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## "The CSUSB COVID-19 EXPERIENCE"

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The NEW “Normal”

By

Terry Holland

CAL 5951

Professor Kelly Dortch

Fall 2020

Thursday, September 17, 2020

It has been quite an interesting few months prior to today. In case you did not realize it, we are in the middle of a pandemic. Pandemic you say?!! Yeah, it is the Corona Virus aka COVID19. I can say it really caught us by surprise. At first it started earlier in the year (January) and then it spread like wildfire in March. That is when something like a virus shut down the whole world. Yes, I said the WORLD. It is kind of scary how something like this can do something as



devastating as this to the whole world. As of March of 2020, we, I mean the city, has been on a lock down where restaurants were no longer able to serve food inside and we had to stay inside from everyone and wear masks.

That alone is different. I am not one to have something on my face, but it is necessary so I or people do not spread it around. Grocery shopping was weird. A lot of the shelves were empty!! Could not believe it. It was like the end of the



world thing!!! Never seen anything like it. It was crazy!!! People were just going crazy with buy up stuff and stocking it up at their house or something. At the stores, toilet paper, paper towels and cleaners were out of stock. There were other things as well.

There was a lot of other things that happened, but I am not going to bore you with it. Today, is a special day!!! I get to have my hair cut and colored!! OMG, it has been like six months since the mandatory lockdown and all the nonessential business had to be shut down, which means, no one is to come in or out of their business if it is considered nonessential. I drove out to Lakewood on Friday and then drove to the valley on Saturday!!! It was great to get out of the house!!!

Monday, September 21, 2020

Another hot day in the I.E. and good thing we have solar power because that air conditioning is going to be on all day!!! Today is supposed to 100 degrees! My philosophy is anything 100 and above is just hot! Today is going to be a good day!!! Why? Because I have a doctor's appointment!! At least I get to get out of the house today. That is terrible when you look forward to going to a doctor's appointment. Normally it is just a hassle and you really don't have time for it, but you go anyways because you want to make sure it is not something serious to ease your mind.

Thursday, October 1, 2020

Good morning journal. It is another HOT day!! Ugh, when is this hot weather going to end!!! I only love the heat when I have a water source near me so I could cool off and I don't have that at all!!! Anyways, another day I get to get out of the house!! Good because family is getting to me. This lockdown is just too much. I get to go for my massage today!!! Yeah!!! Massages are supposed to make you relax, and they do, but when I come back home, my stress goes back to where it was!!! Do I have somewhere else to go today? I have to try to think of somewhere else to go!!!

Wednesday, October 7, 2020

Good morning journal!! I am in serious need to go back to bed!! I am very tired but can't have to go for my morning walk to stay fit. This morning was not as hot as last week!!! OMG, last week I think was the hottest I have ever felt since we moved out to the I.E. Today is supposed to 91 degrees down from last week being 106 degrees. I am feeling a little lazy and really sleepy. I just started doing my work so I would not feel unmotivated or sleepy. I at least have an online presentation this afternoon to look forward to. I have to look into the graduate program and understand what I need to do to get in that. I have to look busy so family would not interrupt me in my work. I usually pretend that I am taking a test so they would not talk to me. I just do not feel like talking to anyone today. I hope this hum-drum passes.

Friday, October 9, 2020

Another great day today because I get to get out of the house again. ANOTHER doctor's appointment. I like these doctor's appointments. At least I get out of the house for a little while. I am feeling more awake than I did a couple of days ago. I must think of where else to go before going back at home and working on assignments. Since I could not think of somewhere else to go, I guess I will go home and start on my assignments. At least that will keep my mind focused on something other than being stuck at home doing nothing. I was just thinking about all the families that are at home with their little children and doing online classroom. It must be difficult. It was difficult when I was homeschooling mine, but I cannot imagine what it is like to do it online from a computer. I enjoyed homeschooling but having classrooms online is difficult especially when they are used to *going* to school.

## Thursday, October 15, 2020

Today was an interesting day. I had to record myself pretending to read to children. That was weird. I had to do that about 4 or 5 times because my phone recorder kept stopping after a few minutes and it would not allow me to finish the book. Luckily, I had smaller children's books that I was able to record myself reading the whole book. I thought that was good for sure. At least I was able to get that done and what a relief. That was for extra credit for my English class. I have recorded myself before, but this was weird, I am not sure why but to play it back was different. Oh well, at least I was able to collect the extra credits on that assignment. Today, I am just trying to keep myself busy. I make sure that I finish my assignments by Thursday so I could have Friday off and enjoy the whole day catching up on house chores, go grocery shopping and at the end have a glass of wine. It is always nice to have that one day that you can relax before knowing you have schoolwork to do the next day. I try not to think about it too much and relax.

## Saturday, October 17, 2020

I got my hair cut today. I am so glad it was looking a little long and I could barely see being that my bangs were really long. I look forward to getting my hair cut once a month because that means I drive out to Lakewood and stay at my friends house for the weekend and away from my house for the weekend!!!! I hate to say it, but it is nice to be away from the family and just get time with myself and with my friends. I do not have to think about the things at home or having to break up arguments between my son (19) and my mother-in-law (92) when they are watching television. Yeah, that is a reoccurring event when they watch television together. It is not fun and that is why I love leaving for the weekend. I try to leave on Friday (early) so I do not have to

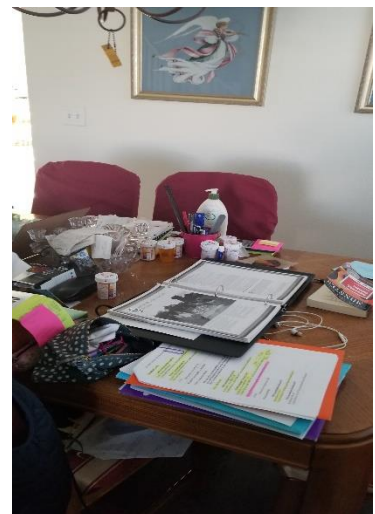
worry or be in traffic. I love it when my husband comes with me because he is my carpool buddy!!! It is always nice to drive in the carpool because I could just take that all the way to Lakewood.

## October 20, 2020

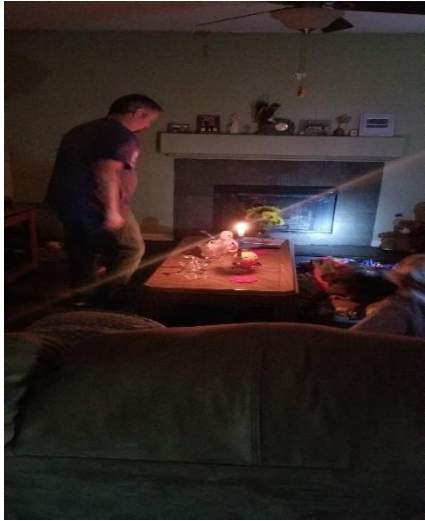
It is 6:00 am and I am just waiting to talk to a group of ladies that I have bible study with every Tuesday morning around this time. I am so grateful for them because they listen to me when I have something I need to get off my chest, and they listen and pray for me when I need a little added prayer for my son. We have been praying for our children for the past three years and it has been so awesome!!! We have been reading out from a book that has been such a blessing to all of us and the prayers have been so powerful as well. Those prayers have been getting me through the days and I am grateful for the prayers and for them. This morning I don't get to go for my walk this morning because of my class at 7:30 but there are times I wish I could stay in bed. Soon we will have daylight savings time and we will be able to turn our clocks back one hour! I get my hour back!!! I wish we could go back to school so I could get a break from the house. If not to the school or at least at Starbucks or somewhere else. I like being by myself and not getting disturbed by someone or something. Oh well, back to schoolwork.

## October 27, 2020

OMG, yesterday of all days was crazy!!! The electricity went out from 10:00AM til about 2:30AM!!! That is soooooo long and I hated it!!! I could not get any of my work done at all!!! The worst part was the blackout was planned by the city!!! UGH!! It was okay



at first during the day because I could read my textbooks but when it came to the nighttime, it was more difficult.



I was so worried about having the stuff defrost from the freezer rather than the stuff from the refrigerator. We have two refrigerators, one in the house and one in the garage. Can you imagine if BOTH freezers defrosted all the food that were in them!!! OMG, that would be A LOT of meat to eat!!! I was so happy to wake up in the middle of the night to the electricity being back on!!! The other terrible part was we could not do anything!!! It was funny when you would walk into a room and try to turn on the light and the light did not turn on!!! LOL! I would just laugh because the electricity was not on. It is amazing how we are just creatures of habit when we do not think about the things we do; we just do it.

## October 30, 2020

OMG, I really think that COVID is getting to us because this day has been the most stressful day ever!!! I mean it did not start out that way, but it surely did end up that way. It started out pretty good. I got all my work done on Thursday, October 29<sup>th</sup> so I would not have to worry about my work. I was able to go for my walk (good for the mind) with my husband and my dog. Then when I got done with that, I was able to do my normal things (grocery shop, errands etc). Then when I got home from that was when everything went to hell in a hand basket (I think that is how the saying goes). I got home and my son was already home from work (got fired), my Mother-in-law and my son was leaving to take care of their car (kid almost broke the car), and then tried to take her anger out on me (later in the evening). I could not help but crack up because I was not



even involved in the car thing and it was being taken out on me. I did not REALLY laugh on the outside, but I was surely cracking up on the inside. I mean, I would be cracking up when I was by myself, either outside, inside somewhere or just laughing when my back was turned. I just could not help it. It was just too much. For me it was a great stress reliever for sure. I had a couple of glasses of wine because of that, for sure. Yeah, me!

## October 31, 2020

Wow, I think this THE first time I have never, ran out of candy on Halloween!!! I really thought people were going to come out to trick or treat!!! I mean I even bought two big, huge bags from Costco of candy and we had put candy in the sandwich bags to give out. I even ordered a reacher grabber tool to give out the bags of candy!! My husband and I sat outside with our glasses of wine (continuation from Friday) and drank. We had about a dozen groups come by to get candy, but now I am left with a stash of candy. Luckily, the bags of candy I purchased at Costco are candy that I like. Then I am not stuck with the candy. I usually stash my candy away for rainy days or if my husband is crashing because he is a diabetic, I can give that to him when he needs it to raise his blood sugars. I have had to do that a few times and luckily, I had my stash too.

## November 3, 2020

Today, I am finding I am constantly angry, but I know when I go for my walk, it helps me to let go of that anger so, I love my walks in the morning. I have my 19-year-old that is diagnosed with High Functioning Autism and ADHD and that is part of my stress, but I like it when he leaves for work. I now have a few hours of stress-free time to do whatever I want. It is unfortunate, but

the house is always better when my son is not home. Even my dog knows when he comes home. She usually walks away from where he is and goes to another room. For example, when he is upstairs, she is downstairs with me and when my son is downstairs, she is upstairs with my husband. It is sad because I see videos with a dog and their human getting along loving on one another. It breaks my heart that he does not have that type of relationship with our family pet. It could be good, but he does not make an effort to help take care of her.

## November 7, 2020

Not much to report. Today was just like any other day. I was just finishing up my schoolwork and just getting more wrestles by the day. When are we able to go out and do things like “normal?” I was talking to one of my family members, who just so happens to be working for a pharmaceutical company, that we will not be doing much of anything for a long while. Great!! I think it is time to get creative. My family does not do well doing things together. We barely like each other (except I love my husband). I really do not want to do things with my son or mother-in-law, but I am going to have to suck it up and try. I think things are getting to us though. For example, we have this desk that things just get dumped on by my son and his stuff stays there for like days, weeks etc. My mother-in-law hates when he leaves his stuff there. I love seeing her put his stuff on his placemat on the dinner table and my son sees it on the placemat and puts back on the desk. It is just little game, and I crack up watching this little game of back and forth. I think as we are more together, our OCD just comes out more and more than what we thought it would. It’s really funny.

November 11, 2020 

Today is my birthday!!! Yeah. I decided I was not going to do much of school today and I was just going to spend it how I want. Yesterday, November 10<sup>th</sup>, was Mom's birthday. I bought her flowers at Trader Joe's and I also bought a bouquet for me as well. The last several years since we moved out here, my birthday was just an after thought since my birthday is after hers. So for the last few years, I did not do anything get anything or go out to dinner but this year, I thought I would change it up myself and buy myself flowers. So, I did. I brought my car into the dealership since it needed a tune up and after that my husband, Babe (dog) and I went to the park and walked around to kill some time because we did not want to go home. That was nice since it was a nice day for a walk in the park. At night I did do some work and got it done.

November 15, 2020

Today was a great day. My friends and I figure since we are not able to get together as normal, we would do a ZOOM PARTY!!! That was so much fun!!! We had a lot of great laughs and we wished each other "HAPPY BIRTHDAY'S" since all three of our birthday's were so close together. Of course, the youngest of the group had to get her digs in because she was the youngest and not as OLD as the other two. LOL! I have been hearing that for over 50 years now. It is hard to imagine that I have known my girlfriend for over 50 years!!! I am very appreciative of her because she has been through a lot and so have I over the years. She has been there for me for a lot of things. The other girlfriend I have known since high school. I met her through my girlfriend. It was great!!! We talked for about 2 hours and could have gone a little longer, but we all had things to do and had to get to them. Until next time!

November 23, 2020 🦃

It is Thanksgiving week!!! I am so glad for a couple of reasons: 1) we get to eat good food. I think it is great because we get to eat Cornish game hens rather than turkey!! Yipeeee!!! I hate turkey. It just tastes awful!!! I look forward to eating Cornish game hens and all the trimmings that Thanksgiving dinner brings. I do not mind the side dishes, I just do not like the turkey. Looking forward to that one. 2) we get to have a small break from school. I look forward to this for sure. I like my little breaks because most of the time I am thinking of school 24/7. It is nice not having to do schoolwork for a few days and not having a deadline. The terrible thing I did not do is take a picture of all the good food we had. I did not even think about that. I loved all the food we had to eat.

November 27, 2020

Well, this week went by fast. It was nice to be able to sleep in a few days until at least 7:00am. I was pretty lucky the past few days that my dog did not wake me up 5:00 like we normally get up. She normally wakes me up or maybe I should say, I normally wake her up because we get up early to have our coffee and start our walk around 6:00. When I go downstairs and start my day, I get my coffee and go sit at my computer and here is the look I get in the morning

(see picture).

she is cute. I  
not feeling  
home. I am  
the Black  
was that NOW



She wants more of something for sure, but at least  
am just checking in to say it was a good day. I was  
anything like anxiety or feeling like I am stuck at  
starting to purchase Christmas presents online. I did  
Friday thing this week. The great thing about COVID  
the sales was going on all week long. So Black Friday

was on Monday of this week. So, there were some deals I took advantage of but now I have to start doing the real shopping. I will do that online. TTFN (Ta Ta for now).

## December 2, 2020

Wow, it is already December. You know when we all started this COVID thing back in March and it seemed like every time I turned around it seemed like it was the same month (March) and then it was April and so on and so forth, it was like, is it only April! When it was October, then November and now it is December, those past three months came by quickly. It has been an interesting year that was for sure. I think of the things I was doing last year compared to this year and there was no comparison at all. I know during the summer of this year, I looked at a picture of where I was last year 2019 in the summer and I wish I were back in 2019. I was in Maui last summer. It was not that long ago that everyone was coming and going wherever we pleased, had parties and family gatherings all the time. It all came to a halt in March. It is amazing on something like this made the whole world stop! Through all this, I have learned to try to be more patient with family members, be more positive and laugh a lot. I have learned that my work area has not changed as far as being cleaned (see picture). I think it got worse. LOL!



I have learned how to do more technology things on my computer that I did not ever think I could I before. The technology thing is an ongoing project, and it can only get better with trial and error. I sometimes I amaze myself of what I could do, and the funny thing is, my family thinks I know a lot. Well, I do not think I know a lot, I just know more than they do. LOL! I pretend to know more by just pushing buttons and trying different things. Oh well. I guess I talked enough. Talk again soon.