What is a subject or topic you enjoy learning more about in your free time?

• **Katharine French-Fuller**-- Free time?

• **Becky Jo Gesteland**-- WWII, because I binged the PBS show "World on Fire"
• **Natalie Hales**-- Free time...hmmm....If I have free time, I catch up on reading for my master's degree so I guess the answer is professional communication. :)

• **Yesenia Quintana**-- I have things I want to learn more about but it's not like I have more free time than usual.../

• **Teresa Martinez**-- labradoodle breeds

• **Zadoth Vazquez**-- This is really random, but the history of Sweden

• **Ella Mitchell**-- Currently I like to obsess over scholarly articles on corona virus and earthquakes.

• **Patrick Tadlock**-- Exercises and Workout Variations

• **Joan Gustafson**-- What Free Time.....???

• **Taylor Calabrese**-- It may sound bizarre, but I love learning about plane crashes. It's really interesting to see how many improvements have been made to planes, ATC, pilot training, etc. as a result of these crashes.

• **Cassandra Backman**-- Western Bird Identification by sound

• **Raquel Lemos**-- I don't have one in particular. I enjoy learning about a variety of stuff, like different cultures and traditions, animals, and history.

• **Giovanni Frias**-- How to become the best salesperson or cars, I can always learn more about cars.

5. **What is your favorite hobby?**

• **Katharine French-Fuller**-- I guess now it would be baking?

• **Becky Jo Gesteland**-- knitting

• **Natalie Hales**-- Hiking, but I don't do it as much as I would like.

• **Yesenia Quintana**-- Knitting

• **Teresa Martinez**-- It is becoming playing videos games

• **Zadoth Vazquez**-- Baking!!! It's what is keeping me sane

• **Ella Mitchell**-- Music
Patrick Tadlock-- Archery, Exercise, and Home Remodeling

Joan Gustafson-- Sewing, knitting, crocheting, motorcycle riding, ATVing, camping

Taylor Calabrese-- Can listening to music count as a hobby? Because I basically do that all day

Cassandra Backman-- Hand Sewing

Raquel Lemos-- Right now, folding origami.

Giovanni Frias-- Anything related to cars (car shows, cruising, hosting car events, installing new car parts, etc)

6. Share your favorite dish to make?

Katharine French-Fuller--broccoli with tofu and peanut sauce

Becky Jo Gesteland-- cranberry bread

Natalie Hales-- "Chicken/Vegetable Pot Pie:
  ○ 4 chicken breasts boiled in:
  ○ 1 chopped onion, 1 tsp. minced garlic, dash of salt and pepper, 1 bay leaf and 1 tsp. Rosemary.
  ○ 3 c. potatoes, boiled and cubed
  ○ 2 c. carrots, chunky sliced
  ○ 1 c. frozen peas
  ○ 1 c. corn
  ○ 2 cans cream of chicken soup
  ○ 1 ½ c. chicken broth reserved from cooking chicken breast
  ○ 2 c. self-rising flour
  ○ 2 c. buttermilk
  ○ ½ c. butter, softened
  ○ Boil chicken breast in seasonings and 3 cups of water. When chicken is fully cooked, remove and boil potatoes and carrots in the broth. Cube chicken. When carrots and potatoes are tender, remove vegetables and 1 ½ cups broth to a new pot. Stir in cream of chicken soup, peas, corn and cubed chicken. Spray a 9x13 pan with oil then fill with chicken/veg/soup mixture. In a bowl, add flour, buttermilk and butter. Mix until moist. Drop by tablespoon over mixture. Bake at 425 degrees for 30 to 35 minutes. Put a cookie sheet under the pan, mixture has tendency to go over edge.

Yesenia Quintana--Shrimp cocktails - Mexican-style
• **Teresa Martinez**-- Chicken enchiladas!

• **Zadoth Vazquez**-- Churros

• **Ella Mitchell**-- "Curry. I will absolutely share my recipe. Email me if anyone wants it!

• **Patrick Tadlock**-- Chili

• **Joan Gustafson**-- "Crock Pot Picante Chicken and Black Bean Soup (Crockpot Meal)
  - **Ingredients:**
    - 2 cans 15 oz black beans, rinsed and drained
    - 3½ cups natural chicken broth
    - 2 cans 14 oz cans diced tomatoes
    - 1 red bell pepper, minced
    - 1 can 4 oz diced green chiles
    - 1 Tbsp ground cumin
    - 1 tsp garlic powder
    - 1 tsp onion powder
    - ¼ tsp oregano
    - 2 natural boneless chicken breast
    - ½ cup chopped cilantro, divided
    - 2 green onions, diced,
    - Cut limes, for serving
    - 1 medium avocado, sliced
  - **Directions:**
    - Take one can of beans and place in the blender along with 2 cups of the chicken broth; puree then add to your slow cooker. Add the remainder of the beans and chicken broth into the slow cooker along with tomatoes, bell pepper, diced green chiles, cumin, chile powder, garlic powder, onion powder, oregano, chicken breast, and 1/4 cup of the cilantro. Set slow cooker to HIGH 4 hours or LOW 6 to 8 hours. After it's done, remove chicken and shred with 2 forks. Place back into the slow cooker and add fresh scallions, remainder cilantro and adjust salt and cumin, to taste. Serve hot with lime wedges and avocado slices"

• **Taylor Calabrese**-- Spinach alfredo with farfalle!
  https://www.allrecipes.com/recipe/231860/spinach-alfredo-sauce-better-than-olive-garden/

• **Cassandra Backman**-- Chickpea and Tomato Stew with basil and parm soda bread

• **Raquel Lemos**-- My oven chicken bake. I combine a cup of rice, 2 cans of beans, 2 cups of water, a pinch of salt, 1 tsp of Cuban seasoning, and a pinch of cayenne pepper, stir it, and pour into a greased bake pan, then place chicken dipped in flour and gently browned on each side. Cover with aluminum foil and bake for 90 minutes at 350 degrees. Sprinkle with cheese if desired.
Giovanni Frias-- I haven't had any time to really cook. I wake up early in the morning around 6 to do homework, then work with CCEL, and after that work at Ken Garff Nissan. Leaving me with 2-3 hours before going to bed to do some homework. But Mo' Bettahs is always a must!

Thoughts from CCEL
April 6th - April 10th, 2020
“Unedited Thoughts from your Favorite CCEL Employees”

1. What have you been doing to stay active during this “Stay Home, Stay Safe” period here in Utah?

- Barrett Bonella-- Taking dogs for walks, jogs, and body weight strength training, but I miss the gym... So much.
- Katharine French-Fuller-- Hikes, play in yard with kids, yoga, some meditation
- Ana Wutz-- running outside, frisbee golfing, at home kettlebell/weights, hiking
- Becky Jo Gesteland-- yoga and neighborhood walks
- Natalie Hales-- We live on a small hobby farm with horses, cows, chickens, a couple of goats, a cat and a dog. This keeps us busy and active outside. We've found more time lately to enjoy the new baby animals that have arrived this spring. We have a garden and small orchard that we have renewed interest in this year and we own a small nursery and garden center on the side, so there has been lots to keep our family busy and active.
- Yesenia Quintana-- Walking the dog around the block.
- Teresa Martinez-- Walk outside to the river in my backyard and enjoy the birds, ducks and people on the other side who are walking on the parkway. I participate in a push up challenge with my sister and a Move challenge on my Apple watch with my mom, so I have some motivation to move. So far, I'm winning in push ups and not so much in moving.
- Jenny Frame-- Tennis - the greatest sport there ever was. It lends itself quite nicely to social distancing.
• Zadoth Vazquez-- I walk outside all around my backyard. That is pretty much it.

• Ella Mitchell-- Walks on the trails. Also, I found a zumba video on Amazon Prime.

• Patrick Tadlock-- I have been working out and running as normal just in the garage and my neighborhood.

• Joan Gustafson-- Get outside for some fresh air and go on walks

• Taylor Calabrese-- I bought a set of dumbbells so I could still consistently work out at home.

• Bethany West-- I work out longer in the mornings, and I go on walks every afternoon.

• Raquel Lemos-- I'm not as active as I'm used to being, since the gym at Weber is closed. However, I do try to get out and walk my dog for an hour whenever it's sunny (and play with him in the unfinished basement on rainy days). Other than that, I do planks in my room and run on the treadmill when I can. We have one of those "simply fit" boards at home, and sometimes I'll get on to work on my balance and abs while listening to music.

2. Have you or your family made any food that stands out during this time?

• Barrett Bonella-- I made some pretty tasty sesame chicken with improvised ingredients we all liked.

• Katharine French-Fuller-- A completely failed attempt at making bollers (Norwegian sweet buns) because I forgot the baking powder and apparently miscalculated the measurements from grams and ML into US measurements. NOT good.

• Becky Jo Gesteland-- Grilled salmon

• Natalie Hales-- We pulled out the wheat grinder and bread dough mixer and have been baking all kinds of yummy things that we haven't made time for in a while. Bread, scones, cinnamon rolls, homemade pizza and breadsticks... I might have to do little work down the road to work off the quarantine "emotional eating" weight but I'll think about that later:).

• Yesenia Quintana-- Nope...same old same old here

• Teresa Martinez-- We have Every Plate deliver food with three meals during the week. Our last meal was a Beef Banh Mi Bowl, which was pretty delicious. Before that we supported Craftburger and got our free Raptors tickets.

• Jenny Frame-- Thai Yellow Curry! So good and so easy.

• Zadoth Vazquez-- I have been baking, everyday. I stress bake and then stress eat.
● **Ella Mitchell**-- We're eating like kings. Call me for my Puerto Rican pork roast recipe.

● **Patrick Tadlock**-- We have been making the same old things we made before.

● **Joan Gustafson**-- Turkey Chili

● **Taylor Calabrese**-- I've been making one of my favorite foods ever, Pasta Aglio e Olio. It's essentially pasta in olive oil, lemon juice, fresh parsley, red pepper flakes, etc. I call it my spicy pasta!

● **Bethany West**-- I haven't made anything spectacular, but I have been eating ice cream in concerning quantities.

● **Raquel Lemos**-- Nope. My mom's a stay-at-home mom, so I've always been spoiled with home-cooked meals.

3. **What has your favorite TV show, series, or movie during the last few weeks of remote work or school?**

● **Barrett Bonella**-- Only thing my family can all agree on is Adam Ruins Everything.

● **Katharine French-Fuller**-- Peaky Blinders, 30 Rock

● **Becky Jo Gesteland**-- "The Valhalla Murders" on Netflix

● **Natalie Hales**-- I haven't had time to watch anything yet, life hasn't really slowed down. I don't normally take much time to watch TV or movies though.

● **Yesenia Quintana**-- None, but I think I'm going to start watching that Tiger King series on Netflix.

● **Teresa Martinez**-- I've had the television on in the background, but I couldn't tell you what has been on. I've mostly spent time playing some old video games.

● **Jenny Frame**-- Cheers - there are some good jokes and some pretty terrible jokes. I have yet to venture into the world of the Tiger King.

● **Zadoth Vazquez**-- Cases of Gabriel Fernandez; The Office

● **Ella Mitchell**-- Emma (2020) and Rise of Skywalker, both available to watch at home for an elevated price.

● **Patrick Tadlock**-- I don't watch much television, but I have watched some older cartoons with my child on Boomerang.
- Joan Gustafson-- HGTV, Discovery, TLC, History, Highlander

- Taylor Calabrese-- Schitt's Creek and Community.

- Bethany West-- I have been really into '90s Rom Coms lately… and they are all good. My Big Fat Greek Wedding and Runaway Bride have probably been at the top of the list.

- Raquel Lemos-- I've been able to finish some of the shorter anime series on my "must-see" list, but I've also really gotten into RuPaul's Drag Race. A friend recommended it to me, and now I can't stop watching it.

4. What games (digital or board) do you suggest people play during this time?

- Barrett Bonella-- Just Cause 4 has been nice when I get a free second. It just helps to be able to relieve my stress by blowing things up.

- Katharine French-Fuller-- My son's interest in minecraft has taken over the family.

- Becky Jo Gesteland-- Risk

- Natalie Hales-- We've been playing Scrabble and Code Names. It's nice to take a break from the computer screen.

- Yesenia Quintana-- Risk! Or some other hours-long game

- Teresa Martinez-- Game of Life, Phase 10, Scrabble, Soda Crush (free 24-hours each day!), 1,000+ piece puzzles

- Jenny Frame-- The Game, Monopoly Deal, Bird Memory and there are online escape rooms that are pretty fun.

- Zadoth Vazquez-- UNO!

- Ella Mitchell-- Harry Potter Hogwarts Battle Deckbuilding Game (we're on year 5)

- Patrick Tadlock-- We broke out the old Wii and are playing Mario Kart.

- Joan Gustafson-- Any card games!

- Anja Wutz-- Scrabble
Taylor Calabrese-- We’ve been playing so much Super Smash Bros, and the card game called Exploding Kittens.

Bethany West-- I bought this new card game called SkyJo, and it is great for adults and kids.

Raquel Lemos-- Anything, really. Board games are great to pull out and play together with your family on a rainy day, and digital games give you the chance to connect with your IRL friends and get that social time in. Recently, I’ve been playing a DND campaign with a group of friends on Discord, and it's been a great way to keep in touch with others and relieve stress.

5. What have you done to add some positivity to your life during this time of negativity?

Barrett Bonella-- Try to touch base with people online. Sharing resources, donating part of my income to Youth Futures

Katharine French-Fuller-- Still working on that...

Becky Jo Gesteland-- Read the Daily Good email and share quotes on Facebook

Natalie Hales-- I've finally started using my allotted wellness time (I've had good intentions to use that for a very long time) to take an occasional walk and clear my head. I have also found gratitude lists really helpful to keep my perspective.

Yesenia Quintana-- Learning to watercolor and sleeping in a little

Teresa Martinez-- FaceTime with my sister to help with her anxiety. Talk to my grandparents regularly. Call my mom to listen to her daily shenanigans while living in the hot and humid Houston weather.

Jenny Frame-- Lots of Meme and GIF sharing

Zadoth Vazquez-- I dress-up with clothing combos I've been wanting to try, that I wouldn't normally try wearing in public.

Ella Mitchell-- My office space/kitchen table is now equipped with a seat cushion and electric shoulder massager.

Patrick Tadlock-- Slow down, read less news and spend more time outside

Joan Gustafson-- Eat more healthy (except for chocolate), get outside and remember to put myself in some else's shoes because they may just be having a bad day.

Anja Wutz-- Nothing in particular
● **Taylor Calabrese**-- My friends and I will facetime every Thursday to do a craft night.

● **Bethany West**-- I try to FaceTime someone different every day. It keeps me feeling connected, and it (hopefully) is a pleasant little surprise for them!

● **Raquel Lemos**-- I've been limiting my news intake to the 30-minute nightly news. It's enough to keep me informed, without becoming obsessed with what's going on. I spend more of my time doing things that are relaxing and make me happy, like folding origami, listening to music, writing, and playing games.

6. **Share a bit about what you miss about being on Weber State’s campus each day?**

● **Barrett Bonella**-- The STUDENTS! Oh God I miss the students! I miss my colleagues too. I love my family and there's no one else I would rather be stuck with, but seeing my students and friends really brings a light to my face.

● **Katharine French-Fuller**-- Not being on the screen all day, being away from the kids at least a little bit, walking as a part of my day, seeing humans.

● **Becky Jo Gesteland**-- Seeing people, hearing geese, smelling Starbucks.

● **Natalie Hales**-- I miss the buzz of energy and conversations that are always in the background in CCEL and throughout the Shepherd Union.

● **Yesenia Quintana**-- I miss seeing the mountains next to campus.

● **Teresa Martinez**-- Camaraderie with colleagues and students and listening to any stories of daily happenings.

● **Jenny Frame**-- Being able to sign a piece of paper with a pen and then delivering it to the person who needs the signed paper. Digital signatures - boo.

● **Zadoth Vazquez**-- The people, friends, co-workers! Even the endless stairs that always make me run out of breath. As well as the parking mess!

● **Ella Mitchell**-- All of you!!

● **Patrick Tadlock**-- The students and the interactions with everyone in person.

● **Joan Gustafson**-- The face to face interactions!

● **Anja Wutz**-- Having access to the gym.
Taylor Calabrese--I miss working in person and doing homework in the library. I love face-to-face interactions, so it's been tough not having those.

Bethany West-- I miss seeing familiar faces, even if I don't know them that well.

Raquel Lemos-- There's a lot I miss about campus--the gym, the Honors Center, club meetings, and interacting with friends, peers, and instructors. I was about to graduate, so I wouldn't be spending much time on campus in a few months anyway, but I still wish I could have stayed involved until my graduation. Of course, I am still in touch with my friends and plan to hang out with them when the quarantine is lifted.

Thoughts from CCEL
March 30th - April 3rd, 2020

“Unedited Thoughts from your Favorite CCEL Employees”

1. What does your current desk space look like now that you have transitioned to working from home?

- Barrett Bonella-- The desk is messy, but the computer camera doesn't pick any of that up.
- Cassandra Backman-- A small writer's desk with 8 different plants, a mug and a laptop with a birds nest outside my window.
- Katharine French-Fuller-- Table in bedroom or kitchen table.
- Ana Wutz-- Just a table and a chair
- Becky Jo Gesteland-- I use an old dining room table in my office/spare bedroom and have a PC monitor, docking station, and laptop set up at the end of the table. My chair is a hand-me-down red Swopper Classic.
- Natalie Hales-- I usually work on the living room couch with my laptop. My kids are old enough to work independently on school assignments while I work from home, so we all sit around the living room together working on our devices. My fav spot is in the La-Z Boy, foot rest up, blanket on my lap, window view of my front yard next to me.
- Yesenia Quintana-- It's an actual desk in our home office.
• **Teresa Martinez**-- My 6-person kitchen table with a laptop and mouse.

• **Jenny Frame**-- It's quite nomadic. Sometimes in the sunroom, sometimes on the kitchen table, sometimes in my bedroom.

• **Zadoth Vazquez**-- My desk space is currently working like the office desk space I used. However, now I use two individual laptops instead. I also have a notebook of where I write down a schedule for that day/week. It also helps me when in virtual meetings.

• **Ella Mitchell**-- It’s my kitchen table

• **Patrick Tadlock**-- A small desk in my bedroom near a window with a view of the mountains. It is basic otherwise laptop, Coffee Cup Water Bottle a piece of paper and pen.

• **Joan Gustafson**-- Living Room chair and stools for additional monitors, my house cubicle mate took over the kitchen table...

2. **Share an interesting or funny moment you have had with video conference meetings.**

• **Barrett Bonella**-- I guess it was President Mortensen's address to the school on the legislative update which went for a full 20 minutes before his whole IT team around him said not enough people can join, so they had to start all over.

• **Cassandra Backman**-- My dog rested her head on my shoulder for 10 minutes of the meeting and was watching everyone.

• **Katharine French-Fuller**-- Just my kid sneaking out while he was supposed to be doing schoolwork while I was on a zoom call with Becky Jo and Yesenia.

• **Anja Wutz**-- My cat likes to join the meetings sometimes

• **Becky Jo Gesteland**-- Nothing too weird for me yet...though I heard about a colleague's spouse who was walking naked through the house during a recent department meeting ;)

• **Natalie Hales**-- My husband came through a door behind me thinking he wasn’t in camera view and that I was the only one who could see him. He did exaggerated movements putting his finger to his lips in a “sshhh” sign and a bouncy “I’m being sneaky” tip toe movement as he went through the doorway. Everyone on the call could see him the whole time!!

• **Yesenia Quintana**--Gabe likes to sneak in and hide directly behind me during conference calls. He feels so comfortable with Katharine that he showed her his favorite stuffy.
• **Teresa Martinez**-- I was on a national Zoom call with about 50+ colleagues in various areas. The main speaker was giving updates about the census and she had a battery going out on her smoke detector. So throughout her 40-minute lecture, there was a consistent beep every minute until she muted her microphone!

• **Jenny Frame**-- My and my double-chin have become well acquainted.

• **Ella Mitchell**-- Not being able to stand up to go to the bathroom because I didn't want everyone to see my pajama bottoms.

• **Patrick Tadlock**-- Mostly it has been fun watching other people fidget around. I have noticed a lot of folks cannot sit still including myself.

• **Joan Gustafson**-- Our dog decided she did not like who was outside so she was aggressively barking to protect me or her couch.

3. **What snacks do you keep near your computer as you work?**

• **Barrett Bonella**-- Cookies, 3 musketeers, cough drops.

• **Cassandra Backman**-- Coffee and Nuts

• **Katharine French-Fuller**-- Coffee and water. I try not to keep anything else.

• **Anja Wutz**-- Water

• **Becky Jo Gesteland**-- Altoids and Trident gum; water bottle; cup of coffee or tea.

• **Natalie Hales**-- Only healthy snacks, my kids eat up all the good ones!

• **Yesenia Quintana**-- Coke, what else?

• **Teresa Martinez**-- Cereal

• **Jenny Frame**-- I just finished eating a banana and around mid-day, usually dive into the malted Robin's Eggs.

• **Zadoth Vazquez**-- I always keep my water bottle and gum nearby. I also tend to treat myself with nut mixes and chocolates!

• **Ella Mitchell**-- All of them.

• **Patrick Tadlock**-- None or I would eat too much.
4. What does your current work attire look like now versus when you went into work?

- **Barrett Bonella**-- From the waist up I look pretty much the same.
- **Cassandra Backman**-- I try to keep dressed well but usually my running clothes.
- **Katharine French-Fuller**-- Work top, comfy bottoms
- **Anja Wutz**-- active wear or pjs
- **Becky Jo Gesteland**-- This week I decided I'd better wear regular work clothes, rather than PJs; however, I'm not dressing up much: jeans, blouse, sweater, socks, but no shoes. Yay!
- **Natalie Hales**-- Yoga pants and bare feet!
- **Yesenia Quintana**-- Professional shirt, leggings :)
- **Teresa Martinez**-- Same attire. Nothing has changed.
- **Jenny Frame**-- Comfy pants and a non-matching top - in other words, the same.
- **Zadoth Vazquez**-- I am wearing much more comfortable clothing now than when I would go into work. Sometimes I tend to stay in sweats or pajamas, but at work I would always try to look presentable and good.
- **Ella Mitchell**-- No comment.
- **Patrick Tadlock**-- I still like to wear regular clothes as much as possible. It is usually jeans, khakis and a t-shirt. I always wear shoes though. Shoes are a signal to my mind it is time to work, not relax.
- **Joan Gustafson**-- T-shirts and sweatpants

5. How are you socially connected in this time of social distancing?

- **Barrett Bonella**-- Facebook mostly.
- **Cassandra Backman**-- Phone Calls, Messenger and Instagram
- **Katharine French-Fuller**-- Talking to family more. Kids facetimeing with friends.
- **Anja Wutz**-- My general lifestyle is socially distant, so not much has changed.
Becky Jo Gesteland-- I exchange daily texts with several friends and call my parents in SLC every other day. My 22-year old son, who also lives in SLC, opted to stay there, so I check in with him often. Fortunately, my 20-year old daughter lives with me, so I see her whenever I want. My husband works from home now too, and we're making time to eat dinner, take walks, and watch movies together.

Natalie Hales-- All this time at home with my immediate family has actually been nice. We are usually very busy and going a lot of different directions, so I'm loving this chance to connect with my teenagers! For work and school I'm experiencing the "Zoom Boom" and that helps us stay connected. Any chance to talk on the phone with extended family and friends is a nice change.

Teresa Martinez-- FaceTime family, Zoom calls

Jenny Frame-- My 8-year-old nephew and I exchange jokes every day. His last joke you ask? Where can you go to relieve yourself but also enjoy a nice meal? Crapper Barrel

Zadoth Vazquez-- I FaceTime my friends quite often, sometimes once per day. I also call everyone when I can. I have taken the time to get to know my family members even more as well.

Ella Mitchell-- I share a lot more memes. And I started going with my neighbor when she walks her dog.

Patrick Tadlock-- I have been talking on the phone a lot more than in the past. I would normally just text folks, but now I call.

Joan Gustafson-- I have been calling family more often and FaceTiming my kiddos

6. How have you handled adjusting to the new routine at home? How has your family, pets, roommates, etc. handled this shift?

Barrett Bonella-- The kids have mostly been complaining about all their safe space at home being invaded by so much homework. Otherwise, it feels first as busy and chaotic as always, if not more. Social distancing has resulted in more work, not less.

Cassandra Backman-- I like the extra 30 minutes in the morning to eat and settle in. My dog is spoiled and does not like it when I sit down for more than 4 hours- I guess it is good - we both are getting 6 walks a day.

Katharine French-Fuller-- It's difficult.

Anja Wutz-- My pets love whatever's going on right now, even though they have no idea what it is.
Becky Jo Gesteland-- So far so good. As an introvert, I don't mind the quiet at home and am fortunate to have a room of my own--per Virginia Woolf's recommendation. The cats are confused about why we're here all day, but they're getting used to it.

Natalie Hales-- Since I normally work half of my time from home anyway, the transition was not difficult. I love splitting my time because I stay focused and get a lot done on the days when I'm home, but get to stay in touch with everyone in CCEL and work with the team on the days that I'm on campus. Before, though, I would work from home while my kids (Jr. High and High School age) were at school, in a quiet house with no distractions! Working while overseeing their homeschooling was overwhelming at first, but we have settled into a new routine and I find blocks of time for me to focus on work.

Yesenia Quintana-- The first full week was stressful. This week was better. Hopefully, I won't get too used to it.

Teresa Martinez-- It is hard to sit in a chair for a longer period of time, so I try to stand up in between Zoom calls to stretch. My dog loves that I am home. He'll often come up, bump my elbow and show his face on my Zoom calls. I do not see my partner much as she works upstairs and I work downstairs, so it feels the same as if I was still physically at work.

Jenny Frame-- I love it. I'm cooking a lot more which equals food that I actually like!

Zadoth Vazquez-- It has been quite hard working and studying in the same place where I eat and sleep. I used to spend my whole day on campus and coming home was a feeling of de-stress and relaxation. Clearly, that is no longer the case, and I had trouble in the beginning with it for sure. Ultimately, I figured that making a schedule for each day like I normally would, helps me not waste my time and focus when needed. Both of my parents are still working outside the house and that has eased me into this transition by having alone time. It certainly is not easy with all the distractions I have so easily accessible, but it has gotten easier as the weeks go by.

Ella Mitchell-- We're fans of it all. #homebodies

Patrick Tadlock-- My son and wife are also both at home due to working from home and childcare closures. So it has been an adjustment for all of us to stay in our separate spots to work. My son is 3.5 yrs old and he doesn't get why his dad cannot play all day.

Joan Gustafson-- We have a friend from church staying with us because he sold his house and if finding a new place. His two boys come every Thursday and every other weekend. We were empty nesters and now we are not.... I would not want them on the street, so we make things work. I find myself wanting to start work earlier than my scheduled time because I am a morning person and have things to get done.