



Covid Stories

Collected from:

**Members of
Rotary Club of La Crosse - Downtown**

Fall 2021

Introduction

These stories were collected in an effort to document what our lives were like during this historic pandemic. The pandemic continued well beyond the fall of 2021. With masks being worn at Rotary meetings into the spring of 2022. No one could have predicted how deeply it would impact all of our lives. The club continued to meet throughout the pandemic, first via zoom and then using a hybrid of both zoom and in person. Masks were worn by those meeting in person.

On Thursday, March 12, 2020 the Rotary Club of La Crosse - Downtown held its last in-person meeting in what would turn out to be over a year. The presentation was a Classification Talk by club member Mary Beth Hensel. As news of the new COVID-19 coronavirus had begun circulating and fear spreading, the meeting was not well-attended. In an email to club members, Club President Tami Woods shared:

"Your Board of Directors met briefly following our lunch meeting today. Due to the rapid change of the COVID-19 (Coronavirus 2019) situation in our state, the board has decided to cancel our weekly lunch meetings and any Rotary events through April 2, 2020. The board will have a conference call on Thursday, April 2 to discuss the current situation at that time. These lunch charges will be credited on the next quarterly billing invoices.

We appreciate the feedback and concern from our members and want the very best for our club members, families, servers and community. We will continue to have our newsletter posted every week with information on special Rotary links, e-Club information and so forth. These meetings will be considered excused for all members.

This decision was made with the Four-Way Test in mind:

- *Is it the truth?*
- *Is it fair to all concerned?*
- *Will it build goodwill and better friendships?*
- *Will it be beneficial to all concerned?*

If you have any questions or concerns, please do not hesitate to reach out to me.

Respectfully,

*Tami Woods
La Crosse Downtown Rotary President 2019-2020"*

Duly, the Board met via ZOOM and voted to begin holding the club's weekly meetings via ZOOM instead of in person, in response to the growing concerns about the COVID-19 virus. The club's first "virtual" meeting was held Thursday, April 9th, 2020. The presentation was on Wilderness Survival Skills by club member and local Gateway Council Boy Scouts of America Council Executive Joe Carlson. Membership at the time was 187 active members and 25 honorary members.

The club continued to meet weekly, virtually via ZOOM throughout 2022 and well into 2021. The first in-person meeting was held outdoors at Riverside Park on Thursday, June 17th, 2021, led by Club President Andrew Bakkum. The program was Paul Harris Fellow presentations - though mostly it consisted of socializing with fellow Rotarians.

On Thursday, July 1, 2021, the club resumed weekly meetings in-person full time, indoors at The Cargill Room (previously the Club had met at The Radisson Center). The program was the Changing of Guard where Club President Sarah Arendt-Beyer was inducted. Membership stood at 184 active members and 25 honorary members. The club continued to live-stream its meetings via ZOOM for those who didn't want to or couldn't attend in person.

On September 23, 2021, Sarah Arendt-Beyer, Eva Marie Restel and Cindy Ericksen facilitated an interactive discussion during the regular weekly meeting to collect an archive of the club members' experiences of the pandemic. At the meeting, club members were asked to write responses to prompts about their experiences during the pandemic, and verbally share their responses with others at their table. The responses were collected and combined, here. This document was submitted to our club's archive at the La Crosse Public Library as a record of what life was like during the pandemic, for Rotarians and community members to be able to read in the future.

Question #1

Think back to the early days of COVID. Describe your initial reactions when the news of the pandemic broke:

- Mixed feelings if it will affect us in the USA.
- My initial reaction, this will not come to La Crosse
- Disbelief. Government manipulation for economic reset. Somewhat isolated. Consideration for the elderly, small businesses
- I didn't worry so much about it. Then the closedowns started and we had to restrict volunteers from helping our organization. This greatly impacted us and our service to the community.
- My initial reaction was surprise, like most. Didn't expect it to really be a serious thing like H1N1, bird flu, SARS, etc. I was traveling back from California and in Seattle airport when I saw a notification of first cases on US West Coast
- My initial reaction was disbelief. What does this mean? How long will this last? At the time I worked at the La Crosse Community Theater and the success and effectiveness of our programs and performance largely depended on our ability to gather in large groups. There's also a lot of time, energy, and money spent at the front end to produce any show, so the unpredictability of the virus was terrifying.
- A big surprise. I thought it would be a short-term
- I was absolutely afraid because of the UNKNOWN. No one knew how it spread. I was frozen in fear and didn't want to leave home. I started a tally of deaths in the US, and after two sheets were full, I stopped because it was too depressing. I kept watching the news until it was also too depressing. I had non-scheduled time like I never had known! I relaxed. I played games. I like to be unplugged.
- My initial reaction back in January of 2020 was this won't affect me. I was slated to move to Denver at the end of March 2020. Flash forward to March 2020, I was unsure, nervous, and hopeful as I just moved out to Denver to start a new career. After a two-week shutdown, COVID-19 would be over, right? If only I knew.
- I thought, "give me some guidance or how to be on how to be safe."
- My original thought was this was not that serious. Once the nation went into shutdown, then I was shocked. I still thought it would only last a month or so. How drastically wrong I was. After that, from March to May it was glued to the news and new updates on how the virus moved. Once I realized how serious it was, it was shock and disbelief.
- Not quite sure what would happen. How long would this last and what changes would be set in place.
- I was in DC at a conference. Some of government speakers were telling us that this was bigger than expected. Were told could not trust what China was telling us. I immediately thought about the pending impact to the economy. The next few weeks when news of deaths in nursing homes broke, I began to worry for my parents.
- Anger to the origin and falsehood surrounding the origin.

- Initially I thought COVID was just another virus that would pass through. Then I was surprised how quickly everything was shutting down and I was very worried about our economy,
- That it wasn't going to happen here and we were safe because we were half a world away.
- My reaction was concern—that travel would be restricted (I was in Thailand at the time).
- Sad! Trying to get a shot.
- Kicked into crisis mode. Needed to make decisions. Canceled in-person worship. Sent staff home. Model of ministry changed. Hope
- Hope to get home because I was out of the country.
- Normalcy!! Count blessings!! See family in person
- My only reaction was hopefully this will not last long.
- News of hospitals in China being built quickly caught my attention first. Watching global maps and US maps show spread of virus from centers, realizing La Crosse would not be spared.
- Overrated? Depth of effect: payroll, cancellation of events, effect on nonprofits that rely on grant funding, how to provide basic support (insurance, etc.) to employees
- Mixture of disbelief that it was as serious as portrayed and concern for the stability of our community.
- Shock—this is unbelievable. It should pass quickly. What do I do as Club President? We need to move forward. With technology we can do this.
- Son was in Austria on business. Sent back to USA before we knew anything about COVID. Soon understood.
- I had mixed feelings—from panic to distrust to acceptance of what could not be changed.
- I was on a plane coming home from visiting a friend in Florida and I read the Wall Street Journal about the outbreak in China. I thought: it's here already in the US and I had a sense of dread.
- I was in Las Vegas and the city was literally closing down. I was familiar with the Spanish Flu from 1912 and wondered what this pandemic would bring.
- I felt like I was checking my news/phone constantly for updates. I was motivated by planning for the worst possible outcome.
- Seemed unreal that a real pandemic was sweeping the nation. I honestly did not think it would last a long time. It would affect those who didn't have a strong immune system but I would be fine but then everything closed. I was leading a meeting when the news came out about UWL going all virtual for the rest of the year and at that point everyone who traveled was already here and I felt helpless because there was nothing we could do.
- My first reaction was concerned for my child. That was a fleeting thought as I began to compare it to other illnesses: bird flu, etc. I also had hope that we would all do our part to ensure we would get past it quickly. Then the travel bans, full country shutdowns, and first cases appeared. That's when the fear and concern set back in.

- Shock, confusion, excitement at having an excuse to stay home when stay-at-home orders were issued. At first I was not worried that it would have a huge impact on us, and if it did reach us, not “us” locally.
- Didn't realize how terrible it would be on so many levels.
- I initially thought this virus was not much different than Asian SARS outbreaks and then would be small and contained. There were jokes about Corona and lime disease, so it was all LOL. Things became more serious watching deaths in Europe. At the time, I was confident that the US would do the right thing and we would experience a small impact.
- It was going to be like the bird flu, swine flu, H1N1. It would only affect California and then go away. I was also relocating at the time and that it would be no different than other relo's.
- Fear of the unknown. No vaccine available. Concern for family and friends. Lack of answers to how to protect one's self.
- Surprise, this will be temporary, isolation, “wow, working from home is fun,” “do we really need to wash our groceries?” “This is a lot of family time and I like it.”
- Uncertainty, fear about how it would impact my family, friends, and community. Shock.
- Puzzled. Not knowing a timeline or duration. How do I manage my chiropractic clinic and employees.
- Did not have any idea how serious this COVID sickness is. St. Pat's canceled. April 1, I was shocked at how long this would last.
- Initially thought it would not be serious and would mainly be offshore—Asia.
- Initial questions: what does this mean? How serious is this “thing?” I recently came home from vacation in Las Vegas. What should I do now being that I was around hundreds of people from all over the place including outside of the country.
- How did this pandemic become so political
- Keep everyone I love safe. Wondered how my work would be affected. I realized I had a lot to learn.
- Wow, this could be a long few months. I thought we would be done by September of 2020.
- Very surprised that it reached us in La Crosse. I thought it would only stay in China. And we had to shut down County operations—send workers to work from home.
- Concerned about the scope and effect. Trying to follow the news to determine how serious the situation was. I was surprised that they shut down when they did. La Crosse tends to be sheltered from the effects of things like recession and greater worldly events—not this.
- Friday March 13th early evening/late afternoon announcement that Wisconsin schools would be closed on Wednesday. How will we be able to maintain our workforce with the schools closed? We investigated opening our own childcare center. Letters given to staff/essential workers. Panic buying in the grocery stores. Afraid that martial law could be invoked followed by civil unrest.
- I felt that President Trump did not take this seriously and left the country exposed.

Question #2

What was a challenging part of the pandemic for you?

- Most were related to my professional life – shifting programming and functions; reduced youth and family participation in programs; reduced staff levels due to downturn in revenue
- Watching my Aunt die from COVID through an outside window at a nursing home; no one was allowed inside.
- At my job – keeping my volunteers active and getting them items to keep them busy; making many phone calls just to check in on volunteers we knew were alone. At home – not being able to see my parents/grandkids/kids
- Always having to come up with new ideas on how to do what we need to do.
- Learning to live with your family 24/7 and Zoom meetings
- Making decisions for our County Health Department for what to tell the public, what to tell our workforce and how to keep services running. Not being able to visit grandkids in Twin Cities. Having to stop visits at our County nursing homes.
- 1-Trying to protect the workforce; provide opportunities to work from home, adjusting the law practice to continue to serve the public but do it safely. 2-Despite precautions, getting COVID and having to care to a disabled wife (who never got COVID). 3-Isolation: no church, Rotary.
- Relationships and the instant distancing of both close & strangers.
- Not seeing friends. Groups not meeting. No personal interactions at work.
- Social isolation from friends and family – could not see our daughter and newborn grandson in Milwaukee because she would not allow it. Did not get to meet him until he was 3+ months old.
- Being away from family, trying not to get depressed, having no idea of a timeline and no idea how better or worse it would get.
- The most challenging part of the pandemic is the balance between empathy, the economy, and safety. Empathy for each other's situations, economic growth for businesses to continue, and the safety of front line workers.
- The initial guidance that face masks would not be very helpful in avoiding catching the COVID. In about 1-2 months this guidance was just the opposite. This mixed guidance was very disconcerting.
- Being a senior services provider, and from the perspective of also having elderly parents in separate care facilities, one of the biggest challenges was the isolation and quarantine requirements. Homeschooling grandkids.
- Having to step into a leadership role in the entertainment industry when there was so much uncertainty. What kind of shows could we produce? How could we do it safely and on an extremely small budget. I could only bring back my staff from furlough when there was a show to produce, so the pressure to do something was high!
- The most challenging part was figuring out who I could or should visit or see. Can I go visit my parents who are in their 60s? Should I? Also, who is okay with me or my wife visiting them.

- Not knowing when we would be able to see other people.
- Convincing my household members of our ability to cope with the pandemic
- I had COVID-19. With good fortune, I was not hospitalized – but it was difficult at times. My lungs were burning.
- Adjusting to our whole family being home 24/7, with our house turned into two offices, three classrooms, a dance studio, and a piano studio, while I was full time lawyer, mom, lunch lady, and cleaning lady.
- Kids not being physically in school and having to determine how to get them education.
- To find places to meet with friends and have a drink
- Lack of people contact; restriction ministry
- Trying to run my business, who to send home
- Shock, fear; trying to see the good that could come from it (glass half full)
- My son not getting to go on Rotary Youth Exchange. It was canceled for 2 years – the 2 years he was eligible. His 3 older brothers all got to go
- Learning to work from home and liking it
- Trying to apply empathy, critical thought, and common sense to others' individual situation and not judge
- Being furloughed/not working; wondering if I would or when I'd be called back to work; not being able to meet with friends and family
- Getting building materials for a new house at a reasonable cost
- Balancing my "bubble" – feeling "ok" about spending time distanced or close with family and friends. There were no win scenarios.
- Lack of face to face interactions. Feeling like I had to "prove" that I was working from home. Trying to answer every email the minute they came through no matter what time it was
- Being the one to have to make the touch calls; layoff, canceled events, etc. Also seeing the lack of compassion in our country. The selfishness over selflessness was – and still is almost two years later – disheartening.
- Isolation from coworkers, friends and family. Lack of socialization. Zoom fatigue. Job insecurity.
- The isolation from being able to interact with friends, colleagues and others in the community. Missed spontaneity that comes with social interactions.
- Being unable to visit our young grandchildren, ages 3 & 5, as much as we usually did.
- Keeping separate from everyone.
- Not much challenge to me. Stayed home and got outside a lot. Some challenges were adjusting to people's reactions to face masks, etc. Missed Rotary meetings.
- Who/where to take information from regarding media outlets.
- Social isolation.
- Not seeing my significant other for several months. Not seeing my family who did not live with me. Not being able to create music in person with colleagues and students. Online school for my senior.
- Managing work while staying home with two children trying to navigate online school and technology. Trying to be fully present at home and at work. Each person in our family

handled it differently – my husband developed anxiety, my oldest daughter became depressed and missed her social life, my youngest retreated from socializing, and I was doing all I could to remain positive.

- Being extra fatigued during the day. Hard to meet new people and build my business. Figuring out how to run meetings well over Zoom. Not being able to work out at the gym.
- Starting in my new position and after just two weeks, sending the majority of my employees home. I manage a TV station, so we had to figure out how to broadcast while not at the station.
- Isolation from coworkers, family and friends. From a work standpoint, I work at the Convention Center. We completely shut down. No flow of business in what was/is our core mission.
- Not seeing family for everyone's health. We missed birthdays, holidays and funerals with a now 3 and 5 year old. We were sad that family missed seeing them grow. Juggling work while daycare closed, kids were quarantined or had to leave room. Essential police and healthcare workers was hard. Today, the political divide and anger due to differing opinions is hard.
- I was in an industry that was deemed "essential" which means that our business and my job was secure. It was difficult seeing people lose their jobs and seeing children isolated at home without school and friends.
- My life really did not change as I worked in an essential business, but I did have to quarantine twice which definitely was a challenge for someone who is always on the go. I also had a hard time remembering to wear the mask.
- How to keep the doors open. Balance between common sense and over reaction. How to maintain human connection. How to establish where to receive truthful, unbiased information during the era of Trump.
- How to meet the essential need of being connected to humans when being distant keeps us safe. What to believe coming from media/politicians. Too much information coming in quickly, exhausting to sift through for truth.
- Managing the change in lifestyle from being out and social to isolation. Trying to stay focused on what we needed to do and not let others' fears drive mine and others' actions. Trying to address and indemnify the difference between accurate data and propaganda – all sides.
- Didn't realize what a social animal I was. Trying to balance all the Zooms. Got sick because I didn't make the time to take care of myself.

Question #3

What was the greatest gift of the pandemic for you?

- Higher regard for public health
- I am not sure I would identify a specific gift of the pandemic. Seeing how RESILIENT people and organizations are is a gift.
- An understanding of how vulnerable our world is
- Learning what is important in your life

- My mom had cancer and was terminal. My job went completely remote and two of our sons were in high school which also went remote. The 3 of us went to N.C. and lived with my parents with my siblings as neighbors and spent the last 10 weeks of my mom's life with her. I will always be thankful for that time for the rest of my life.
- Learned to take time and have that extra time (no work commute) to enjoy life and family and home
- New leaders and "stars" arose at work. Time with grandkids as my wife homeschooled them while our son worked from our house.
- With social isolation ?? being "shut in," but with my youngest daughter who came home to remote for classes at Drake University and my wife and I having that extra time with her and extra time together at home working remotely.
- No great gifts of the pandemic come to mind.
- The greatest gift is the pandemic led me back to home: La Crosse.
- Open time! I didn't know I could relax! I didn't know I could just take a nap whenever I wanted to! I had unstructured time without guilt.
- Time to think about what was really important.
- Technology and other innovations that were used are a lasting positive.
- Mutual support of friends and family. Zoom chats and meetings that kept us connected.
- To see my associate administrator perform in my absence on medical leave and continue to demonstrate her leadership.
- The greatest gift was my daughter. Carrying her brought me so much comfort and peace at moments of intense stress. Since being born, she has been the highlight of my life. She is the happiest baby I have ever seen. She smiled from birth. She elicits laughter and smiles from her big brothers & daddy. I am so grateful she is here and she is healthy.
- Time with my wife and my close family. What really matters became extremely apparent. A perspective of what is important and knowing that going forward I should actively choose my time more actively.
- Getting a glimpse of what the future looks like – the digital world evolved 10 years in 10 weeks.
- None that I can think of.
- Increased time with my family – particularly with my son
- Slowing down and spending family time at home instead of on the road. The summer of 2020 was the best summer of my life since childhood.
- Time with immediate family and friends. Not as much running around.
- Lost 45 lbs.!
- Regular exercise; better eating; evening meetings at home; Saturday Zoom meeting with children.
- Run my business from home
- Adjust to drinking boxed wine
- Relied on close family members, including my dog Maya

- Personally: watching neighbor playing with his baby/toddler while I was working from my dining room table – it was peaceful, hopeful; a break from the chaos of the times.
Work-related: use of advanced technology and social media to connect with people
- Spending more time with loved ones (family, friends) Watching old movies and appreciating them.
- Time spent with family without distractions. Time spent with my pet – who passed in April 2021.
- An appreciation for people who believe what I believe.
- Finding a new job that provided a better life balance – no weekends, holidays or nights of work. Spending time w/our kids, cooking more, living in the present!
- The love and closeness my wife and I came to realize, nurture and grow.
- Perhaps the greatest gift was learning to be tolerant of others and mindful of others feelings. I definitely have learned to listen to all sides of the issue.
- I learned not to take family visits for granted, or the ability to worship in person. We had no colds/flu in our house too!
- Extra time with my college aged children which never would have happened in a “normal” era.
- Walmart grocery pickups. 😊 I was able to devote more time to my partner and balancing our needs.
- Spending time with my daughter. I had time to focus on myself and my mental health.
- The vaccination. Spending more time with spouse and children.
- Different ways to have gathering of friends and family using technology such as Zoom.
- Learning how to communicate on Zoom with friends and family. How to meet church friends weekly via Zoom.
- Tried to understand how people were coping or not coping
- Appreciation for those around me. The importance of self care for everyone.
- Zoom. New technology
- The ability to spend more time with my children and husband and get to know them better. All the technology advancements. Grocery pickup and delivery, food take-out and...EatStreet!! The ability to easily meet by Zoom! We don't have to always drive to meetings – more time to do what we want.
- Zoom allowed people to interact without traveling. We got to have Ina Pinkney speak when she would not have been able. Found out how much other people meant to me. Being able to order anything through Amazon.
- Because of wearing masks and social distance, I haven't had a cold or single sniffle in over a year.
- For my wife she got to spend all the time with her children. Thousands of hours she would not have had with her three boys.
- This was a difficult time. It did change my lifestyle and kept close family members closer.
- Family time w/those quarantined with. Slowing of fast-paced life

- Having my daughter move back home for a spell. Priceless times shared. Never would have happened otherwise.

Question #4

Did you learn a new skill or adopt a new hobby during the pandemic?

- It has been interesting to see others to develop new skills and hobbies a gift for them. Too busy in the last year navigating work situations brought on by pandemic for much of anything else. Improvement technology skills greatly.
- New mixed drinks! Cooking
- Projects, more active with the electronics and communications
- Zoom
- I explored in the trout fishing opportunities in the draft list area
- My wife and I acquired a vintage 1972 camper we now go camping often on the weekends and spend our time that way.
- Using Zoom schedule and attended meetings. This has continued to work well even when we can get back together as it has been a timesaver.
- Had to adapt to new technology – Zoom
- I feel my grant writing skills reached a new level during the pandemic. On the home front color by number and music lessoned and my stress immensely
- In spite of the pandemic, I became a medical courier. This involves a fair amount of travel by air. After being vaccinated I have felt more comfortable been unmasked.
- I played a game with my husband at breakfast and we have continued basically every day since. I learned to eat healthy diet with no sugar.
- I learned to take care of myself before others. Both physically and emotionally. I used to always put others before may sell consistently, it is about to balance.
- I did more reading, but nothing new.
- Learned Zoom
- Zoom/Teams Conferencing
- Zoom, became more technical, better at social media
- Zoom and technical connection with people. Bought new house
- Nothing new, just improved and did more of the same habits - baking, canning, cooking, etc.
- More time to read, no new skills
- Learned virtual skills and playing more golf
- How to Zoom
- Technology
- Spent more time with family
- Developed new skills, learning to do things in a new normal way of living/working and in many ways better! Most importantly, more time with pets!
Started paint technology

- Took virtual polish lessons, fun but hard language, connected with many different people. Remodeled TV room, painted, new windows and furniture.
- Learned how to play new board games
- How to form a new habit and make healthier decisions
- No, but I ready more, cooked more, and learned to be grateful for what I had. I did purge my basement after a move 5 years ago
- I worked very hard to improve my cooking. Grilling and smoking skills and techniques. Read a bunch
- I did not learn a new skill or habit but I did learn to use Zoom, setting up meetings, etc. I also spent more time reading and crocheting
- We learned how to use Facetime and Zoom with family and coworkers
- I bought an offset smoker and spent a lot of time outdoors cooking and enjoying outside time
- I bought a sewing machine and broke it an hour later. Tried cross stitching 2020 dumpster fire as a Christmas gift.
- House plants, doing good at keeping them alive with the exception of succulents
- More multi-tasking, more knowledge about how to work with the computer
- I started to learn to rollerblade. Started to train for a 10K run.
- No, maybe some management skills
- Took up fishing and added to my time kayaking area rivers
- Learned to do online music concerts on Friday nights. Cooking.
- Yes – how to use Zoom!
- Learned how to use Zoom
- Learned about Zoom, learned to be more techy and interact with people differently over Zoom.
- I got really good at teaching music virtually and running Zoom meetings. I did a lot of cooking and gardening. Not new, but lots more time to do it.

Question #5

If you wrote your story of Covid, what would the chapters be named?

- Fear; adaptation; hope-vaccine; anger-pandemic of the unvaccinated; resolve-for the common good; mandate the vaccine
- To Hell and back
- Slow discovery; stay at home order; isolation; second wave; vaccinations; the Delta blow
- Damage to long-term friendships; blessings
- Two weeks...flatten the curve; abundance of caution; new normal
- Outbreak announced; school disruption; PPE shortage/unusual sources found; first positive case; outbreak; widespread Covid; vaccine development only way out; vaccinations 1/21; relief; back to normal; here we go again (Delta)!; herd immunity?
- Relationships; communications; economy; health; religion; public interaction; media
- Something is lurking; is this real?; how long will this last?; sadness, isolation; the silver linings

- We're caught up in drama; baby on board; pivot!; just keep swimming; it's only for now; leave you, leave you, how could I leave you?; transitions are fun
- Lock down; freer summer; second lock down; vaccination; open, self-regulation; endemic
- Fear; disbelief!; what is coping? anger; what happens now?
- Dread; determination; sensibility; empathy; leadership; perseverance; triumph; vision
- Adapt and respond; guide and mentor; endure; continue
- The Covid C's: Concern; confusion; compliance; complaint (about people who choose not to get vaccinated or wear masks); come together
- It won't affect me; how to move cross-country during a pandemic; marketable skills; the journey home; new normal
- Fear; gradual acceptance; cautiously optimistic
- Patience is a virtue
- Fear; adapt; hope; big divide
- Wow, is this really happening; the great evacuation; who is telling the truth; light at end of tunnel, vaccine here at last; the saga continues
- The days before the world caught up online; lunch lady; schedule, schedule, schedule; critical mass; evenings
- Uncertainty; panic; discovery; the calm before the storm; chaos; hope; disappointment ; the long haul
- New challenges...new insight; when will it end?; oh no...not again!
- The era of fear, uncertainty, and death
- What a long strange trip it has been
- Crisis; despair; change; hope; new normal
- Get back to normal
- Too many chapters! Last one : when will it end?; how to be grateful
- Get ready; this is different; ok, this is getting old; I can't believe we're letting this happen; why are we doing this?; we need to do better; ok, we're done
- Got better at word games (Scrabble, Boggle, etc)
- What next?; what's the truth?; how will this end?; when will this end?; why do people not believe in vaccines?; how many people are going to die from not helping themselves and others; preventing this from happening again
- Pandemic: what pandemic?; basic mask wearing; fundamental distancing; to vaccinate or not to vaccinate; how far is 6 feet?
- Panic; acceptance; tolerance; triumph; research
- Knowledge; dread; doubt and skepticism; anger (who ate what); economic effect; loss of life; political divide; vaccine help; prediction for the future
- Be prepared; love
- Pandemic flux stages: July 2021 was supposed to bring happiness--it didn't; need to change/escape
- Struggle and frustration
- The 5 stages of grief: denial; anger; bargaining; depression; acceptance; (repeat for 2021)

- The setting sun; long days of winter; long days outside; will this ever end?; another long winter; summer of hope; wait--never mind--this isn't over
- Stages of grief
- This will be fine; Tiger King and bread making; what do I do now?; really we're going to shut this down?; the long wait; adapt and overcome
- Nothing to worry about; Come Again; learning to adjust; let's go outside; @x!\$# masks; how long?; The Vaccine Arrives; 4 weeks of Normalcy; Whoops! Maybe not; We Are Polarized; When Will It End?
- Life without a vaccine; is there really a problem; now I'm vaccinated. What's next?; when will all this be done; give me solid next steps--quit shifting
- What is happening?; how long can this go on? Are we really this divided?; when will we know IF it's over? Can this happen again and have we learned anything?
- Shock and awe; paper goods stockpiling; binge-watching shows; movies; when will this end
- Chapters based on the different phases of cycles
- Not be surprised as things changed every day
- Initial reaction; understanding scope; vaccinations; feeling more safe; will it ever go away?
- What is this? Oh no! the shut down; working in pajamas; here is an answer! Just kidding; we may have this figured out; to be continued
- Resume travel
- Practicing vet; not medicine; outdoor--curbside at 67 yr old; cold, snow, sleet;; closed relations; pets stress (This paper was nearly illegible; I'm not quite sure what it said.)

Question #6

What are your hopes and dreams for the next year?

- Enough people will be vaccinated to create herd immunity.
- Gathering with friends and travel
- Hope that loved ones remain safe and healthy.
- Youth in our community bounce back and aren't overly affected by the time of isolation.
- Stability.
- To survive.
- I hope we are able to find ways to repair the political divisiveness associated with COVID-19.
- A more normal and less limited life.
- Being able to attend events without worrying about the spread.
- Hope that we can resume life as we knew it.
- Vaccination rates world-wide prevent development of new COVID strains
- Keep on living. Keep up my faith in God.
- A fully functioning world. A high vaccination rate for the world.
- People would make smarter choices. Be more respectful.
- Fast test for COVID at events.

- No more masks. No more politicizing or judging for decisions about masks or vaccines.
- For us as a nation and world to move through the pandemic. I hope it becomes something more minor like the seasonal flu. I also hope people practice kindness.
- To go on a vacation again and to live without masks in our lives.
- I hope we reach herd immunity by December 31, 2021 so life can go on unmasked.
- My hopes for the next years is that similarly to the Great Depression there is an economic boom after. I hope for more vaccinated individuals including our youth. My dreams are that we create a safe environment for years to come: COVID transmission minimized, diverse schooling options, and a world focused on environmentally.
- To remove politics from COVID issues.
- Everyone get vaccinated. No more deaths due to COVID.
- Normalcy. Health.
- Less fear. Community bonding. Gratitude. Unity. Hope.
- That everyone remains safe and healthy as we evolve through the next flu season. That we learn to appreciate all points of view as we deal with one another. Ability to gather and get to know one another and enjoy our friendships.
- Get back to normal.
- Travel.
- OMG! I've got a lot of experience with coronavirus/unpredictable behavior thru my veterinary career. Ugh?
- New normal and we can do this!
- To live each day in the present, be grateful, do things now and always tell those you care about how much you love them. Be fantastic always!
- To be healthy and wealthy, and share this hope with and for everyone. Win the day.
- I hope that scientists can find the right treatments to eliminate covid and vaccines. I hope that there are fewer and fewer cases of COVID and that all of my family is able to avoid the disease.
- I hope that treatment for COVID continues to improve. Effective vaccines for adults and kids. I hope my family avoids COVID or comes out healthy. I hope we can see smiles in classrooms, work and public.
- A highly effective vaccine readily available to all citizens of the world.
- My kiddo can stay in school.
- A less polarizing/politically charged community. Learning that respecting others does not mean you have to agree. You can respect a person and still have different opinions.
- That science and logic and compassion will win and we will save lives.
- That we find a way to come together and fight this. I hope we see this as a community health issue - not political - not about your individualism.
- That COVID will be over and that we can get together each week.
- Back to normal, whatever that means. I hope that we can learn from COVID 19 so we can be smarter next time a health crisis hits our country.
- Herd immunity. Arrest this pandemic like polio. Leadership that calms the nation. Other world countries tame the beast. Back to some normalcy and freedom.

- Find a new “balance” to life or a new “normal”. Savor the connections with people — once fully back. Put this whole thing behind us. Heal the wounds from our division.
- Hopefully our nation will become less divided and more focused on uniting to combat the virus.
- Let’s get back to normal!! Get our great lives back in the best country in the world. God bless the U.S.A.
- Live without fear.
- Adjusting to the new normal. More gathering.
- We can relax a little. Everyone will have made it to the other side. People survived and can once again flourish.