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THURSDAY

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#STAYATHOME

ADAPTING TO NEW NORMAL OF WORKING FROM HOME

#STAYATHOME TO REDUCE THE SPREAD OF THE CORONAVIRUS

BAMBANG SADEWO
bsadewo@metroland.com

Thanks to the wonders of technology, radio host Scott Fox has been broadcasting live from his home studio in north Halton since the coronavirus lockdown began.

Previously, he'd rise around three in the morning, then go to his workplace in Kitchener at 4 a.m. to anchor the morning radio show, on 91.5 The Beat, which airs weekdays from 5:30 a.m. to 9:30 a.m.

"Now, I get up and I still do a lot of my other routine, because I want to stay in my routine, but I don't have to drive. I just go to the guest room, which is where I broadcast from," said the father of two.

The lack of commute is just

one of the perks of working from home, but it also poses some challenges. For starters, not being in the same room as his co-host, Kat Callaghan, has forced him to be a mind reader, he said in jest.

"It's hard to have that radio chemistry from a distance," Fox said, explaining that they have to do a lot of prep work in advance to figure out "when I'm going to talk and when she's going to talk."

Still, Fox, who also does voiceovers, says he has enjoyed working from home.

Maintaining a similar daily structure allows him to stay focused. This includes rising early - as he usually does - and still putting on work clothes. Once he goes to his workspace at home, he finds it helpful to "treat it as if you're at the office" in order to minimize the distractions - which, for some, can be kids or pets.

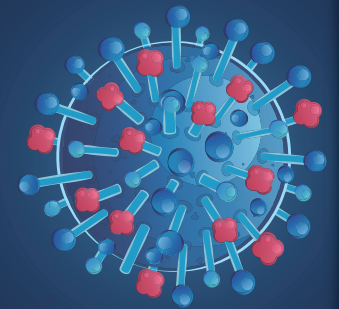
This was echoed by Halton Hills Mayor Rick Bonnette.

See HOME, page 11



Mayor Rick Bonnette, seen here with Lousha, is enjoying a break from wearing a suit to work. Rick Bonnette photo

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