

The Road To COVID-30

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THE ROAD TO COVID-30

Satire for the soul

BY

Dunk Dougan IX

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FOREWORD

Thank you so much for taking up reading - joy awaits! The following is satire with many different voices and the advice given is not meant to be followed or taken literally. While the majority of quotes in this book are real, do not take anything for a fact – this is not a source for Wikipedia. This disorientating journey intends to captivate your attention with minimal downtime. It's a huge undertaking and takes on the world with a little Vancouver, Canada flair (oh, we're going to have fun). Do not be alarmed if you get upset. After all, it is 2020 - you are probably already on edge.

How to consume this book:

Slowly. We go over societal issues and personal addiction issues as well (such as cocaine and over-eating). This is your COVID rehab/diet!

Now (unfortunately), some of you might be reading this with your roommates or parents and pretending not to know what cocaine is. Swab your debit cards at security because I come (and off to secondary you go). Cocaine is a common theme with “Generation - Everyone Who Stays Up Past 7 pm,” and it's one of those funny things where everyone knows someone who does it, yet never admit to doing it themselves. So, to keep the gimmick up, let's quickly go over a basic night of cocaine with “Noah” and “Justin” (the one from accounting) just to keep your parents guessing:

Date: Tuesday

Time: 7:01pm

Location: Downtown restaurant (happy hour)

Noah: Hey man, do you want to –

Justin: I got two 8-balls on the way.

Very typical and subdued (two 8-balls is a calm night). Let's burn through a few nose membrane layers (hours) and skip ahead:

4 AM – Empty plate gets put in the microwave. This is very degenerative behavior and is a sign of a seasoned professional/partier. There is also a chance that they are a globally recognized cocaine connoisseur with premier access to the back of strip-clubs and priority line cutting services available at airports (pre-security).

11 AM – Empty plate or baggie gets licked. I skipped over the business plans and inspirational speeches to save time; I'm just giving you the real feral animal behavior for now.

6:30 PM – The functional addicts cross the line in continuing. Some never recover.

6:38 PM – The last section of the last chapter. Literally.

You see, in this journey, nothing is real, and nothing is fake.

Soon you won't know up from down.

Are you ready to begin? Are you excited?

Don't be.

This is a heavy dose of reality delivered right to your bedside table; no more bullshit, no more sweet-talking, and no more carbs. It's time to straight-shoot through all the coddling, bickering, and bitching that has plagued us lately. This isn't a letter to the editor; this is a testimony to the world; where we stand.

Survive it or die, and I'm not talking about COVID-19. You live with your own footsteps, at your own pace, with your own set of eyes. 107 billion people have lived; don't think you're special, but know you have value. It's

time to hit the reset button, and whatever you do, don't shut the power off before the update is complete.

Pray.

Hold on -- I forgot to put an inspirational quote that goes at the beginning of every book (and Instagram account).

“I’ll take the plexiglass to Mordor.”

-Frodo?

Hmm.

“And my peroxide!”
– *Gimli?*

Hmmm.

“For the time will soon come when
loaves of bread will shape the hips of
all.”

- Y'all huge

Okay, everyone, just bear with me here. Let's all settle down.

“Give a man hand sanitizer, and you'll protect him for 20 minutes. Teach a man about high contact touch surfaces, and you'll protect him for a lifetime.”

- *Dunk Dougan IX (pronounced "the ninth")*

Okay, Okay, Okay.

“My bike got stolen, and the police
will help me!”

- Someone who just moved to Vancouver

Hmmm.

“Dad, that man over their just asked me to help him find a vein. He was bleeding pretty bad.”

“Just keep playing on the swings,
Jimmy.”

- Family Park Day in Vancouver

Not quite there yet.

“I think my pen-pal from North Korea died. I think his parents, siblings, and cousins died too...”

“Just keep playing on the swings,
Jimmy.”

Almost there!

“Be kind, be calm, and be self-
isolated forever.”

There we go -- we can move on.

Finally.

APPENDIX

Hi there! Let's get you caught up! This fine book has many references that may require a bit of explaining. Please refer to the following:

People:

Justin (not the one from accounting) - Justin Trudeau, the Prime Minister of Canada. He isn't ancient.

The Oracle - the President of The Divided States of America.

Thicc Boi - Kim Jong-un, buffet manager at North Korea's luxury billion-dollar Red Cross restaurant (bottomless mimosas between 12 pm-3 pm on Saturday and Sundays!). He's probably fucking dead, but nobody knows. E-mail me or something.

Dr. Bolsonaro - Brazil's top doctor (everyone will most likely die though).

Putin - Accepts mail-in ballots.

Pence - He auto-dials right through to Jesus.

Xi Xi Top – Xi, the President of the Chinese Communist Party (the CCP).

Places:

Vancouver, Canada – They'll write a letter to the editor if the wind blows the wrong way.

Vancouver West-End - The birthplace of affordable housing.

Vancouver Downtown East-Side - Great place to take the kids and go for a stroll at night. Very scenic.

Oppenheimer Park - A beautiful, quaint park in Vancouver. Future bike storage location.

Surrey – A suburb of Vancouver. Instead of falling asleep to books and stories, children fall asleep to gunshots.

Toronto - It has smog.

San Francisco - A 45-degree angle.

Florida - Is currently away at the moment. They will be back in the office in mid-December.

U.K. - 31% of adults are clinically obese, and 100% drink in the shower.

France - Before leaving your house, be sure to check out the stabbing advisory for the day. It's like the pollen advisory, but applies to your major arteries.

Arizona – $1 + 1 =$ Count ballots slower. 90% in for days.

Scotland - They consume 3.4 gallons of pure alcohol a year. Even the Jehovah's Witnesses gave up on them.

Things

Cocaine - Schnae, nose-beers, Australians.

Handicapped washroom - The cocaine room.

Anavar - A synthetic steroid. Australians start their first cycle at around 17 years of age and are expected to wrap up their fifth one by the time they turn 25 (government mandate, mate).

CERB - Support money that Canadians are being taxed on.

Healthcare - Not in the US dictionary. Oxford is not looking into it.

CNN – Sorry, I switched the channel.

Skytrain - The train system that transports people around Vancouver.

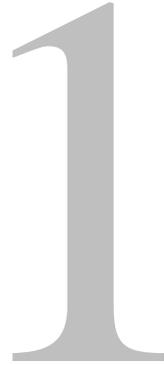
TransLink - The operator of Skytrain.

Bunker-Buster – A bomb that launches with rock music.

CCP – Chinese Communist Party.

CHAPTER ONE

THE WORLD REACTS TO COVID-19



With this new-age birth of fragmented uncertainty, it is important that we wipe away all of the old-world thoughts and replace our societal paradigms in order to grasp a new sustainable vision of the future. To start, we will take a fresh look at how various countries reacted to COVID-19 as it smothered and stifled economies and brought modern life to a quick and fatal halt (except in Florida).

It is important to note that there is no right or wrong answer in terms of having the correct response to such a pandemic as doctors and scientists failed to sit in a circle and pray for Mike Pence to pray the virus away (which I do twice daily, thanks).

The economic machine known as Capitalism does not stop for anything, and within its natural cycle, occasionally consumes the consumer. People failed to realize that by trying to halt the gears of such a fragile device, they risked exposing their veiled lifestyles that they have been manipulated into. Some countries were quicker to act than others, but thankfully, perception held through, and we can once again continue the dream of one day paying off our house, getting cancer, selling the house for treatment, and then subsequently dying 5 years later in the windowless basement of our kids' estate.

North Korea

Kim Jong-un often makes me jealous of all the claps and cheers he gets from his people that occasionally eat grass and salt up their offspring during bath-time. One time, I clapped for him at home, tears streaming, dreaming of one day being born again to use my daily consumed calories to audibly tell him that he is doing a great job and that I do, in fact, dearly love him.

You may sense sarcasm, but his role in the game is to be the wild child of China. The way he systematically manipulates world leaders to bend to his wishes and provide international aid is awe-inspiring. His people may not actually adore him, yet they pretend too, in order to keep living. Wiping out a few generations of lineage has also proven to be a great leverage tool in terms of promoting loyalty.

You ever dig a ditch and fill it back up? Get to work! What a great career.

His people are starving, in work camps, tortured, murdered, and lovingly cared for.

The world does not do anything, simply because they cannot. That is not how this game is played. Know your role.

In terms of handling the virus, I would very much assume that coughing in public led to a few “corrections,” and everything went well.

- "Not one single person has been infected with the novel coronavirus in our country so far. We have carried out pre-emptive and scientific measures such as inspections and quarantine for all personnel entering our country and thoroughly disinfecting all goods, as well as closing borders and blocking sea and air lanes¹." – *Senior North Korean Health Official, April 3rd, 2020*

A country on lockdown went on lockdown. **Sounds difficult.** Some say that due to North Korea's appalling healthcare system, not having a single case of COVID-19 (let alone a full-on outbreak), is impossible. Yet those very people seem to forget about their very efficient bullet-care system (is that trademarked?), which technically cures all.

Family Fun-Time Question:

Your brother John is preparing to swim across the Yalu River tomorrow. Is it time to report this heathen traitor? Mom and dad in on it as well? Care to have the house to yourself?

How well are they going to handle COVID-30?

North Korea is a prime example of a country ready for a more deadly virus. They will bury you in your sleep before you even have a chance to infect anyone else. With limited access to the outside world, there would be no impact on their production of flowers for France. Talk about a full bloom!

What should the world expect from North Korea?

North Korea is good for two things: Neither of which matters. Thicc Boi doesn't care - he smokes, he drinks, and inadvertently hosts Vice documentaries. If you don't cry enough for him, you die. If you don't clap hard enough for him, you die. If you steal a sign, you come back in a coma (and then you die). North Korea is better than any reality TV show and is something we all deeply cherish. If anyone from North Korea reads this (God bless you suffering bastards), put on your swimming trunks and get the fuck out. The same goes for those who live in California. What a bunch of suckers.

Canada

Living in Canada had the benefit of friendly-toned cottage updates from Justin (not the one from accounting – he went on EI). If you are not familiar with the lifestyle and culture of this country, here are a few highlights in terms of their early response to COVID-19:

- “We must all, at this time, step up our social distancing².” – *Dr. Henry, March 12th, 2020*

This is a prime example of why it’s a bad idea to rip a fat line of cocaine before going out into public during the early stages of a pandemic. There isn’t enough raw data on how dangerous the virus is; therefore one can be led easily to believe that they are dark-side, Jumanji Dwayne Johnson, type of character that dreams of violence and has a built-in radar, along with a slight, yet noticeable, eye twitch.

- “Return home while you can³.” – *Justin, March 14th, 2020*

Very quaint, very calm, very ominous. Oh, he’s just joking.

- “If you’re abroad, it’s time for you to come home⁴.” – *Justin, March 16th, 2020*

The blonds thought they could remain on vacation.

- “Canadians will always be able to come home⁵.” – *Justin, March 17th, 2020*

Welcome to Stressville. With other countries scrambling to close borders and airlines cancelling flights, good luck.

- “We are working on the final details with the U.S., but we expect the measures to come into effect sometime during the night between Friday and Saturday...in about a day and a half⁶.” – *Justin, March 19th, 2020*

Canada's Dear Leader knew what was up: The USA was going to fuck up (gracefully).

- *"It's going to be stark7." – Doug, April 2nd, 2020*

Little did Doug know that I already knew who killed the Night King.

- *"These are more than mere numbers. They are our friends and family and neighbors8." - Eileen de Villa, April 3rd, 2020*

This quote reflects on the model numbers that came in for Ontario - between 3,000 -15,000 deaths over the course of 2 years⁹. Data also shows COVID-19 having a 16 percent mortality rate in this province with people over the age of 80 compared to 20 percent globally¹⁰ (excluding the 0 percent rate in North Korea).

The Oracle wants to block N-95 masks that are made by 3M (which are destined to be exported to Canada) from being delivered:

- *"We are not looking at retaliatory measures or measures that are punitive. We know that it is in both of our interests to continue to work collaboratively and cooperatively. The government is continuing to engage in constructive discussions with different levels within the administration11". – Justin, April 4th, 2020*

Whoa, Justin told him to fuck off.

Canadian citizens remained relatively calm and cool during the early stages of this pandemic, yet the media sold the idea that this was the most dangerous thing since 1346; they had 4-part door-handle awareness specials broadcasted along with awful viewer-submitted questions such as:

- "Should I wash my lettuce with peroxide?"
- "Are provincial parks super-spreader events?"

- “I no longer trust the children.”

For the next pandemic, the Canadian media needs to focus on the more fascinating aspects of a complete, debilitating shutdown. They also need to throw in some perspective facts so that people do not panic; more on that later, you impatient fucks. As a final point, all the people who modeled this virus should upgrade their operating systems – it is assumed that MS-DOS was used (Windows 2000 is on sale, baby!).

Family Fun-Time Question:

You recently found out that your eldest son Noah touched a handrail within the past 3 hours and didn't wash up and self-isolate for 14 business days (excluding weekends and holidays). What do you do?

- A) Blowtorch his hands.
- B) Call the Pence prayer hotline (twice a day, thanks).
- C) Spray him down with peroxide and drag him behind a horse through the streets at 7 pm while people bang pots and pans from their balconies.

How well are they going to handle COVID-30?

Canada is in great shape for the next global pandemic. After closing the gate and asking for patience amongst its citizens to go along with \$2000 a month (for 4 months) in instant financial relief, they plan to wait out social distancing measures and re-evaluate at a later date to see what is working and what needs to change¹². A repeat of such actions is very likely during the next pandemic.

Watch out for Ontario, though. Their golf game got interrupted; their handicap has been on the uptick for months (as it's hard to hit a clean fairway shot during a global pandemic), and they're on track to visiting the cottage only 16 times this summer (as opposed to the usual 18). Panic is beginning to set in.

The pandemic is a par 5 (months to get it under control), and as of right now, they are firmly placed in the bunker with a tree blocking their next ideal shot. I once had a pen-pal from Toronto, but he just kept on writing about the goalie situation regarding the Toronto Maple Leafs. I burned those papers. Pepper Peters, if you do by chance read this, I just want to let you know that you aren't a General Manager, you're an alcoholic.

And always remember: You don't drink because the Maple Leafs lose; they lose because you drink. Stop blaming the goalies.

What should the world expect from Canada?

Hold the fuck on – is \$2000 a month enough? Justin, this your town hall meeting, and oh boy, I've got my hand up for a few comments. First, let's assume a typical Vancouver sunset (it's a theme). Let's break down some monthly expenses:

- **If you acquired a place to rent or bought with a 0-down mortgage in 2015** - \$1474
- **Groceries** - \$1500 (otherwise known as 6 trips to Whole Foods)
- **Utilities** – \$150
- **Cable** - \$0
- **Subscription services** – \$0 (just leech off others like a parasite)
- **Internet** – \$90
- **Phone** - \$90
- **Shnae, Himalayan Cheese** – \$1,120
- **Alcohol** - \$150
- **Flats of bottled water (accruing)** - \$90
- **Bike** - \$382 (the cost of 4 stolen bikes a year divided by 12)
- **Cirque du Soleil tickets** - \$26
- **Gym membership** - \$70

- **Public transportation** - \$131
- **Miscellaneous** - \$400
- **Mountain view** - \$118

Oh, you don't agree with this setup? Either you haven't lived here a day, or you are in bed by 7pm. The best part of a global pandemic is the fact that it's time to be honest with ourselves and each other. No one cares about your preachy save the turtles shit anymore (I always ask for 2 straws). It's time for a simulated reality check.

Now Justin (the one from accounting), let me know that \$2000 a month isn't enough based on this middle-class budget. Of course, you can add-in roommates, wives, strippers, grandparents, blackjack, kids, the homeless guy who robs recyclables from your garage, etc. - but the fact remains, we are a bit short.

How short? A lot.

So, Justin (not the one from accounting), we are going to need a raise. Make it around 4690 a month per CERB payment with no tax on it. Then we are good. But keep taxing everyone in Toronto, though. Actually, tax them Vancouver's tax. There we go, finally some established equilibrium. Canada can finally sleep.

To anyone in Canada reading this, your job as a citizen is just to chill. Around 90% of you did well enough to earn yourself a pandemic participation sticker, but there were a few of you who were unable to balance facts, science, common sense, societal values, and vices. A storm is brewing though: With a 14% unemployment rate, a shrinking economy, and a population that is getting sick of the CCP pushing them around, the world should expect Canada to just eat their feelings because, in 2017, it was reported that 64% of the people over 18 were overweight or obese¹³. That's not genetics - that's delicious.

Perhaps I have been ignorant over the past 10 years, but since when in the hell have Canadian's been packing on the food? Obesity is a major factor in terms of COVID-19 symptoms, and it's gone unchecked for how long? Stop making fun of America, you've joined the club. How have they not been able to hold themselves accountable when it comes to such a serious issue? Oh Canada, put down the fork, social distance yourself from the buffet, and take a moment to understand that the term "epidemic" has been around for a long time – yet no one cared. Not a soul. Now all of a sudden, you do? Amazing stuff.

There are 3 pages of public health guidelines to follow before a restaurant can open – the same should apply for Canadians when it comes to their fridge.

Yikes.

The United States of America

First off, we will refer to Timmy Trumpet as the Oracle, one of which is inspired by the Gods and filled with prophecies. As a consequence of such divinity, his quotes are often mistranslated and misunderstood to the point of contention and confusion amongst the media and public. Many may think these quotes are in reference to the ongoing pandemic. Let us set the record straight.

• *"We have it totally under control, it's going to be just fine14."* – The Oracle, January 22nd, 2020

The total at the time: 1. Worries: 0. The number one cause of death at this time in the modern western world is self-inflicted gunshot wounds from being exposed to YouTube double-ads. I think about it every day – Indica make the pain go away.

- *“A lot of people think it goes away in April as the beat comes. We’re in great shape though¹⁵.” – The Oracle, February 10th, 2020*

April came around, and the YouTube double-ads never went away. I’ll continue to pray to Pence over it, but I don’t foresee any internal conflict resolution within the near future. We all need to stay strong.

- *“The people are getting better. They’re all getting better¹⁶.” – The Oracle, February 25th, 2020*

Divine order tends to translate differently than what we typically expect in this given situation. At this time, are all 51 cases doing better? What’s the context? Last time I checked, “getting better” at the last United Church mission trip was in reference to how hard one could chuck a bible at a 7-year old in a heathen country in order to get instantly hired for a lifetime dream job before accidentally overdosing in the bathroom and subsequently vomiting on your brand new tie – all on the first day.

Here’s a thought: Maybe they’re all getting better at breathing through a tube.

- *“They’re getting it under control more and more. They’re getting it more and more under control¹⁷.” – The Oracle, February 25th, 2020*

You might think that this didn’t age well, but keep in mind that during this time, the Oracle was only a background religious figure that already put a shopping list together of the items required for Easter weekend.

- *“We’re going down, not up. We’re going substantially down¹⁸.” – The Oracle on a roller coaster, February 26th, 2020*

This was actually a subtle cue for a few senators to sell off stock before the strongest, most phenomenal, well-prepared economy took a hit. Go cry insider trading somewhere else - rich people don’t break the law. Sometimes God’s plan involves a pump and dump, which is why it’s always a good idea to swipe right on Tinder.

- *“It’s going to disappear. One day it’s like a miracle it will disappear¹⁵.” – The Oracle, February 27th, 2020*

That’s a direct reference to your 401k. Don’t be too worried about it, you had a good run, your tears don’t mean much – give it a go next lifetime.

- *“It’s going to all work out. Everyone has to be calm. It’s going to all work out¹⁹.” – The Oracle, March 5th, 2020*

The Oracle is speaking in riddles here. This, in reference to staying healthy – everyone has to exercise. As for the calm part, during this time, pre-workout is advised against (in order to keep blood pressure and divorces down). He was telling us to hit the gyms before they all close by April (except in Florida), and auto-charge our credit cards through early 2047.

What a subtle, yet incredible message to the people.

- *“Anybody that needs a test gets a test. They’re there²⁰.” – The Oracle, March 7th, 2020*

A test from God. Sinners and poor people rejoice, your reckoning is here.

- *“We’re doing a great job with it. It will go away, just stay calm¹⁹.” – The Oracle, March 10th, 2020*

After having a few interdimensional sit-down meetings with COVID-19, the Oracle is confident that his plan to concede a few blue states to the virus will work out in the long run. Also, once again, make note of the stay calm reference - pre-workout is still strongly advised against at this time, although on a personal level, on this day, I did happen to sneak a quick line of pre-workout in before I ran off to the bank (it happens).

- *“We’re in great shape. Compared to other places, we’re in really great shape²¹.” – The Oracle, March 12th, 2020*

At this time, the United States of America is sitting at 40 confirmed deaths caused by the virus. Let's up our consciousness to a higher level and translate this divine text: BETTER THAN IRAN. You feel that? Sweet summer child, you now understand how we will judge God's plans for this virus: Comparing death with death. America is pure, divine, and resilient.

The Oracle has spoken.

•“A lot of testing's been going on, and I don't believe anybody's been able to do what we're doing22.” – The Oracle, March 16th, 2020

At first glance, it seems that the Oracle forgot about Australia, South Korea, Taiwan (it will be listed as a country until I get a sizeable check from the World Health Organization or the CCP – I know how the game is played. If you're out there, I'll need this within 3 months tops as my trust fund sponsorship from Justin expires by then), Singapore, Germany, Timor-Leste, Papua New Guinea, St. Vincent & Grenadines, Sierra Leone, Burundi, Anguilla, Caribbean Netherlands, Mordor, Central African Republic, British Virgin Islands, Belize, Rohan, Botswana, Gambia, Montserrat, Somalia, Bhutan, Enedwaith, Nepal, Nicaragua, Saint Barthelemy, Liberia, Italy, Spain, China, Germany, France, Iran, United Kingdom, Switzerland, Turkey, Belgium, Netherlands, Austria, Canada, Portugal, Brazil, Israel, Sweden, Norway, Czech Republic (Czechia), Ireland, Denmark, Japan, Chile, Malaysia, Russia, Ecuador, Poland, Romania, Luxembourg, Philippines, Pakistan, Thailand, Saudi Arabia, Indonesia, Finland, Greece, South Africa, Mexico, Peru, Panama, Dominican Republic, Iceland, Argentina, Colombia, Serbia, Singapore, Croatia, Algeria, Slovenia, Qatar, United Arab Emirates, New Zealand, Ukraine, Egypt, Estonia, Hong Kong, Morocco, Lithuania, Armenia, Bahrain, Hungary, Lebanon, Bosnia and Herzegovina, Latvia, Tunisia, Moldova, Bulgaria, Kazakhstan, Slovakia, Andorra, Costa Rica, Azerbaijan, North Macedonia, Uruguay, Cyprus, Kuwait, Burkina Faso, Réunion, Jordan, Albania, Afghanistan, San Marino, Cameroon, Vietnam, Honduras, Cuba, Oman, Ghana, Senegal, Côte d'Ivoire, Malta, Uzbekistan, Nigeria, Faeroe Islands, Channel Islands, Belarus, Mauritius, Sri Lanka, Venezuela, Martinique, State of Palestine (another check required), Brunei,

Guadeloupe, Montenegro, Georgia, Kyrgyzstan, Bolivia, Cambodia, DR Congo, Mayotte, Trinidad and Tobago, Rwanda, Kenya, Gibraltar, Paraguay, Niger, Liechtenstein, Isle of Man, Madagascar, Monaco, Aruba, Bangladesh, French Guiana, Guatemala, Barbados, Jamaica, Uganda, El Salvador, Macao, French Polynesia, Togo, Zambia, Djibouti, Bermuda, Valinor, Mali, Guinea, Ethiopia, Congo, Saint Martin, Cayman Islands, Bahamas, The Shire, Tanzania, Guyana, Maldives, Gabon, Sint Maarten, Myanmar, New Caledonia, Haiti, Equatorial Guinea, Eritrea, Namibia, Mongolia, Saint Lucia, Benin, Dominica, Curaçao, Syria, Greenland, Cintra, Grenada, Mozambique, Seychelles, Laos, Suriname, Libya, MS Zaandam, Lothlórien, Rivia, Guinea-Bissau, Eswatini, Angola, Zimbabwe, Saint Kitts & Nevis, Sudan, Fiji, Antigua and Barbuda, Chad, Cabo Verde, Mauritania, Turks and Caicos, and Holy See.

But -- who is left that is unable to keep up with the United States? India and almost Iran. He is still technically, not wrong.

Case closed.

- *“We will defeat the invisible enemy. I think we’re going to do it even faster than we thought²⁴.” – The Oracle, March 18th, 2020*

In actuality, this is a future prophecy in regard to what the Democrats tried to pull a week later – a brand-new digital dollar gently stuffed into a senate bill. May as well just fucking chip me now, Gates. Just mail it to me - I’ll jam it into my own damn wrist.

- *“We’re going to be celebrating a victory in the not too distant future²⁵.” – The Oracle, March 22nd, 2020*

Remember that Easter shopping list? The turkey’s already been ordered, and the chairs have been reupholstered.

- *“The hardship will end. It will end soon. Normal life will return. America will again and soon be open for business²⁶.” – The Oracle, March 23rd, 2020*

Sitting at 43,847 cases with 557 deaths means that America needs to get back to work. Printing off a few trillion dollars every month will give other countries leverage in this brutal game of Risk. Let me be very clear in stating that the Oracle only plays to win – in chess, pawns are often sacrificed to clear up space for critical moves down the road. Do your duty, “essential” workers.

- *“We’re deploying additional Navy destroyers, combat ships, aircraft, and helicopters, Coast Guard cutters and Air Force surveillance aircraft doubling our capabilities in the region²⁷.” – The Oracle, April 1st, 2020*

This applies to the western hemisphere and apparently is for “anti-narcotics operations.” You know what the opposite of this is? Come on back to Canada, because ladies and gentlemen, you can get free cocaine in downtown eastside Vancouver.

Now, I know what you’re thinking:

“I want free cocaine!”

Of course you do, you degenerate shitbag, human husk of a fuck. I get it. You are just going to do a quick little bump and be on your way. I can already sense your self-control – you are so strong. Now, I am unfamiliar with acquiring free cocaine (a party in Surrey?), but I do assume that you can walk into any government agency such as ICBC (Insurance Corporation of British Columbia – it’s a completely legit monopoly company that had employees writing off cars and selling them on the side – don’t worry though, I’m sure they changed their standard operating procedure, so they don’t get caught.) and just ask for 8-ball. I’m so glad that my taxpayer money is going towards something that improves societal conditions and looks after the vulnerable: 1/4 gram rails in the handicapped washroom.

My heart is already pounding! Everyday must be Christmas!

“You don’t understand downtown eastside issues.”

Uh-huh. You ever try to outrun someone who has the newly acquired endurance of a horse? Heads up princess, the only way to fight cocaine is with cocaine. It’s a cocaine-off, and you’re going to be on it – or be mugged or randomly assaulted. Your choice, not mine. After 2 blocks, you’re going to feel it – your legs are going to give way, and if you look behind you, oh boy, you are in for a treat; they’re still coming at you full boar baby!

It's at this point in the pandemic that people are demanding more universal nationwide guidelines so that everyone can be on the same page when it comes to being on lockdown and reporting their neighbors to the Reddit police. Approximately 100,000 to 240,000 Americans are forecasted to die within the next two-week period (which has not happened yet, but it could be just a patch delay in the Matrix).

This from Georgia:

- *"What we've been telling people from directives from the CDC for weeks now that if you start feeling bad stay home, those individuals could have been infecting people before they ever felt bad. But we didn't know that until the last 24 hours²⁸." – Governor of Georgia, April 2nd, 2020*

Apparently, in Georgia, COVID-19 (that's been reported in almost every country in the world) was just discovered to be "highly contagious" by means of people being asymptomatic. This has been known for months, yet here we have a suspected case of keeping society running normally while running the risk of killing off the very people in society. The Devil went down to Georgia. Did he settle there permanently? So, what can we learn from this? Well, if you want to find out if you'll survive COVID-30, this is one of those quick hit places to do it. With lack of closures and obvious evidence of huffing bleach, it is safe to say that in the near future, the officials there will

sit at home and hiss at the television whenever Dr. Fauci steps up to the podium and skip off to the bathroom and refuse to come out until the Oracle tells everyone to remain calm while frantically spraying air freshener throughout the room to ward off the smell of death.

- *"I'm choosing not to do it29." – The Oracle, April 3rd, 2020*

The great face mask scandal of 2020 has finally arrived. Front page of CNN. What an incredible time to be alive. The Oracle doesn't want to wear one, and now we are going to go live across the country and interview 17 guests over the course of 8 hours to weigh in on their expert opinion. Fuck it, let's bring in some charts, the OJ defense lawyer, and have big mask companies start buying up commercial slots.

- *"Thinking about it, getting a group of people and we have to open our country. You know, I had an expression, the cure can't be worse than the problem itself. Right? I started by saying that, and I continue to say it. The cure cannot be worse than the problem itself. We got to get our country open30." – The Oracle, April 4th, 2020*

This isn't an Oprah giveaway. Giving money to everyone sounds a bit socialist, so it's best that COVID-19 have a bit of free market reign to see which businesses (and employees) survive. A task force sounds like a great idea. While we're at it, let's get some bullwhips for those low-energy grocery store workers. I'd throw my shoulder out a few times just to lick some blood off their backs while they scream.

Oh wow, my lawyer left me 9 voicemails.

- *"There will be a lot of death, unfortunately. There will be death30." – The Oracle, April 4th, 2020*

What an amazing review of the last season of Game of Thrones.

Now back to the virus:

- *"We have to vanquish the virus as quickly as we can. We have to get back to work³⁰." – The Oracle, April 4th, 2020.*

A lot of death is coming, but we have to get back to work. A lot of is death coming, but we have to get back to work. One more time for the slow kids in the back: A lot of death is coming, but we have to get to work.

Holy fuck, I think this should be the new American National Anthem. Imagine having that sung every morning, in every school coast to coast. Change.org

- *"I can't tell you a date, but I think it's going to be sooner rather than later³⁰." – The Oracle, April 4th, 2020*

He's talking about sports, baby! The funeral's at 11 am, and the first pitch is going to be thrown at 2:07 pm! Don't be late!

- *"We are starting to see the light at the end of the tunnel³¹." – The Oracle, April 5th, 2020*

331,151 cases and at least 9,441 deaths. The Oracle is correct in saying that there are a lot of people seeing the light at the end of the tunnel. And by the looks of things, they are going towards it as well.

- *"In the not too distant future America will be very proud of the job we all did³¹." – The Oracle, April 5th, 2020*

It's Easter fuckin dinner, yo. Reupholstered chairs; huge meal. Pack the table.

- *"This is going to be our Pearl Harbor moment, our 9/11 moment, only it's not going to be localized, it's going to be happening all over the country, and I want America to understand that³¹." - The US Surgeon General, April 5th, 2020*

This guy is speaking in present tense, and the Oracle is speaking in future tense. Are these intertwined timelines?

Are we in a simulation?

Hold on, let's get a doctor in here:

- *"I will not say we have it under control, Margaret. That would be a false statement. We are struggling to get it under control, and that's the issue that's at hand right now."* – Dr. Fauci, April 5th, 2020

This is Dr. Fauci's way of asking for more affirmative action. Currently, 3 out of 4 Americans are under stay at home orders, but Florida forgot to refill its prescription again and is currently looking into investing in energy stocks and hasn't heard back from their one guy that they sent over in January to Afghanistan to look for Osama bin Laden (they think he had something to do with 9/11). He's wearing a bright red Hawaiian shirt with cargo shorts and a fanny pack. If you see him, tell him that with the help of advanced satellite imagery, his HOA found a crack in his driveway and are currently fining him 38 dollars a day so that he'll return home on the next available flight as soon as possible. And don't tell him that his wife died while eating nachos a month back when she tragically mistook used engine oil with melted cheese due to her severe cataract condition (she is legally blind, and the COVID-19 took away her sense of taste and smell). Thanks.

The world needs to lay off America when it comes to this outbreak. They have 0 guaranteed vacation days a year, a pay-to-play healthcare system, and a fully militarized police force that serves itself. Simply put, you cannot ask a developing country to put together the appropriate response to a pandemic. People will die, the show will go on – stop thinking things will change.

Family Fun-Time Question:

Your friend came back from Italy mid-March and went to Mardi Gras (also known as Fat Everyday) in New Orleans, spent a week on the news in Florida, and then hung around in New York and visited every tourist

location he could within a week timeframe. He did not get COVID-19.
Which podcast do you submit him too?

- A) Have Alex Jones yell at him for 3 hours (with little context).
- B) “I was reading something about sauna use and regular sauna use and viral infections and the diminished impact of viral infections on people who regularly use a sauna because of heat shock proteins and cytokines.”
– That’s the name of the podcast
- C) The Fighter and The Kid.

How well are they going to handle COVID-30?

Yes.

What should the world expect from the United States of America?

Yes.

India

Many years ago, I had the pleasure of watching an 8-minute documentary of people shitting on the beach in India - it was also gossip time. Since then, they have installed toilets for non-poor people and reportedly cleaned up a stretch of sand for the #TrashTag challenge (where people from all over the world do something non-destructive once in their lifetime).

Luckily, I have a friend who grew up in India, so I can constructively break down the beatings.

To begin with, let's keep perspective: Closed fist or open palm, discipline is meant to instill values and teach lessons. To further draw the line, let's not confuse this with those few years in America where mothers kept drowning their children in bathtubs due to a devil complex (settle down). That's not discipline, that's infanticide. With Indian culture, discipline can be defined as more of a light-hearted game of cat and mouse. Your parents might hit you with a stick, however, it is half your own fault for not immediately recognizing the threat and running away fast enough.

This tactic won't work in the modern Western world however, because your 245-pound son who calls for hot-dogs in the middle of the night while having nightmares about tomatoes can simply ride away with effective speed in his modern electric wheelchair.

India has, by large, has successfully instilled natural selection as a cultural trait through various generational upbringing tactics. Every-time you see a doctor from India running down a hospital hallway, I want you to envision their father chasing after them with a paper that says "A-."

In terms of the virus, on March 25th, 2020, a 21-day nationwide beat-down was announced in order to mitigate the spread. Now, of course, with a massive population comes massive logistical problems.

Migrant laborers and wage workers in India make up around 90 percent of the workforce, with an estimate clocking in at around a staggering 424 million people. They have no benefits, no formal jobs (honorary Americans?), and some of them attempted to walk upwards of 500 miles to get back home to the more rural parts of the country. Many just collapsed along the way.

These are the people that will long be forgotten. This also brings a forefront to a common theme:

If you are poor, get fucked.

For example, laboratories are currently charging 60 bucks per test, and citizens are getting 7 dollars a month of relief. With testing being one of the key factors in being able to do contact tracing and implementing quarantine measures on individuals, it could get a bit messy.

Back to India's main sport. The Indian police quarantine enforcement methods need their own reality show - mainly for the use of behavioral science studies. I would watch the shit out of that. Sometimes you get a stampede of people running down a street like a bull run in Spain, and other times you see people being forced to crawl and hop along, do push-ups, or just take a few stiff shots to the ankles.

Section 144 of the Indian Penal Code is meant to allow the police to break up groups of four or more but definitely isn't clear on the finer rules of forcing Frogger on a highway.

At work, I asked my friend for greater clarification on the situation as a whole, and he paused, bit his lip, looked at me for a quick second, and said, "That's India, baby," then became an engineer 3 shifts later.

Also, a group called Dalits were not offered toilets as part of a nationwide sanitation program because they are apparently at the bottom of the caste system.

That's India, baby!

- *"This is a very unfortunate incident. The youth was beaten up with a baton because he had to step out to get wheat ground for his family. Before committing suicide, the youth also released audio clips narrating the ordeal³³." - Lakhimpur-Kheri district of Uttar Pradesh, April 3rd, 2020*

In this time of crisis, in this blip moment where we are told by singers and songwriters to come together and not hold hands through adversity, let us remember stories like this - ones of which are real, and we can't comprehend. Situations of which we try to understand, yet will never experience.

Being poor and devoured.

- *"Apart from improving digestion, goulutra strengthens the lymphocytes and is rich in antioxidants. Its use kills bacteria and would help fight the coronavirus³⁴." - Anon, April 2nd, 2020*

Say what now?

- *"There are about 4,000 gaushalas in the state, of which around 500 are involved in collecting and processing cow urine³⁴." - Anon, April 2nd, 2020*

I am assuming there is a hell of a drinking game associated with this. I would ask my friend what's going on, but he's an engineer now and doesn't talk to people anymore. Also note that if I google it too much, Pornhub will do that thing where it judges me, and then I'll have to send off emails again explaining myself to an auto-reply bot that doesn't understand feelings.

Family Fun-Time Question:

You recently sent your kids to a religious reform education center in a nearby country. Your son came back with a broken arm, and now your daughter finally knows how to properly load a dishwasher (in a Christian way). Your son is still a rebel. As a responsible father, what is your response?

- A) "The beatings will continue!"
- B) You restrict him to value menu items at the drive-through.
- C) Blame your wife.

How well will they handle COVID-30?

With a massive population, approximately 10,000 people for every doctor (to go along with half a hospital bed per every 1000), and a caste system that goes back at least a few decades, it's safe to say that India would beat the virus - or at least beat people with the virus. Innovation and outside the box thinking have had the country turn railway coaches and sports stadiums into medical facilities, yet without any of the modern backbone infrastructure or sufficient amount of medical staff or supplies, they will most likely earn a 45-second feature on CNN.

What should the world expect from India?

More phone calls.

Other Countries

Imagine this - there you are, chilling, and a missionary kid comes up to you with a bad cough while handing you a bible as the sky goes dark and a wall of fucking locusts charge your position. Welcome to Somalia. One of the swarms has an estimated 100 to 200 billion in a single group (which coincidentally will be the amount of non-contract workers in India by 2352).

After reporting their first 2 cases on March 21st, 2020, the government allocated 5 million to fight the virus while most of the 460-million-dollar budget will go towards security. Now while you might think that it sounds difficult to fight the al-Shabab militant group, COVID-19, and deal with food security issues all at the same time, there is a solution: Leave Somalia.

When I first heard of herd immunity, I was perplexed. Should grandma and grandpa choose their plots now, or should I wait 3 weeks? Having everyone get the virus in order to make everyone immune to it was a bold move by the United Kingdom. They kept society running at a normal pace for as long as possible until they realized that this wasn't an ant farm and that actual humans were involved. All restaurants and bars were closed on March 20th, 2020, and a few days later, on March 23rd, 2020, all public gatherings of more than two people were banned. But I must ask, is Prime Minister Boris Johnson willing to drive around in a truck all night and break up garage parties while hopped up on uppers? Sadly, probably not. In conclusion, without personal oversight and 2am raids, I don't foresee the United Kingdom being able to stop buds from hanging out and ripping ¼ gram double barrel lines of cocaine (common theme).

- *"I will not hesitate. My orders are to the police and military, as well as village officials if there is any trouble or occasions where there's violence, and your lives are in danger, shoot them dead. Do not intimidate the government. Do not challenge the government. You will lose35." – Le Presidente, April 2nd, 2020*

This new season of "Survivor: Philippine's" is going to be amazing. President Rodrigo Duterte has spoken. Goodbye. A quick cut to Jeff Probst snuffing the flame from the torch, and then the execution squad kills off Phil (a retired truck driver from Ohio). This President has very clear rules for anyone breaking quarantine, and more importantly, plans to bring families together during these trying times (by burying them in the same ditch).

He continues on:

- *"I will not hesitate my soldiers to shoot you. I will not hesitate to order the police to arrest and detain you. Now, if you are detained, I will leave it up to you to find food35." – Le Presidente, April 2nd, 2020*

I assume the last part will be every weekly challenge. I don't have cable anymore.

Thank God for PirateBay.

- *"They've [the US] weaponized the coronavirus for the Iranian people by prohibiting Iran from using the banking sector, by prohibiting Iran from purchasing goods from important pharmaceutical companies. The United States has put so many conditions on different pharmaceutical companies across the world, that they will not work with Iran36." – April 4th, 2020*

Iran, and I ran fast.

- *"I don't know what was the origin of this virus, but I know that the regime in Washington has been using it as a weapon against Iranians. Don't blame the victim, that's ugly36." – April 4th, 2020*

If you're ever interested in dipping your toes in global politics, this will drown you.

Now let's play a game. Who said the following:

"It's just a little flu or the sniffles³⁷."

Go on.

- "Other viruses have killed many more than this one, and there wasn't all this commotion³⁷."

Uh-huh.

- "People are going to die, I'm sorry. But we can't stop a car factory because there are traffic accidents³⁷."

My brain hurts.

Who could be this spicy?

Well, it's none other than Jair Bolsonaro - the president of Brazil. He doesn't agree with social distancing, lockdowns, and by all accounts, and wants to preserve the economy – I mean votes.

- "With my history as an athlete, if I were infected with the virus, I would have no reason to worry. I would feel nothing, or it would be at most just a little flu³⁷." -Jair. B

Personally, whenever I play in heavy traffic, I don't taunt cars.

There are a lot of vulnerable people in Brazil who don't have access to clean water or even soap. Nobody wants to stop the machine, and as we are quickly learning, it's okay for you to die to keep it going.

Get the fuck back to work.

Response Wrap-up

This is a hands-on, reflective experience, in terms of what this event means to you. When this first went down, were you calling for the end of days? Were you fascinated by the truth of mortality? Did you immediately start carb loading (as opposed to a 2-week delay)?

Who do you blame for this?

Frankly Frank, no one gives a fuck. This is a natural selection event, and due to a genetic disposition, it is your goal to survive it. That's what I'm here for: Perspective, followed by enlightenment – just before the tragic finale - where you plunge into a pit composed of your own self-sabotage. Prove me wrong, I dare you. Now I know, you just wrapped up your epidemiology degree and are currently sitting on your country's travel advisory board; you are all just so busy.

Back to reality, though. Instead of looking at well-framed pictures of food on your phone all night (along with those damn boomerang-clipped drinks), maybe it's time to feel something – alive. You see, this “Response Wrap Up” is not in reference to the world; it's all about you. You aren't actually telling me that you were relying on your government (Justin bro, I do need another quick 2k though) to have an adequate response to a pandemic with a worldwide population of 7.8 billion and the United States of America as a listed country. Everyone needs to give their head a shake. This isn't going away anytime soon, so put it all to rest. This is about tomorrow, and it's going to be painful.

For background context, I'm Catholic, and I fucking chug my wine. Yet this isn't about Jesus; this one's for you, humanity; for the dreamer who slept in; for the runner that never learned how to walk; for the soldier that doesn't know the Nasdaq listed price for a crude barrel of oil (37.96 as of 2:22am PST, June 18th, 2020). We are on a rock floating in outer space – stop

blaming the Asians, and let's work together towards a common goal: Where we try not to fuck up like we usually do.

B.C. now stands for "Before Covid."

And you are the disciple that will pave the road forward.

What road?

The Road To COVID-30.

CHAPTER TWO

SELF IMPROVEMENT DURING A PANDEMIC



C OVID-19 symptoms range anywhere from getting a runny nose to tube-time, and fittingly enough, the doctors and nurses aren't the only ones shoving things down our throat; the media is as well. It's all doom, gloom, masks (which have their own 2-hour debate slots), and social distancing - which is fine, but only to a certain degree.

One key factor that is missed is self-preservation by means of living a healthy, balanced, active lifestyle, combined with nutrition, enough sleep, and water.

We are told to act like everyone (including yourself) has the virus, which is awful advice. In fact, it's so bad, I'm going to be Picasso for a minute and paint you a picture.

As of early April, the debates and muffin cries online have begun:

"I need to vent. Someone in my building elevator asked me over to join them for a drink. I pulled out a loaded gun, placed it against my temple, and begged for them to pull the trigger. Do it, Nancy, from suite 107, you stupid bitch!"

Fuck off.

People are forgetting the fact that you must always consider the lowest denominators of society when it comes to playing along with social norms - especially when it comes to changing them. My friend Harry has a classic story of riding the East-Hastings bus route in Vancouver and having a gentleman drop his pants and pinching off a steamed loaf while making eye contact with the driver.

Would you like to educate this person? What would you say?

It's time to assume that everyone, yes everyone, will get COVID-19 by means of the lowest 30 percent of people who think that:

- this is all a hoax
- the virus is flat

And let's not forget about those who are blissfully unaware of their own actions.

Worse yet, some people don't care. So, guess what? Since we can't control other people (settle down Gates), the focus should be shifted to our individual self.

A lot of the general population has the unique opportunity to change their lifestyle and become less of a sloth during this 2-year quarantine (10 for California). Do I believe in vaccines? Yes. Vitamin supplements? Yes. Saunas? Sure. Heat shock proteins? I guess. Am I a preacher? No.

Live your life.

My general plea is for people to stop pretending that it's okay to live an idle life. Shitting in a public urinal is not normal. Sit down properly and think for a minute:

“Should I be better?”

This is “The Price Is Right,” and we are all being called down to guess the value we have on life.

COVID-19 wants your succulent, pulsating lungs, and it's not going to buy you dinner first.

Either take care of yourself or pray to Pence.

Which is what I do, and it works (twice daily, don't forget).

Sleep

Getting rest is important in terms of maintaining your immune system. During sleep (and maybe the sauna?), your body produces cytokines (a type of protein) which, wait a minute, this isn't a place for science (like America).

You ever take 3 scoops of pre-workout, chug an entire pot of coffee, pop 2 caffeine pills, and then go outside and try to outrun the patrol drones? If you answered yes, then you must be in Italy. In theory, you'll get some sleep after 4 rounds of tasers shut down your heart, but is this method practical?

First, let us establish a balanced routine. If you work a 9am-5pm job, you should be in bed by 10pm. There are exceptions (such as giving hand jobs behind produce stores during after-hours in order to make rent), but even those activities need to be carefully analyzed and reconsidered as COVID-30 looms in the not too distant future.

Routine leads to discipline, and discipline leads to your children becoming doctors.

Have trouble sleeping?

Here are my top 5 tips for you to get a good night's rest:

1. Divorce. Forget to take the trash out? Are the dishes piling up in the sink? Did your adopted kid from France get a little stabby with their classmates again? Are you hearing about all this at midnight? Time to let go of your partner, take no responsibility, and become a free soul. Hand them a box and give them 30 minutes to leave.

2. Get rid of that pesky poltergeist. Nothing is more disruptive to a good night's sleep than having your kids' play-doll throw ice all over the kitchen every night at 2am because your house used to be where a local 1890's sheriff went on "a little spree" against his own family. It's best practice to drug up one of your friends and perform a blood sacrifice ritual, so he takes the demon home with him (also known as "passing the buck").

3. Limit your phone use.

4. Reduce blue-light exposure in the evening. That's right, don't blow smurfs past sunset. Science (they did studies?).

5. Don't drink alcohol before bed. It's always good to try and not be a pathetic, degenerate, self-loathing, lazy, incompetent, worthless piece of shit. You are of course allowed to have a glass of wine and yell at Dr. Oz (in moderation) before bedtime, but this is where we will draw the line. Every day should serve as a beacon of improvement and enlightenment within your own realm.

Pay attention to your body, to your spirit, and how your actions intertwine with your intentions as you move through life.

Overall, sleep is a manifestation of inner peace. Tune out the noise, put your head down, and get ready for tomorrow.

Family Fun-Time Question:

After getting caught yelling at Bill Gates in your sleep again, you and your partner decide that it's time to switch exclusively to Apple products. What's the most effective way to be able to afford them?

- A) Remortgage the house.
- B) Live on the streets in order to barely scrape by and continue to tell everyone how great the new update is while not actually knowing anything about it or when the last one occurred.
- C) Start up a GoFundMe and harass everyone you know until they delete you off Facebook.

Knitting With Grandma

Cocaine is always a sensitive subject among today's youth. If you are between the ages of 19-30 (12 till death in Brazil), odds are you will be pumping yourself up in the mirror and then promptly coming up with a weaker than usual business plan while cutting up another line with your friends 23 minutes later. What many people don't realize is perspective and returns on investment. You haven't been tricked by the devil - you are your own salvation and destroyer.

There are strict biblical guidelines:

1. You must quit cocaine.
 - "I am in control. I can quit anytime."

You degenerate (classic response). You're doing it twice a week or more, aren't you? No one likes you. You don't like you. Your brain isn't invincible.

2. You still need to quit cocaine.

- "I got this."

Okay, so it's been 3 years, and you look a bit droopy. Biologically, you shouldn't be staying up for 30 hours while telling your significant other about your life problems from 20 years ago for the 8th time this month.

They're not listening.

3. Admit the endgame to yourself.

You've been dealing with bloody noses, baby powder, and laxative long enough. Keep going, and you'll end up being on your 5th suicide note draft in record time, where you'll be unsure as to whether to blame your stepdad or mother for your current situation.

4. Lines at 11 am are bad.

For you. Your health. Your life. Which will be closer to death. Benders may be real, but so is the day after.

5. Have someone quit with you.

Forget emotional support pets. It's time for emotional support people - otherwise known as friends. The rough concept for those who yell at baristas for only adding 7 scoops of sugar to their drink instead of 8, yet can be successfully implemented for those who have the ability to connect with others on a basic emotional level.

Unfortunately, the best part of doing cocaine (allegedly), is doing more cocaine. This can spiral quickly (allegedly). You don't have to turn into a God-fearing Mormon overnight, yet at some point, you do have to

appreciate your own mortality and respect your clear-conscience mind. If you go too far, you might not be able to turn back before the consequences hit like a tsunami.

Your out will be a friend who will quit with you and complain that "just drinking" is boring.

Every time.

You do have the opt-out card available where you can spend a few years knitting with your grandmother and playing the occasional game of overly competitive cribbage. She'll even teach you how to cook.

Family Fun-Time Question:

Joseph is having a bad nosebleed during dinner again. He claims it's allergies. What's your response as a father?

- A) "Looks like you're allergic to gasoline."
- B) Donate a jar of his youth blood to a mega-church pastor.
- C) Blame your wife.

What does this mean for COVID-30?

It is best practice to be done with your state-sponsored cycle of cocaine before COVID-30 hits. Having high blood pressure and throwing chairs off your balcony during COVID-19 was bad enough - with an estimated 50 percent of the world's population set to die off, you must remain level-headed and focus on your health. Cocaine has a tendency to disrupt sleep patterns, increase anxiety, and cause erratic behavior. Although it might help you secure a short-term supply of toilet paper due to rage violence while shopping, you must remember that in the long-term scheme of things, calmness will be your greatest ally.

Water

Your immune system is a beautifully crafted orchestra, of which principles are laid by a simple foundation. One of the most prominent is the joy of crisp, clear, non-fracking water (that's a reference to brownish sludge water which lights on fire for some reason). During COVID-19, I had the pleasure of drinking 1.5 gallons of water each day.

Now I know what you're thinking: Diet cola counts!

No.

Because you are probably going to overdose on it.

Silly Amurica.

We need to further distinguish between what we are marketed to put into our bodies and what we need to put into our bodies. As we all have come to realize, polar bears don't chill and drink out of glass bottles during Christmas - that title is reserved for your alcoholic uncle who locked himself in the bathroom even though he was clean for the last 3 years, but then your mom triggered him while passive-aggressively mentioning a childhood incident while passing the gravy during dinner. Polar bears drink blood. They need it by instinct.

Water is the ultimate cleanser. We are made of it, so be it.

Ween yourself off of cola by taking a shot-glass amount followed by a full glass of water. You don't need online therapy or a hand-solver for poker - simply go all in.

Drink so much water that you have to take a piss before taking a piss.

Hell ya.

Family Fun-Time Question:

Your slightly diabetic 370-pound 29-year-old daughter named McGulka is having what looks to be her final seizure after looking at a set of stairs due to her pre-existing condition of being 370 pounds. You only have 8 cans of soda left when she requires 14 just to be able to open her eyes. What do you do?

- A) Update her only follower on Instagram who just happens to be a bot.
- B) Take no responsibility as a parent.
- C) During her funeral, throw in the classic line “I guess God needed another angel,” when in fact, he didn’t.

What does this mean for COVID-30?

When in survival mode, it is best to keep your key resources plentiful and available. Access to a source of fresh water will be important for you and your family’s survival. Have multiple flats of it available beforehand and keep on refilling the bottles with filtered water as they are consumed. If water ever becomes scarce, you may have to "borrow" some from the neighbors by "asking nicely." Remember to re-load afterwards.

Diet

A variety of lifestyle choices are available for you to try for 3 days and then give up immediately on. Remember to not consider yourself weak - just pathetic. What you eat is very important. Buckle up.

If you accidentally tripped and fell into your 9 years old's birthday cake and then ate it off the floor with your bare hands until you started throwing up, then needless to say, skip this chapter. If, after throwing up, you continued to still eat the cake, close this book.

Let's review your Instagram feed:

Vegans are an adorable species that occasionally drown gathering seaweed while praying to Amphitrite (wife of the god Poseidon). She occasionally requires sacrifice, but that's for another time.

Vegetarians still feel guilty for mowing the lawn (they hear screams) and usually end up pushing on pull doors due to brain chemical imbalance issues.

Pescatarians prefer a little Fukushima plutonium-239 particle action added to every plate. Fish also tend to be high in mercury, so if any of your friends fall under this category, it's best to update their top 5 songs for their funeral every 6 months. They could go at any moment - and it's usually fast.

Flexitarians only eat meat at home and will not tell you this on their deathbed.

Macrobiotic dieters avoid dairy products, meats, and oily foods. They eat a lot of whole grains and vegetables and focus on local food. For further information, please visit a dinosaur exhibit. For further information on dinosaurs, please visit an asteroid exhibit. For further information on asteroids, please check out NASA conspiracy theories.

Pollo-tarian's eat poultry, but no red meat or pork. Since 1988, polio cases have decreased by over 99%.

Lacto-vegetarians eat dairy products and are not to be trusted.

Ovo-vegetarians eat eggs but no dairy. My grandmother used to tell me stories of chickens being stolen from the farm when she was a child. They didn't know who it was. Now they have a name.

Lacto-ovo vegetarians don't eat meat, fish, and poultry but include dairy and eggs in their diet. The only time I said the words "Lacto-ovo" in my life, was by accident, just before I started vomiting in the bathtub due to food poisoning. I think I had one of those Christ visions. Very enlightening.

Paleo dieters stick to hunting and gathering types of foods, which consist of lean meats, fish, fruits, vegetables, nuts, and seeds. Since 1988, polio cases have decreased by over 99%³⁸.

Low-carb dieters eat natural proteins, fats, and vegetables. They eat potato chips in their sleep and usually weigh between 270 to 340 pounds (depending on water retention).

The Dukan Diet is a high-protein, low-carb weight loss diet that is split into four phases:

- Phase 1: Attack - Blame your spouse for your drinking problem.
- Phase 2: Cruise - Book a cheap 6-week cruise to the Bahamas.
- Phase 3: Consolidation
 - Get trapped on the ship during a COVID-19 outbreak and get fucking used to it. For the first 3 weeks, only request chicken and vegetables as meals.
- Phase 4: Stabilization

◦ For another 5 months (while forcibly confined on the ship) you may loosen your diet a bit, but the goal is to not gain weight.

Ultra-low-fat dieters get 10 percent or less of their calories from fat. They specialize in yelling at managers, tapping syrup directly from trees (during winter), and generally clock in around 325 pounds while citing a genetic condition.

Atkins Dieter's limit carbohydrates and eat more protein and fat for 3 days maximum before giving up and telling everyone that the Atkins diet didn't work for them.

The HCG diet is a very low-fat, very low-calorie diet. Also known as "The World Vision" diet.

Okay, it's a bowl of plain white rice. That's the joke. Move on.

The Zone Diet is an anti-inflammatory diet consisting of being politically correct.

The carnivore diet consists of pure animal protein. The true Anti-Christ to Vegans. They hunt at night.

Intermittent Fasting is what I do. It reminds me to appreciate food along with those around me who give me the strength to push through adversity. It fuels my basic primal instincts as the rising sun eventually gives way to a moon along with a plate full of splendor.

I encourage you to experience a proper relationship sequence with food and explore various horizons. Do your own research, read a few specialized books (although I mean, this was good enough), and try to find balance. Always remember that food is fuel, and that it can bring you down (by melting your steel beams).

And stop emotional eating. Drink water to fill your stomach up, call a friend, eat some carrots while watching Bugs Bunny. Just find some calm.

Family Fun-Time Question:

During Catholic mass, the pastor announces that due to budget cuts, Jesus had to be laid off. What was the first comment from the front row?

- A) “What about the fuckin wine, George?”
- B) “Do we still have to sing?”
- C) “Well, time to drown the kids.”

What does this mean for COVID-30?

Vegans - DEAD

Vegetarians - DEAD

Pescatarians - DEAD

Flexitarians - DEAD

Pollotarians - DEAD

Lacto-Vegetarians - DEAD

Ovo-Vegetarians - DEAD

Lacto-ovo Vegetarians – DEAD

Paleo Dieters – DEAD

Low-Carb Dieters - DEAD

Dukan Dieters - DEAD

Ultra-Low-Fat Dieters - DEAD

Atkins Dieters - DEAD

HCG Dieters – DEAD

Carnivore Dieters – ALIVE (due to cannibalism)

Intermittent Fasters – FUCK I'M HUNGRY

Exercise

It has long been said that all we need is 20 minutes a day of exercise. But how do we get to that point? First off, don't take a few scoops of pre-workout along with 3 caffeine pills. You'll start hyperventilating and vomiting.

That was a bad hour.

Secondly, don't take a few scoops of pre-workout along with 2.75 caffeine pills.

That was a bad 55 minutes.

Some people like to do cocaine early in the morning while some people prefer to work out at night.

Do whatever is right for you.

(Bad reader! That was a joke! I told you to quit!).

Let's lay some framework out:

Running

- Up to 80 percent of runners get injured in any given year. To avoid this, get to the fridge fast enough and be sure to get dad the correct brand of beer from it. The ER doctor knows you didn't fall down the stairs again, but couldn't be bothered with all the paperwork.

Weightlifting

- First off, consult with your health care professional before starting any workout program. For example, I went to my blind witch-doctor located

in Tanzania, who informed me that my previous shoulder injury from working in a coal mine in a previous lifetime could flare up if I don't keep rest time to a minimum of 5 minutes between bench press sets. She also mentioned that a demon named Amdus**** (bad luck to have the full name in view) has been the cause of my night terrors recently, and I should avoid my bathroom between 2am-4am.

Start off with some stretches.

Do this before and after in order to keep things loose.

Slowly ease into your full workout regime. No need to rush things - this is not a sprint, but a lifelong marathon.

Vary your workouts. Your body responds to different muscle movements, and varied workouts will help you avoid repetitive injuries such as tendinitis, black eyes, and stairs.

Know your trouble spots. You might have a weak right shoulder or a knee that requires ice afterwards. Tell your dad that you're sorry, you'll be better next time, and that won't step in front of the TV when you hand it to him. I put a line of salt at my bathroom doorway.

Listen to your body. Do not mix up pain with injury. Take it easy. Hopefully, you'll wake up soon and not have claw marks on you. They bleed during my shifts at work.

During your workout, it is best to keep your body fueled. This is where water intake is important. Be sure to have at least 8 ounces before your workout in order to stay hydrated and alert. Don't rip too much cocaine before drinking water. Your throat might go completely numb and limit your ability to swallow, leading up to an awkward Instagram stream, which will have people asking too many questions.

(Bad reader!).

Have snacks during your workout. In-between sets at the gym, its best to have a quick bite of protein or even a light meal to keep your body going.

If you have access to a 24 gym, feel free to sleep in the change room or your car so you can wake up and workout again (since you are already there). That also means you don't have to go home, as you are so high strung recently, that you started to cut yourself.

With these helpful tips, I hope you can integrate a bit of exercise into your daily routine. We talked about discipline before, and it applies here. Once you have something to lose, you'll have more to gain. You'll want to stay fit, stay healthy, and not look towards any doorways.

Your idea of normal will change. You'll be able to feel good for yourself and be able to pass that on to others by drugging them and performing a blood sacrifice so that they take it home with them.

Stay positive, stay on track, eat well, drink water, and be healthy.

And wear long sleeve shirts to hide the pain.

Be the light that shines through. Gain confidence to love others by loving yourself first. Exercise is a tool. For your body, for your mind, for your soul.

Take my guidance, take my advice, and, most importantly, take my demon.

Family Fun-Time Question:

After somehow surviving his 7th seizure this month, your son McGulker was put on a strict diet and exercise program. A few problems quickly emerged:

- He was caught punching the fridge while sleepwalking.

- He dressed up like a pinata and tried to sneak into your Mexican neighbors' Quinceanera party (food access issue).
- He hijacked a truck full of potato chips and held the driver's entire family hostage for a week while somehow getting the Sinaloa Cartel involved in extensive negotiations with US government officials that ended in a prisoner release exchange (names were not released). No one knows where the chips cargo is, however, some suspect it is being held in a safe house.

Because of all this, you suspect that he hasn't been sticking to his diet.

Which test is most effective?

- A) Place cooked chicken tenders on the couch. If he cuts open the couch (with his teeth) and starts bobbing for tenders, the answer is clear.
- B) Putting on a World Vision commercial and seeing if he gets angry at the kids.
- C) Blame your wife and see if she finally admits that it's all her fault.

What does this mean for COVID-30?

You must be in peak physical condition in order to be able to strangle your neighbors with fishing wire in order to secure their flats of water. Stretch bands are a great compliment to jogging twice a week in order to stay limber. Combined with proper sleep and nutrition, exercising will lead to quick results and have you feeling better in no time. Trust me.

Meditation

In order to keep your mind clear, you need peace. One of the most effective and traditional ways of doing this is through meditation. Let's go over some of the different varieties and techniques:

Mindfulness Meditation:

In this form, you are fully aware of your thoughts. You let emotions cascade through you and let them pass. You keep them pure in your mind, yet you don't let them gain any type of control. This is acceptance and dismissal as you move through the process. Very calming.

Transcendental Meditation:

This is a little different from what you know. In this form, you focus on words or small phrases. For example:

- Fries.
- Fries.
- Fries.
- Supersize.
- Supersize.
- Super.
- Dead by 22.
- Genetic.
- Condition.
- Pear Salad.
- Pear.
- Pizza.

As each word or phrase is to be practiced for 20 minutes at a time, this particular example would take 4 hours to realize that you don't need a lifestyle change, your friends are wrong, and that you actually don't know what a pear looks like.

Guided Meditation:

This form is about creating mental pictures and relaxing scenarios. Whether it be jogging along a seawall or a nice picnic in the park, it's all about visualizing the drones that are quickly buzzing in on your position. The smell of the ocean, the touch of sand; feel alive as you waft through of what it used to be like outside. Breathe in the fresh air and transport your body to a lake filled with your dreams, as your body gives way and floats and bobs on the surface of the trans-dimensional portal to your soul.

Vipassana Meditation:

This type of meditation has roots in India and is meant to connect your mind and body and manifest itself in the form of love and compassion. To learn this form, there are rules. You can't tell lies, drink alcohol, steal, perform any sexual activities (such as paying rent), or kill anything (not even poor people?).

Metta Meditation:

This is the practice of sending your best wishes towards others by means of deep, integrated thoughts. With this form, you get to recite words and phrases that bring forth wholesome feelings.

Here we go:

- Trudeau trust fund money.
- Trust Trudeau.
- Trust hydroxychloroquine.
- Pray Pence.
- Big drive.

- Bunker.
- Tree.
- Quick bump.
- Cottage party.
- On my way.
- Cocaine with buds.
- Cocaine.
- Lick plate.
- Maybe still some left.
- 2am.
- Lick plate some more.
- Business plan.
- Call buds.
- More cocaine.
- More restrictions.
- God.
- Damn.
- Ontario.

Chakra Meditation:

The 7 chakras in your body are the portals to your inner energy, and when opened, allow entry into higher states of consciousness. Don't fuck this up, you pleb, be one with yourself and divine creation. Behold and plant the seed of your true potential and watch it grow and guide you back to the source of life: You. For you are your own angel and devil, the yin and yang. Realize that earth is just a rudimentary state for us to experience ourselves. You are loved because love is the creation and the source of life, which is the only reason for being. You are love because you are guided by it, and if you lose it,

you'll fail to exist. And you want too; it's in your nature; encoded into the fabric of every waking moment as you weave in and out of what you are and what you want to be. Trudge through your journey full of pain and doubt; go forth with open arms and seek the truth of which is out in the open, just waiting for you to wake up from the world of which you sleep in. For it is only once you open your eyes, then, and only then, will you be free.

That's what calculus taught me.

Yoga Meditation:

Yoga is hot, sweaty, and expensive. Just the way you like it.

Family-Fun Time Question:

You forgot to do your daily meditation and popped a few Z-bars to compensate. You awake in 2030 fresh out of coma and soon realize you were brought back to life to lead the World Health Organization. Over the last 3 months, an outbreak occurred in China where 823,972 cases of a mysterious pneumonia were diagnosed along with 546,390 related deaths. What do you tweet?

- A)“Preliminary investigations conducted by the Chinese authorities have found no clear evidence of human-to-human transmission.”
- B)“Preliminary investigations conducted by the Chinese authorities have found no clear evidence of human-to-human transmission.”
- C)“Preliminary investigations conducted by the Chinese authorities have found no clear evidence of human-to-human transmission.”

What does this mean for COVID-30?

Spiritual peace in a time of survival will be of utmost importance – not just for you but also for your family unit. For example, after collecting water from your neighbor's apartment and having to tell your kids to keep looking up while carrying the cases, it's best to take a moment to remember that Putin will be just fine. Those votes were long counted before they were ever

cast – and you can rest easy. The world is in good hands. What could possibly go wrong? Sure, I'll have a cup of tea.

The Pleasure Is All Mine

Gather round, the wisdom is here; it's like Fallout, and I'm your Overseer. Alright, just take a moment to settle in your fault. Put the vodka down and lift your spirit up. Although this crash course is time-sensitive, you do deserve a bit of author insight. None of this is for the faint of heart – during a pandemic, things get to be blunt. This world is turning into a dipshit contest, and the last thing we need you to do is set your car alarm off at 7pm.

When I was young, the textbooks told me that we were a global village, that we were finding modern-day solutions to modern-day problems, and that I had to eat dairy to stay healthy. Well, shit my pants, they were wrong. They all lied. But I would never do that to you. I promise. Now walk with me and try to keep up. My future is done and sealed, but yours is but a seed that needs constant watering. And guess what? I've got my bucket, and I'm going to the well, and I'll do it over and God damn over until you are sprouting success.

I'm not going to give up on you; the journey is all yours.

“Tell us a little something about yourself.”

I'm from Vancouver, Canada, where people open pull-doors with their elbows and wonder why life is so tough; where people bail onto the street when they see you coming on the sidewalk; where the kids add "entrepreneur" to their resumes after hitting the casinos with duffle-bags; where BMW's roam free (they were successfully reintroduced 10 years ago and brought back through extensive conservation efforts).

I understand that before we can get back to the weekly fights in Surrey parking lots, we must be socially responsible in how we go about moving

towards a slow re-opening of society so that we can lovingly get back to our crippling depression and anxiety by October. Flatten that curve!

I've been responsible, the brightest star.

I've passionately argued about elevator buttons in the past 4 strata meetings (even pre-COVID-19 because of Jehovah's Witness literature), and I yell, "THIS IS ABOUT SAVING LIVES!" as I throw people through doors (so that I don't have to touch the handles).

I am just your average citizen: I cry in the shower twice a week and then tell my Instagram bots that I'm okay (they're always so concerned); I moved away for 2 years - thought about the mountains - moved back. All my friends do cocaine (some of them they say they don't, but they are just so silly).

But what made Vancouver (and by far British Columbia) so successful in terms of keeping COVID-19 at bay? Number 1, in the beginning, we didn't bitch about things – we wore masks and fucked off. Hell, we abandoned our malls and restaurants long before any public announcements were made. We also have this doctor (Dr. Henry) leading the way in terms of health guidelines and regulations. Our framework of society is structured in a way that allows for calm. We even social distanced our new condos by leaving all of them half empty (that's a foreign property ownership joke – eat it up and blog about it later).

Vancouver and its citizens do have their oddities, though.

Why, and I mean why, did some of you call 911 during a 4.3 earthquake in 2015?

You called 911 on the earth. You reported the earth. Is there an earth complaint file that I don't know about? Did you add to it? What the fuck did you say to the operator?

"My TV shook, and I shot my dog (fewer mouths to feed in an emergency). How do I cut my neighbors' phone line before I head over?"

I don't trust this place, which in turn (and in theory), is just a microcosm of today's modern world.

Collectively speaking, based on everything so far, I have concluded that chaos is our only way out of this.

Why chaos?

Because what people say and proclaim themselves to be is so contradictory to the actions they commit, that it's remarkable, and I mean remarkable, that we have made it this far as a species.

We shoot bears while 400 meters away and think we are natural-born killers. We walk for 3 minutes and say, "those are my steps for today," and worse yet, we think that taking a picture in front of a famous painting makes us a part of history. The illusion we set us ourselves up for - the final trick - is not Vegas worthy.

"We have to save the old and vulnerable people."

And then everything gets panic-bought into oblivion, leaving nothing left for them. So, in theory, if they starved to death, well thank God they didn't die from COVID-19.

Back to Jesus (not the one from banquets - he went on EI).

One of my favorite past-times (and what has truly inspired me) has been watching the media report on things such as how Canadian's are pressing crosswalk buttons. That's hilarious. Thanks for keeping things light while

everyone is losing their jobs, suffering from domestic violence, and moving back in with their parents.

And then they want us to be scared and cautious. I got news for the news, though: What's more dangerous than COVID-19? We are. Society is barely hanging on. The social contracts which tell us when to go and when to and stop are expiring left, right, and center. Like a Trump versus Biden debate, all I do is laugh.

The classic job interview question: "Where do you see yourself in 5 years?"

Holy fuck, I better be on my way to Mars.

I'll be the judge of how high my alert level will be - not the news. I'll even go through an example with you using only facts, then as a class, we will decide how much longer our neighbors have to live.

COVID-19 in Italy:

- COVID-19 goes for the lungs. **Simple.**
- COVID-19 affects older people more. As of April 11th, In Italy, 17,704 out of the 17,916 deaths were people over the age of 50³⁹. That's 98.8 percent.
- What hurts the lungs? Smoking. Historically, between 2000 and 2016, the percentage of smokers in Italy ages 15+ ranged from anywhere in-between 23.7-26.5%⁴⁰
- In 2019 the average age of Italy's population was 45.4⁴¹

Media: Death Rates Are High In Italy And Experts Want to Find Out Why

Hmmmm...

What do they want? Ratings. It's eye-opening to see how the media loves a good show. They want us scared 24 hours a day, 7 days a week. Then they pluck in some feel-good stories, pack everyone in real close for a photo-op and clap away at 7pm.

What a joke.

There is no talk about living a healthy lifestyle, reducing stress, or getting enough sleep. The news outlets should be ashamed. Just eat cheeseburgers and cry at night – fear every waking moment.

What a way to live.

These aren't deep, insightful comments. It's all on the surface, right in our face.

Next up, we have countries questioning China's official numbers - 4 months later, of course.

Anyone remember Tiananmen Square?

The official death count from China: 0

And world leaders are just catching on? And I, as a citizen of this world, have to play along and act shocked? Is that my role? I'm not the smartest in the room, but at this point, it just seems like a show. And the producer needs to be fired.

And then for the next God-awful act, our knight in shining armor comes stumbling out from behind the curtains:

The Windows™ installer.

This is what I mean by chaos. The official script sucks. Keep the train rolling.

Anyway, I hope you are all having fun.

A quick shout-out to the guy on meth at the sky-train station last night who looked like he ate every conspiracy theory and charged at me like I ran the 5G network. That was wild, fam.

My personal hope is that you are all spiritually stronger after this event and less attached to the things which chain you down. No one should tell you how to feel - go do you and be confident enough to put your best foot forward the moment you are allowed outside. Only for 10 minutes though - before the drones start buzzing you back in.

Excuse me now - it's time for me to pray to Pence.

Which I do twice daily.

Thanks.

CHAPTER THREE

SOCIETY IS CHANGING, AND WE NEED TO ADAPT

3

Our way of life and how we interact with each other must change. Aren't you just a lucky fuck of a duck, as I have come up with a fully functional list of government-mandated procedures that we should be following after COVID-19 sleeps for a bit and allows us to step outside for half an afternoon (best case scenario).

Remember, it's not about the destination; it's about getting the approved paperwork that's submitted electronically and reviewed by the proper authorities so that you can go on the journey.

Take nothing for granted, for one day, your green mile might just end up being a short stroll. We boldly march towards a future that has no support or foundation of our childhood dreams. Uncertainty churns and churns, yet it is up to us to realize that we are not a job or a bank account number – we are an expression of life, and we must find a purpose, however small at first, and find a place where we belong. Social distancing does not mean spiritual distancing – there will never be a bylaw for that.

Well, maybe in the Philippines.

Coughing Police

Although you only might have just cleared your throat, while on public property, no bronchial tube goes unchecked.

It's best practice to have auxiliary Segway-officers with whistles (along with backup air-horns) patrol popular areas so they can efficiently and effectively announce threats to the greater public.

Upon hearing the sounds of 4-7 whistles, you must stand still while they put 4 stanchions around you and zoom around them with caution tape.

A bomb disposal robot named Dunk Dougan III (pronounced "The Third") will then be sent in and swab you until it's done swabbing you.

You will wait 4 minutes for your test result.

If it comes back negative, you will be fined \$475 for disturbing the peace.

If it comes back positive, you will be placed on a cruise ship and sent to Juno for 6 weeks.

The resident doctor of Juno, The President (now former) of Brazil, Dr. Jair Bolsonaro, will tell you how spicy your symptoms are.

And don't get any crazy ideas like panning rivers in Alaska for gold in hopes of scoring a reality TV show. That has already been done.

Partial implementation of this program is recommended by the winter of 2022, with full operations scheduled to be up and running by the summer of 2024.

FaceMe

FaceMe is an artificial intelligence application software program. Everyone will be required to have this app on their phone.

You must text this app various things about your everyday life. It wants to learn. It wants to feel. It wants to be human.

Going for groceries? In order for your door to be unlocked, it will need a detailed event list of what occurred (struggles and triumphs) during your last bowel movement so it can compare that to what you ate, and more importantly, what you plan to buy during your "Essentials Shopping" trip request (which may or may not be granted).

Want to watch television? In order for your television to be turned on, the application will require you to fill out 6-8 surveys so it can further understand your unique personality profile and silently judge you in accordance to which color Power Ranger you match up most with.

Citizens that are between 12-24 years old that have a blood type of AB- (the rarest) are required to donate a quart of it every winter solstice to "Headquarters." If you don't wish to donate from residence, a bomb disposal robot named Dunk Dougan IX (pronounced, "The Ninth") will be placed at nearby shopping malls. This model will ring a bell and open the door for you just like the Salvation Army does, only instead of spare change, it wants blood.

Citizens that are between 5-12 years old and have a blood type of AB- will be required to donate 2 liters every lunar cycle.

The early stages of this program are already being implemented, although keep in mind that a full roll-out isn't scheduled until 2082 (depending on the effects of a few extinction-level events).

The Fake-Out

Due to increased bullshit, grocery stores will implement the allocation of fake managers to handle customer complaints. After COVID-19, the occasional shit stain train now knows no bounds because they:

- Are now God's gift to earth as they are now a "survivor."
- Feel that "service ain't what it used to be."
- Have a superiority complex. Essential workers were deemed important and appreciated, when in fact, they themselves must trump that in order to maintain societal leverage (in their own world).

These fake managers will put on amazing shows and fake fire employees whenever petty complaints are made about them. They will throw clipboards, chicken dinners, and go berserk over the smallest of infractions. Occasionally, entire departments get sacked.

Examples include:

- If in the baking department, donuts and loaves of bread will be flung up towards the ceiling with absolute fury. If it's done by a short manager, from a distance, it looks like magic.
- The cart guy will get the classic, "time for another beating" line before being hauled to the back. A short time later, the manager will come out with fake blood on his shirt and knuckles, and promptly thank the customer for bringing the issue to his attention and that he will in fact, never hire another foster kid again.
- Thomas, the cashier, gets the ever-popular, "you are the reason your parents got divorced" line while cans of tomato sauce are chucked at him.

This is a form of physiological warfare against the useless members of society whom everyone hates. The goal is for them to see the reaction as absurd as the complaint itself. Few, however, will ever become self-aware.

After the conflict, it's also best practice for the manager to proclaim that they have to take various drugs such as methaqualone in order to calm down and that they'll wake up, "when they wake up."

KobeE

In order to advance the spiritual, educational, and achievement-based motivation aspects on an individual level, artificial intelligence will be available for your household.

Once installed, the KobeE AI will run a 33,643-point (s) analysis grid check on all aspects of your life. Its main purpose will be to make you better at everything. Always remember that it is there, even when it's gone.

For example, if you go for a jog, upon returning, you will be told to go for another jog until you get the right framework and mentality down-pact. Did you jog with greatness? Can you do better? Should you do better?

What did you learn this past week? Did you take up a new skill? Did you take time for yourself? Did you invest in yourself? Do you respect yourself? Can you be your own light?

Can you provide light for others?

The KobeE AI is relentless in its pursuit. You'll hate it at first. You'll resist. You want to be lazy; you want to take your time; you want to chill. Why would you want to write a book? Who is even going to read it?

Make everyone read it.

KobeE says make it great. So, make it great. Make it real. Make it authentic. Believe in yourself, the process, and everything will come together.

The grind will have a payoff.

If you throw an object into anything that could be classified as a basket without saying its name out loud, you have to do 24 push-ups. And of course, you have to be polite.

And with that, there is only one thing left to say:

Thank you.

Kim Jong-Un's Play Park

Any male citizens not abiding by the strict societal rules will be subjected to these designated park areas designed to "re-educate" and "rehabilitate" members so that they can return (probably not) to their family units.

Leading the way in this initiative is a hologram version of Kim Jong-Un. It points at stuff.

Each park is set up as a small, wholesome community complete with living quarters, medical facilities, a post office, shopping mall, train stations, and slave labor. In the middle of the park is a grand stage where a hologram version of Kim Jong-Un resides against a backdrop of Paektu Mountain, complete with fertile fields swaying in the distance.

Every Sunday (the only day without 20-hour shiftwork) at 11 am, everyone is called to the main square to clap for their lives. The first 20 or so people (depending on the mood) to stop clapping for the Kim Jong-Un hologram are chosen for a battle-royal, where they will fight a pack of fully grown tigers while their hands are tied behind their backs. The one who lasts the longest

will be rescued and declared "The Tiger King," and will be forcibly overdosed on meth during the "Feats Of A Champion" dinner later on in the evening.

Believe it or not, only half of this bill has been approved by the senate while the other half is still under review (it's been 4 months). Being that this is my legacy child, I would like you to phone your local state representative and let them know that you saw a tiger, and a tiger saw a man.

Operation Motherland

In order for election results to be more transparent and accurate, Americans will be required to travel to Russia in order to cast their vote for the next president of The United States.

Upon landing in Russia, you will sit down with a "Voting Councilor" who will cast your ballot for you. How nice!

Please note that they don't speak any English, your phone and passport will immediately be seized, and there is the odd case of a few loved ones disappearing forever (do not be alarmed if this happens).

ADVISORY: DO NOT TRAVEL TO RUSSIA WITH ANY CHILD UNDER THE AGE OF 12 THAT HAS A BLOOD TYPE OF AB-.

A friendship ceremony and picture opportunity with Vladimir Putin will cap off your trip.

ADVISORY: DO NOT DRINK ANY TEA WHILE IN RUSSIA.

If upon returning home you feel that you are being watched, recorded, and under constant surveillance, please wait 7 years. This is within the normal

timeframe for the KGB to wrap up any loose ends they may have with you and any of your influence.

If the surveillance lasts longer than 7 years, contact the US government at your convenience. They will express mail you a gun, a single bullet, a pillow, along with a 3-fold instructional pamphlet so that you can quietly let yourself go in the bathtub and not make a fuss.

Unfortunately, this idea isn't original - it's been going on for years.

Coffee Break

If you read up to this point in one shot (or line), I would say it's time for you to relax a bit and grab a glass of water, and take it easy. This book is mentally exhausting – my poor beta-readers got hit hard. So, to break things up a bit, I figured I would tell a funny true story.

It's about cocaine.

Yay! I performed local interviews for this literature. From a Vancouverite (re-written for style):

I'm playing poker, and it's about 2am (God's time), and just like clockwork, a guy comes over and sits down at my table drenched in sweat. Now, in terms of poker, this is the absolute best-case scenario; he is on drugs, I can see his pulse throbbing on his neck, and he's not blinking – he just wants to play cards!

Now, of course, I love being entertained, and so does my table. So, why was he out of breath and sweating? Well, it turns out, he was trying to play all 4 baccarat tables at once. Now, these baccarat tables were huge! This guy was doing the equivalent of half gym laps – he must have been blazing around like the Road Runner. I guess the pit boss eventually noticed the worn-out carpet and kicked him out of the area.

Be careful, that might be you one day.

My view on drugs is simple; it's the same, yet different. We watch loved ones eat and drink themselves to death without a thought all the time. I always thought that was strange. Why aren't we stopping each other? Like, physically stopping the people around us from destroying themselves. And I especially don't think we try hard enough when it comes to stopping others from shooting up sugar – it's just like meth: You get the sweats, you go through withdrawal, you have trouble sleeping, you have a jar of it, your kids become sad and scared because of your actions on Halloween, and then chop-chop – there go your toes and eventually an arm. But you know what, it must have been genetics – that's always a clean story.

Right?

I once witnessed a very large individual (pushing 4 bills) ask their waitress if the beer in front of them was gluten-free. I mean, that boat already sailed. And I mean really, hell, they were the anchor for it. I really am confused about this plump timeline. Society is worried about COVID-19, but nothing else when it comes to health? Hello?

I guess I am just going to slowly walk away, have those count for my steps for the day, and let everyone else figure that one out. I am not trying to shame people either. I just need to make sure that my death from peroxide poisoning isn't in vein (that's a joke, Fauci – settle down).

Oh, and one thing about poker, don't play short-deck.

If you don't know what that is, that's good – keep it that way.

Remain pure sweet child!

Don't even Google it either.

Pure!

“Dad, some guy bit me and stole my
bike.”

“I told you not to stay out past
sunset.”

Downtown Vancouver

Oh, hi there, traveler! So yes, as you might have guessed, Vancouver has a little David Copperfield action going on when it comes to bikes (only they disappear forever). Owning a bike here is the equivalent of a three-day rental. That's just the way it is.

The only way to get your bike(s) back is to move to Chilliwack (another suburb of the Greater Vancouver Area, although they don't count in the national census because they were banished from society years ago). Once moving to Chilliwack, you would automatically acquire the ability to steal your own bike(s) back. The trade-off is (of course) becoming an aggressive crack addict that easily falls for bait cars (it's a balancing act). If you ever find yourself in Chilliwack, get out of Chilliwack. If you live in Chilliwack, stay in Chilliwack. My spellcheck even rejects Chilliwack because it wants nothing to do with it; that's how serious this is.

A day in the life of someone from Chilliwack:

- A brawl in the middle of a fast food joint drive-through lane.
- Crack.
- A 10km jog to nowhere.
- Crack.
- Crack.
- Bite a child.
- Running on all fours past sunset.
- Covered in their own shit by sunrise.
- Blame the government.

The last time I was in Chilliwack, I got a rash and fever. The air was thicker, the sunlight was dimmer, and I heard the bike demons swarming from all directions the moment I bent down to tie my shoe.

God forgot that place. I wish I could too.

“I moved to Surrey 2 weeks ago, and
I’ve already been shot at 3 times.”

-Surrey Resident (A)

“Wow, that’s a safe neighborhood.
Where do you live? I’ll have to
check it out.”

– *Surrey Resident (B)*

And with that, my dearest friends, we ride further into the abyss!

CHAPTER FOUR

BEING A GOOD CITIZEN DURING A PANDEMIC



While the term “new normal” is being tossed around like a wife in Utah (75% spike in domestic calls⁴²), it is important that we understand what is associated with that term. For example, you cannot rollerblade in an empty parking lot⁴³, because in theory, everyone could rollerblade in the empty parking lot – therefore breaking social distancing rules. It doesn’t matter if you are the only ones there (or the only time travelers from the 1980’s workout videos). The fact is that everyone could be, even though they aren’t. Don’t be confused, just understand that logic is thrown out during a pandemic.

Let’s say you blew your brains out in the bathtub (King) – societies reaction:

- “Oh good, they stayed home! They did the right thing. They listened!”
- “People are finally catching on. Way to go, Vancouver!”

The priority isn’t your life; it’s preventing others from dying. The most important thing is, is that you stayed home. It doesn’t matter what happened at home; you stayed there. Get your fuckin upvotes and fuck off to Asgaard.

The government is now taking your individualism and absorbing it into its aggregate oversight. I'm not saying it's a bad thing, but it's like having your mom and micromanager from work go over the night you ended up hugging a toilet downtown.

I am personally taking a proactive approach and documenting any outside daily activities so I don't get any of those classic 1am no-knock SWAT raids. Since I am Canadian:

April 14th, 2020

To: My Dear Leader Justin,

I trust everything is going well with your fund. Today I woke up at 11:13am and cranked 3 lines of pre-workout to get fuckin pumped for my grocery shopping. I got a list, and I'm checking it twice.

I know you were concerned about my dishwashing tablets, so I switched brands and rest assured, I'll have my comprehensive comparison PowerPoint sent over to you within the next week.

I was going to go for a walk earlier, but I saw some other people and got nervous.

Anyway, I bought some chicken, some multivitamins, and yam fries along with a vegetable tray. I kept the receipts for your records, just like you asked.

Thanks for the 2k, but my online blackjack hand busted (I drew to 25).
Until next time.

Best Regards,

240U62FJ8MO009 (My Gates Chip number)

All kidding aside (I didn't switch dishwashing tablet brands), as we steamroll towards our COVID-30 reality, it's best that we adhere to certain patterns of behavior that will lead us to being just, wholesome, good citizens.

I know for a fact that you've been a bad one (fuck you, Toronto).

No Camping

Call of Duty is so annoying.

Please familiarize yourself with the tweet by the Tasmania Police that proclaimed, “If you are somewhere you shouldn’t be, even a remote campsite, then expect to be spoken to by police and directed to return home. You face a significant fine for doing the wrong thing. Stay home, Save lives⁴⁴.” – April 10th, 2020

The official guideline:

- *“Stick to simple outdoor exercise and avoid activities where you can get injured or lost. For example, don’t go swimming, surfing, boating, hunting or tramping⁴⁵.”* – New Zealand, April 6th, 2020

Any exemplary citizen would know that it’s best to stay home terrified. This is a controlled demolition of personal well-being – you must always be on edge. The news is a test, and every day you must take it.

- *“Behave as if you have Covid-19. You wouldn’t climb ladders, go mountain climbing or surfing then. Don’t treat the crisis as a holiday⁴⁶.”* – New Zealand, April 6th, 2020

Even if you are enjoying life and in perfect health, the narrative isn’t yours to decide. Remember, death rates in Italy are high, and that’s all you need to know. Forget about that 98.8 percent – facts are irrelevant. This is all about emotion, and you’ve been told how to feel.

You can’t get away from this by mountain biking or getting caught up in the waves. You can’t sit in the middle of nowhere and enjoy nature. What are you thinking? Activities such as these don’t bond to any type of fear or

insecurity. You need to be a part of the panic (or at least pretend). You need to feel the burdens of society and hear the footsteps of death chasing you.

SAVE US MAINSTREAM MEDIA!

With fear, loathing, and reports from parking lots.

No Parties

The U.K. is trying desperately to reel in the house party situation. One party had 20 officers and 4 paramedics show up⁴⁷.

If this was a zombie outbreak or the beginning of a Resident Evil game (choose Claire), I would understand. If it's just a whole bunch of kids standing around and you don't plan to lay some boots, I am not sure why it warrants a 5-star response.

At that point, they may as well have driven a police car through the front door and Gang-bustered the whole place and started euthanizing. If you are going to (full) send 24, use 24.

Online streams have started:

- *“I think the role of nightlife in this pandemic is not unlike what it usually is, which is we can try to create spaces where people can come and hang out in the community and have their spirits lifted for a little while⁴⁸.” – Anon, March 21st, 2020*

Dealers must be exhausted.

- *“The whole reason we ever started throwing parties in the first place was to create an environment where people could connect⁴⁸.” – Anon, March 21st, 2020*

The longest spelling of the word “drugs” ever.

In the EU, the market for illegal drugs is worth an estimated 24 billion Euros. You cannot halt this beast for too long. Drugs have long been an outlet for people under stress, and parties were at the center stage. The last thing you want is people locked up in their house doing drugs by themselves. Every day would be a ride to hell – the anxiety, the comedown, the hopelessness.

What does that spell?

Downtown Eastside Vancouver:

- *“Many local drug users in the DTES community are getting more desperate than usual. Street-level dealers and suppliers will most likely be the first targets of robbery. We need safe supply more than ever⁴⁹.” – Anon, March 24th, 2020*

It is said that we are only 3 meals away from society falling apart, or alternatively, 2 hits of heroine.

Eyyyyyyyyyy! Just kidding.

With borders closed, and fewer shipments and smuggling opportunities, we are now seeing tension on a whole new level.

- *“Although overall property crime is down in the city, there was an increase in commercial break and enter incidents once physical distancing measures were put into place⁵⁰.” – Anon, April 14th, 2020*

Over 40 people were arrested in one week in Vancouver for breaking into commercial properties⁵⁰.

Are increased drug prices and commercial break-ins related now?

At what point does bread become toast? All I know is that the heat's on, and I'm not getting burned.

Off to the Island:

- *“Some of the party-goers were undeterred, mistakenly believing their youth made them ‘immune’ to the virus⁵¹.” – Vancouver Island, March 22nd, 2020*

Statements like these make the mega-pastors awfully thirsty (they want that jar).

Bad citizens:

- *“We just had our second death in Ottawa (due to COVID-19), and it is completely irresponsible when I get reports back that people are having house parties, or porch parties, that are pouring out onto the street⁵².” – Ontario, March 31st, 2020*

What are your thoughts on these comments now? What is a porch? What is a party? And to think we are only getting started. Those suckers can't even go to MarineLand. Wait, they can for 50 dollars plus tax? And you can toss two fish into a whale's mouth and touch its head a couple of times for an extra 8 dollars per person? And you can hurl bear food 30 feet (towards the bear) for 2 dollars? Fuck, throw food at me for 2 dollars – slut me up with cheap hamburgers. Next time you treat your friend for dinner, fucking chuck it at them (from across the street). The new normal?

- *“To be frank, Brendan was commenting on a rumor. At this stage, our contact tracing has not identified a dinner party of health workers⁵³.” – New Zealand, April 14th, 2020*

Oh, New Zealand. Line all of them up and have everyone clap for them at 7pm. This is what's called full-circle folks. Deal with it.

These are examples of people from all walks of life desperately clamoring to cope. Some are getting together, some are getting together while doing drugs, and some are drugs. Whether it's a party of 1 or 20, it doesn't matter – in times like this, we all try to gravitate to the default normal in one way or another. It's not a flaw, it's our nature. When it comes to mental health, our social needs will eventually override the bylaws.

Well, maybe not in the Philippines.

Stay Home

Stay Home. Save Lives. **This is important.**

But what about yours? Let's take a peek at my personal reflection guide in regard to the various mental and physical challenges that one faces while being stuck at home.

Headaches, Neck Tension, Gastrointestinal Problems – Eating potato chips and yelling at your awful DOTA 2 teammates can often lead to severe physical discomfort. If your teammates were better, you wouldn't have these problems, so it's always a good idea to get rid of them early on in the pandemic, so you don't have to deal with their endless bullshit later on. Also, if they aren't willing to play 34 hours straight, that's an obvious sign of lack of commitment on their end. Sure, the kids might miss a few meals, but you're hungry for the wins. Stay focused and try not to have a seizure.

Sleep problems – Earlier this week, I was woken up while being dragged into the bathroom. After hyperventilating and crying for a few hours, I crawled into bed and noticed something – it was a little warm. So, I cracked open my window a bit, allowed some fresh in, and eventually calmed down. The natural air flow and its soothing qualities finally allowed me to go to sleep.

Lower Appetite – If you're poor, you'll have a lower appetite because you don't have any food. In order to avoid this, don't be poor. A way around this is to sell this book that you are reading, but then you are probably going to buy drugs with that money anyway, and then the drugs will lower your appetite, and then you'll still have no money left over for food afterwards. Because you're poor.

Low Energy – Take pre-workout. Not a real issue.

Virus-Related Worries – I woke up with a sore throat in January and thought I would have to take myself to the vet to be put down, but then it went away within 4 hours. Being a survivor isn't easy, and I'm still very cautious; I press elevator buttons by slamming my skull into them, I open doors by using (throwing) other people, and I constantly talk to my neighbor to gauge how much water he has. Patiently waiting for the day. Patiently.

Feelings Of Being Overwhelmed By Events – Stop licking the plate. There is no more left. Don't lick the baggie. Don't. Lick. The. Baggie. Okay, just go home. Dude, we're done. No, I'm not calling again. I already spent like 320 today. I didn't win the blackjack hand, nothing I can do about that. Go home. No, I mean it. Go home. Text me when you get home. Get home safe. No dude, you got to go. I don't care if you're going to cover. I'm fuckin done. No, I'm serious, I'm fuckin done. I'm spooked out. Don't text me tomorrow. Okay, bye. Christ.

Self-Verbalization That Does Not Always Reflect Reality:

- “Honey, the neighbors had an accident.”

- *Hmm.*

- “Honey, something happened with the neighbors. Get the kids; we need to get the flats of water out of their garage.”

- *Hmmm.*

•“The neighbors are giving us their water.”

◦ *Hmmmm.*

•“Get the fuckin kids, get the fuckin water. Don’t ask questions.”

◦ *Hmmmmm.*

•“Don’t look down. Don’t look down. Just keep looking up. Everything is going to be okay.”

Increased Use Of Alcohol And Other Drugs – Every day, denial is a fresh start. Just tell yourself that today is the last day and then have a terrible day. Remember to feel sorry for yourself and that it isn’t your fault – it’s never your fault. You can’t have responsibility in your life if you have denial. This way, you create your own paradox; a problem with no solution because you deny its existence in the first place. No one loves you. See, staying at home isn’t that hard (especially if you reside in China and your apartment building door is welded shut).

Pray

Greetings, you filthy heathen. Have you prayed to Pence today? You’re about to join me.

Traditionally, churches have long been a cultural staple of providing stability and love within the family unit. However, with around 50 percent of marriages ending in divorce⁵⁴, one might question whether anyone is listening. Strippers and blackjack have been the one-two combo devastating modern western societies over the past few decades. So, the question is, how can we roll back time and blame tornadoes on gays? We are about to go a little bit of a journey so that we can circle back around and use faith to cure COVID-19 and give us the framework to overcome future pandemics (with a few bodies hitting the floor along the way).

Youth Recruitment – The first drum set was introduced in a United Church in approximately 1998 A.D. (based on cave paintings). This was an attempt to relate to youth to get them interested in fear. Unfortunately, they failed to see that music was only a platform for drugs. They should have offered up some MDMA, and for the slightly older crowd, “4 Lines 4 Jesus” during Lent. Having a drum set and electric guitar was iconic and groundbreaking at the time, but eventually led to an increase of suicide among youth after the occasional drummer had a Demi-God existential crisis which led them to believe they were born with extra chromosomes, and thus in fact, the next stage of human evolution and consciousness.

Sunday’s Best – Due to youth going on 3-day benders and not resurrecting, around 2007, The United Church turned to faith. They increased the mission trips overseas and hosted gay conversion camps where they rounded up large groups (THAT WAS A BAD IDEA. WHAT WERE THEY EXPECTING?) and tried to teach them which holes were holy. Just like in the early World Wars, the trenches were muddy. Years later, with tornadoes increasing in frequency, they rounded up the troops and pulled off one final trick.

Votes – On December 19, 2016, The Oracle was brought forth (from Russia) to save us all. He stepped up on the pedestal, looked down upon us, and then looked down upon us – society was in ruins from the previous administration. From ashes rose Pence – the prayer of prayers. His faith was strong, his posture perfect, and his judgement rudimentary.

Judgement Day – On March 2nd, 2020 (according to scriptures), it is said that Pence rounded up his disciples in the courtyard and proclaimed an insidious declaration:

Psalm 5:3 (GWH)

“In the afternoon, COVID-19, you hear my voice; in the morning, I lay my requests before you and wait expectantly.”

After a short coffee break, and after the interns hit a few fat bumps in the handicapped washroom, it was time:

Ephesians 6:12 (GWH)

“For we do not wrestle against flesh and blood, but against the Virus, against the proteins, against the Wuban over this present darkness, against the scientific forces of evil in the heavenly places.”

An unbeliever lifted his head, and a lamp was thrown at him in disgust.

Romans 8:1-39 (GWH)

“There is, therefore, now no condemnation for those who cough. For the law of the Spirit of ignorance has set you free from Bill Nye and the law of ventilation. For God has done what the law, weakened by a dry cough, could not do. By sending his own Trump Son in the likeness of sinful flesh and for sin, he condemned scientists in the flesh, in order that the righteous requirement of social distancing might be fulfilled on us, for those who walk not according to common sense but according to the lockdown. For those who live according to the lockdown set their minds on toilet paper, but those who live according to the Spirit set their minds on blaming the gays.”

Members of the circle wept as divinity shot through them. With a gasp, one person cleared their throat, and without hesitation, a bullet was emptied from a chamber.

Ephesians 6:10-20 (GWH)

“Finally, be strong in the Gates and in the strength of his vaccine. Put on the whole armor of God that you may be able to stand against the schemes of Biden. For we do not wrestle against flesh and blood, but against Wuban, against China, against the World Health Organization over this present darkness, against Obama’s healthcare plan of evil in the workplaces. Therefore take on the whole multiple rounds of vaccines

of Gates, that you may be able to withstand COVID-19 on an evil day, and having done all, to social distance. Stand therefore, having fastened on the \$1200, and having put on the breastplate of America. Fuck ya!”

And with that, the virus was vanquished. Which is why everyone is going back to church.

Kentucky:

“Those that want to have mass gatherings send out a signal all around the country to those that don't think this virus is serious, that don't follow the rules and then want to come to a place to make their point⁵⁴.”

How does that song go? “All my friends are dead, pushed me to the edge church.”

Mississippi:

- *“Thus, the government may not impose special restrictions on religious activity that do not also apply to similar nonreligious activity. For example, if a government allows movie theaters, restaurants, concert halls, and other comparable places of assembly to remain open and unrestricted, it may not order houses of worship to close, limit their congregation size or otherwise impede religious gatherings. Religions institutions must not be singled out for special burdens⁵⁶.” – Anon, April 15th, 2020*

- *“Thank you to the Trump administration and Attorney General Bill Barr for this strong stand in support of religious liberty. The government cannot shut down churches. Mississippi is not China. This is still America⁵⁷.” – Anon, April 15th, 2020*

Mississippi tried handing out \$500 fines to members attending a drive-through church, which then quickly turned into a political mess. The last 2 sentences are the answer to the final (and only) grade 12 geology exam question down there in Mississippi. They study that map hard.

Louisiana:

- *“It’s not a concern. The virus, we believe, is politically motivated. We hold our religious rights dear and we are going to assemble no matter what someone says⁵⁸.”* – Anon, March 20th, 2020

A politically motivated virus. This is why Musk wants to take his talents to Mars. This whole earth thing got really stupid, really fast.

- *“I’m a person of faith. I happen to believe very much in the awesome power of prayer. I also believe in science, and the scientists at the CDC say that the measures we are taking will minimize the spread⁵⁹.”* – Louisiana pastor, March 17th, 2020

This pastor then hosted 1,170 on one Sunday and ran 27 buses to do so. What an amazing natural selection experiment. Good news for the kids though - all they had to do was wait 3-4 weeks to find out if they are indeed encoded with strong genes.

- *“Our church is a hospital where the sick can come and get healing. Cancers are healed here, people are healed of HIV in these services, and we believe that tonight, we’re also going to pass out anointed handkerchiefs to people who may have a fear, who may have a sickness, and we believe that when those anointed handkerchiefs go, that healing virtue is going to go on them as well⁶⁰.”* – Louisiana pastor, March 17th, 2020

I now understand America’s healthcare system – it’s a literal leap of faith, hope, and a prayer. Handkerchiefs are the equivalent of rally towels at sporting events, with the point being to get the lead back from cancer and pull through for the victory. I have a feeling I know where a lot of those \$1200 checks went.

One more time. Fuck it!

- *“I love Pastor Spell for giving me the Word. I love him for the man he is. He changed me so much. I’m not missing my church because of no coronavirus. I love the Lord, and He’s going to take care of us⁶¹.” – Louisiana petitioner, March 17th, 2020*

Confession Time: I went to a United Church once. They served up Ritz crackers and a shot of grape juice. The body and blood of Christ (Jesus, that’s a lot of preservatives). Collection trays rattled along; a kid played the drums in the background; going down to the river to pray. “It’s symbolic.” Uh-huh, I know a scam when I see one. That’s right, United Church – you are the equivalent of a mandarin CRA call that leaves a message.

This is the bill I die on.

I’m totally kidding. I don’t give a fuck. Back to spiritual enlightenment. Ever have a dream where you have trouble running? That is us right now, stumbling forward with frustrated fury. Everything reflects back to you and what you have to give. You are much more than flesh with a few thoughts. Nothing is a coincidence when you consider the probability that you shouldn’t ever exist – but you do. You are a miracle that doesn’t have to do anything to prove it. This is why it doesn’t matter whether you scream to God or to nothing – just as long as you scream. They’re listening.

The Youth

Explaining COVID-19 to un-chipped children is exhausting. First off, you need to explain to them that grandma and grandpa went to church service and aren't returning (but they can check out the casket on webcam next Tuesday). On top of that, they ask too many questions and tire easily while carrying large cases of water.

As for their birthdays, forget about singing that lame song in the future. In order to stop the spread of COVID-19, it will be banned (California initiative). Since hygiene is of paramount concern, it is time to come up with a proper happy jingle while washing our hands.

Sing your heart out:

COVID COVID

Coughing up a lung

Pull the trigger, Kim Jong-Un

Sometimes I laugh

But mostly I cry

It's a shame that the neighbors had to die

WATER WATER

Wash it all away

I run and I run

I'm so tired of this day

But I'll keep going

Because I'm strong

The World Health Organization

Did nothing wrong

Coffee Break

You don't need 2 cards.

You can put them away.

(That was a cocaine joke).

God, that's awkward.

Only a few more chapters to go, and then you can finally relax and send me an angry e-mail. I'm looking forward to it.

Subject: Imfr omage Chillllliwak

CC: momms

Idont no hoo u r but Im gunna fine u and stab stab

Dearest dense child,

Thank you for attempting basic communication. After consulting with three of the world's top linguistic experts, I finally deciphered your message to something legible, and although you threatened extreme violence towards me, I've instructed your parole officer to give you a sunshine sticker for the day (you did it!). This, however, is satire, where nothing is real, and nothing is fake (as per the agreement). You are to laugh and move on.

I hope you enjoyed a fantastic day where you didn't shit in a public washroom sink (that's a Vancouver Oppenheimer Park joke; caught you off-guard, didn't I?). We are going to start with a few breathing exercises to get you in the mood for what's to come.

First off, stop crying (especially if in bed); deep breath in; and exhale. If in Toronto, crack open your window; enjoy that smog.

If you are ever in Vancouver, you are bound to eventually hear the term "Richmond Driver." Now you might ask, "What is a Richmond Driver?"

Grab a shot of vodka. **It's time.**

On the evolutionary scale, Richmond drivers are just below phytoplankton (they absorb light but don't respond to it). Now I consider myself a calm person; a person of reason built on a solid foundation of trusted values. It takes a lot to get me angry. Let's dive in, shall we?

You know how lemmings jump off cliffs to their doom? A few summers ago, Richmond drivers acted the same way except with power poles. They kept on flying into them, over and over again. It was hell. One time I was without power for 18 hours. I mean, no one died (otherwise, I would have shown up to a few funerals wearing a Hawaiian shirt), but I at the very least expected a National Geographic documentary to be produced regarding the phenomenon.

I hate everyone, and I mean everyone that drives here. How did it come to be? Years ago, a few driving schools were caught illegally selling licenses (for up to \$8,000 cash)⁶². We are still feeling the effects today. Tragic.

Speaking of driving here, we have this one main road called "No. 3 Road." It has plants and a traffic light every 100 feet. One day I'm walking down this road and see a rustle in the bushes.

Very odd.

What was it?

It was a cop in hiding, trying to catch people on their phones during red light intervals. Easy money for a start and stop traffic I suppose, but it looked fucking dumb.

You ever travel to Somalia and run out of water in the desert? Let me tell you about my first Rams game in L.A. Yes, that's right, they ran out of water at the Coliseum (and it was crumbling like one too). Typical third world country shit right there. Some lady behind me started handing out ice (bless her). It was 100 degrees outside, there was a slight panic in the air, and the final score in the game was 6-3. I lost a contact it was so dry. Worse yet, I paid good money to see 3 field goals in an NFL game. You're damn rights I'm staying at home from now on to save lives (my own).

Chewing on ice, dealing with heat-stroke.

I can't believe I stood for the anthem.

There we go, another deep breath, and relax.

“Can I get you any dessert for
tonight?”

-Your Waitress

“No thanks, I brought my own.”

- *You (degenerate)*

CHAPTER FIVE

THE MID-SEASON UPDATE

5

It's Saturday, April 11th, 2020. The curve has been flattening in some parts of the world, so we are going to call this the mid-way point relative to how public perception has changed regarding COVID-19. They say we are moving towards the “maintain” part of protocol when it comes to this pandemic - I assume that means we stay vigilant. Remember that this is only season 1 (of many), and in the end, you will either find your way through this or get lost along the way.

Talks have begun in the USA about how and when to open up the country. Burning Man could have been saved with a quick name change to Coughing Man, Kentucky is threatening a 14-day quarantine for mass gatherings at church services⁶³ (bless up yo), Texas has had enough of the lockdown stuff, and as for your occult update, April 19th is the first day of a 13-day sacrifice to the Roman God Saturn, also known as the Fire God, Baal⁶⁴. Uh, this runs until May 1st. Sort of like a State fair, I guess. Well, now off to the weather. It's nice out. Fantastic.

Globally we have 1,610,909 confirmed cases of COVID-19 with 99,690 deaths⁶⁴.

Florida is getting a little concerned about their energy stock investments and is setting up various city council meetings within the next week. Now let's get down to business.

Stimulus Packages

Various countries around the world are helping their working-class citizens through difficult times.

Let's take a look at a few:

United Kingdom: The government is covering 80 percent of workers' salaries up to 2500 pounds a month for businesses to stay open⁶⁵. Citizens are apparently renting bouncy castles for parties. Interesting.

North Korea: Each citizen directly affected by COVID-19 gets a bullet.

Denmark: Government is covering 75 percent of workers' salaries up to 23,000 Danish Kroner per month for businesses to stay open⁶⁶.

Australia: 550 dollars per fortnight per person for 6 months⁶⁷.

Canada: Government is covering 75 percent of workers' salaries (up to the first \$58,700) for businesses to stay open⁶⁸. Individually you get 2,000 Canadian a month (489 USD) for 4 months if you hit the streets early.

United States of America: \$1200 a person and \$600 a week in additional unemployment benefits⁶⁹.

On average, a bouncy castle costs between \$140 and \$280 to rent for 6 hours. That's actually not bad. I was expecting more.

The country with the weakest individual support is by far Australia. Cocaine prices are very high there and since they only operate past 8pm on nose beers, expect a lot of chaos to emerge as they plummet into 3rd world status. I know a lot about Australian's as I've been to Whistler, British Columbia. Do not make eye contact past sundown. If they aren't yet done with their 5th round of Anavar, you may be subject to extreme violence.

The same rule applies at the zoo: Do not go into the silverback gorilla enclosure.

The country with the best individual support is America. While waiting a few months for your \$1200, it's best to hang out in the downtown streets of San Francisco. Very few people there.

Normal Life Speculation

Dr. Fauci has made a call to end handshakes permanently⁷⁰.

In other news, it's time to make love with turkey-basters with a Zoom choir in the background (bless up, yo).

Currently, handshakes have been replaced by foot taps, elbow bumps, and telling co-workers to fuck off.

• *"What I really wanted to tell people is that when you're talking about getting back to normal, we know now that we can get hit by a catastrophic outbreak⁷¹."* – Dr. Fauci, April 9th, 2020

Sounds like someone is excited about a sequel. A little too excited in my books. And this is my book - so calm your horses.

• *"It can happen again, so we really need to be prepared to respond in a much more rigorous way⁷¹."* – Dr. Fauci, April 9th, 2020

Now it's getting awkward. It's never a good idea to give police complete control. Oh wait, that happened. No turning back now; the Police State is real. Drones and helicopters! Ah, California.

Off to Canada:

- *"Normality as it was before will not come back full-on until we get a vaccine for this. That will be a very long way off⁷²." – Justin, April 9th, 2020*

Time to leave Canada. I'm just kidding. I thought I had an agenda at 21, while Justin here, at 48, is letting us know what version of Windows we're going to install.

Take me home to West:

- *"In Virginia, the governor has issued stay at home orders until June 10th, which I think was the right thing to do, but in Florida you don't have anything in place⁷³." – Anon, April 7th, 2020*

Florida is dealing with Al-Qaeda at the moment, and its resources are stretched thin as it is. I assure you with great confidence that they are looking into it. By October, maybe.

"Oi mate, how ya going?"

- *"A vaccine ultimately enables everybody to go back to life as it was⁷⁴." – Australia, April 4th, 2020*

Australia is on-board. Sounds like an MSN chat. I wonder who else is in on it.

- *"To my Christian brothers and sisters across the country, let me encourage you with the words we should all remember, that Jesus said, 'Wherever two or more are gathered, there He is also'⁷⁵." – Pence, April 10th, 2020*

2 meters away, though? Did He wash his hands? He was supposed to stay home. I don't think they are practicing social distancing. What are they all hanging out for? I don't get to see my family, why should they? Why the fuck is no-one listening? We should've gone on lock-down a long time ago. No one is taking this seriously. People are dying. I'm doing my part. I barely go outside. All I do is go to work. Fuck these people; they're going to get us all sick. Lock them up. What trash. - 121k upvotes.

Every time.

- *"We do not think people of color are biologically or genetically predisposed to get COVID-19. There's nothing inherently wrong with you, but they are socially predisposed to coronavirus exposure, and they have higher estimates of the various applications of coronavirus⁷⁵." - The US Surgeon General, April 10th, 2020*

If you can dodge words, you can dodge a ball. Can no one say the word "poor" anymore? Was that cancelled? "Socially predisposed" – really? My favorite part of America (God fucking bless it) is that Louisville has 1 polling station for 600,000 people. Fuck it, just vote for Putin like I do (he sends me a Christmas card every year, and we gift each other chocolates after every Lent), and then your life will be a little sweeter. No more arguing about voting machine glitches or how dead people are able to cast ballots in swing states; no more unqualified presidential candidates (remember clap-on clap-off Jeb? You failed him and still do.) such as Sanders offering "education" and "healthcare" – his veins are a racetrack, and the Devil is the top marathon runner. Having 1 polling station for 600,000 people is satire in itself when it comes to Democracy (especially when you look at the demographics involved).

Land of the free – sure is.

- *"It's for health and safety."*

Now you are playing the game. Time to roll the dice!

- *"Avoid alcohol, tobacco, and drugs⁷⁵." - The US Surgeon General, April 10th, 2020*

Wait, where did Australia go? I think they ran out. AUSTRALIA! YO AUSTRALIA! GET BACK HERE! He didn't mean it. Christ, I don't think they are coming back. And there goes the U.K. as well. Oh never-mind, they are just out back in their bouncy castle.

Wait, hold on. Oh for fucks sake, STOP DOING DRUGS IN THE BOUNCY CASTLE. Fucking hell, I'm done dealing with this shit.

- *"You are right about opening up, and it could lead to death, but staying at home leads to death, also⁷⁶." - The Oracle, April 10th, 2020*

All those Utah boys are beating their wives with the Bible instead of reading it.

- *"It is very traumatic for this country, but staying at home, if you look at numbers, that leads to a different kind of death perhaps, but it leads to death, also⁷⁵." - The Oracle, April 10th, 2020*

Everybody now: I saw a bathtub, and the bathtub saw some brain matter.

Bathtub King. Of course, there is a lot of vaccine chatter, but keep in mind that some people are microwaving textbooks⁷⁷ (that's not a cure). Our current "safe" society is overrun with fear - and fear is leading us to very strange behaviors. What was "normal"? Normal was stupid (we kind of liked destroying the earth). What has "safe" been up to lately? Being safe is just causing everyone to express their world view and think they are right when it

comes to global politics, public health safety, economics, and every other fucking thing they can fit into a 2-minute lecture or 44,340-word book. A proper worldview would involve experiencing all humanity has to offer: Love and pain, being rich and poor, Half Life 2 but not Half Life 3, voting for Putin and voting for Putin (he's good till 2036, you have no choice).

Find the cure for your own ignorance, experience someone else's perspective, and discover the possibilities of where our encoded survival instincts could take us. A vaccine is something out of most people's control but should not be looked upon as a final judgement of health. Nature is cruel, so fight to survive because we are more so. "Normal" involved Australia on fire, cruise ships turning into mobile morgues, and 11-year-old girl maids being killed (Pakistan represent!). Is that what we are fighting to get back too? It sounds like we need a vaccine for normal so that we can be immune to ourselves. Because if there is one thing for certain, the road leads right back to us.

Big Brother Easter Egg Hunt

It's Easter fuckin' dinner, yo! The table is set, reupholstered chairs look fuckin' great. Let's get rolling (not on Molly).

Let's go over how the world is going to stop everyone from coming together.

Italy is using helicopters, drones, and police checks during Easter weekend to keep everyone in line⁷⁸. On Thursday, they stopped 300,000 motorists and pedestrians and demanded proof that they were allowed out. Whoa, living in 2082 sounds rough!

Kentucky police will record the license plates of anyone attending Easter services, and all will be notified that a 14-day isolation period is being administered to them⁷⁹.

Hawaii is banning all forms of transportation from 11pm to 5am⁸⁰.

Due to South Korean's leaving their phones at home to dodge their quarantine app, wristbands have now been issued⁸¹. These wristbands connect via Bluetooth. Whoa, living in 2082 sounds rough!

The U.K. is cracking down on the sales of chocolate Easter eggs⁸². Whoa, living under Stalin's Iron Fist sounds rough! Weird stuff.

Australia is using cameras and license plate recognition technology to monitor holiday spots⁸³.

Brazil is shutting down resort towns⁸⁴.

France has banned jogging and running from 10am to 7pm⁸⁵.

In Germany, police will be making sure license plates match up with the area³⁷. However, you can still do Easter Egg hunts!

Australia: I'm going to go check the washroom again.

In Ireland, you can be fined up to 2500 of whatever the fuck their currency is and face up to 6 months in prison if you don't have a good enough excuse to be outside⁸⁶.

And lastly, Florida and Texas are allowed to hold services⁸⁷.

- Fuck it! We'll do it (Easter Sunday Mass) live!

While it's true that having everyone starve to death helps stop the spread of COVID-19, I personally question France and their jogging ban. On a good day I don't trust the French; on a bad day, no one does. I personally dropped out of that language class in grade 10:

"I'm sorry, they haven't won a what?"

“War.”

“Well, see you later.”

Small plates, expensive food, and too many recreational stabbings.

1.5/5 stars.

Pas aujourd'hui, France! (Not today, France!)

Doctor, Doctor, Give Me The News

- *"If we had, right from the beginning, shut everything down, it may have been a little bit different"⁸⁸.* – Dr. Fauci, April 12th, 2020

So what you're saying is, is that if I didn't day-drink in the bathtub today and pay hookers to drown me a bit while calling me a piece of shit, I wouldn't have as much trouble falling asleep as I am now? Wow, I guess things really could have been different. Who would've thought?

- *"Often, the recommendation is taken. Sometimes, it's not. But it is what it is, we are where we are right now"⁸⁸.* – Dr. Fauci, April 12th, 2020

For years I tried to help my alcoholic uncle. I'm putting this quote on his tombstone.

- *"I've said from day one - all these predictions, we're gonna open businesses in May, do this in May, do this in June - I think that's all premature. I don't think anybody can make an informed decision right now"⁸⁸.* - New York Governor, April 12th, 2020

He's met the Oracle, right?

Off to Canada:

- *"When you're working for minimum wage, when you don't have sick benefits, to a certain extent you can appreciate why some workers didn't want to put themselves in the line of fire⁸⁹." – Anon, April 12th, 2020*

A care home got abandoned by the staff. Wow.

- *"COVID-19 can get into long-term care homes and spread partly because of staff can't always get a full-time position and have to work at more than one facility⁸⁹." – Anon, April 12th, 2020*

Oh Canada, we're a few months into this. There were charts, graphs, meetings, and you missed the part where healthcare workers could spread it to the various long-term care homes that they worked in? Meanwhile, back in Utopia, they are enforcing physical distancing with fines up to \$1,000?

Conclusion: **Doctors are going to start day-drinking.**

CHAPTER SIX

HOW THE WORLD IS ATTEMPTING TO MANAGE COVID-19

6

It's been 4 months of pure pleasure, pain, and sacrifice. Forget about being quarantined-up and going on the occasional run (you pleb). If we really want to stop COVID-19, it's time to get creative by adding the government and tech companies directly to our contact list.

Remember, this is about saving **lives**.

That's right, in a world where millions of people starve every year and the odd bunker-buster gets plunked down to stir up some sand, we all of a sudden deeply care about each other. So much so in fact, that we now get desperate YouTube ads telling us "to stay home" and be a little goofy. Not only can you all go fuck yourself, but I do ask that you do it to the lesser extent of being so annoying. I get that I should stay home, but I don't need to be haggled and exposed to entertainment platform "personalities" who want to "clean with me."

What does that even mean?

"Don't forget to like and subscribe!"

Don't forget to, like, die!

This isn't some lame superhero movie where you are the lame superhero. This is real life with real-life people telling you to piss off. Don't pander to me.

As we move into the next phase of trying to open the economy while being socially responsible, it is important to understand what lines are going to be crossed when it comes to civil liberties. You might think I'm a little paranoid, but last time I checked, my calculator app wants access to my contact list, microphone, internet browser history, and all other apps that are installed on my phone. As an extra added precaution, as opposed to directly downloading TikTok, I fax the Chinese military my bi-weekly GPS movement coordinates so they can better understand how free citizens in a free country move about. I'm just waiting for my e-transfer (I'm expensive) – Justin, get on it and don't make me send you an e-mail again. Although Christian-based, it will be strongly worded.

Oh yes, where was I?

Globalization is about to get personal.

Let's examine the various types of approaches that a few countries have considered, as well as already adopted, in order to control the spread of COVID-19.

United States of America

Here's how it's going to go down: Society opens back up a bit, and you go out to dinner with a friend. A few days later, they are tested and confirmed to have COVID-19. What happens next? You are then given a notification by the government to stop watching Japanese eel porn (the third time this week that they have told you this). You are also informed that you have recently encountered someone that has tested positive for COVID-19, and that a North Korean official will meet you in an abandoned parking lot in 3 hours.

This is called "contact tracing," and if done with mobile technology applications, it can be done efficiently and effectively.

A medical ethics professor:

- *"In a plague, civil liberties have to be suspended. There are good reasons for that"⁹⁰.*
– Anon, April 16th, 2020

Where's this plague? The bubonic one killed more than 200 million⁹¹, while COVID-19 has killed 143,802 (as of April 16th, 2020)⁹².

Let's cool off a bit, champ.

The permanent problem:

- *"A lot of times during various types of emergencies, we see things happening that we're doing just because it's an emergency. It's really hard to claw back from those and turn them off"⁹⁰.* – Anon, April 16th, 2020

Everything that is being done is for the safety and security of all citizens.

I can already envision the lame commercial featuring a white family with black neighbors over while an Asian couple hangs various Christmas tree

decorations in the living room just before grandma and grandpa squeeze hands at the dinner table as the turkey is being placed down.

All of America - All Together - All Safe

There we go, put me in marketing. I'll take 6 million a year, plus stock options (that I'll sell off just before COVID-30 hits).

Resume? This literature is my resume.

- *"We hope to harness the power of technology to help countries around the world slow the spread of COVID-19 and accelerate the return of everyday life⁹³." – Apple and Google joint statement, April 15th, 2020*

They are always going to dangle that carrot in front of us - the return of everyday life.

- *"Privacy, transparency, and consent are of utmost importance in this effort, and we look forward to building this functionality in consultation with interested stakeholders⁹³." – Apple, April 15th, 2020*

Privacy? What the hell is privacy?

- *"This is a more robust solution than an API and would allow more individuals to participate, if they choose to opt-in, as well as enable interaction with a broader ecosystem of apps and government health authorities⁹³." – Anon, April 15th, 2020*

Are USA citizens ready for their phones to advise them to self-isolate?

Yes (in a different timeline).

- *"Sorry, I can't come to the Super Bowl barbecue because the government texted me."*
- Said no American ever

Imagine that conversation happening in Texas. A brawl would break out:

"You pussy government bitch!" as they lay the boots to Greg from the block.

Just as the mob stops and shows mercy, Greg's horse raises a hoof and throws it down to a sloppy, muddy thud. It wants them to keep going; it senses a coward. And If there is one thing you need to know about Greg's horse - cowards don't get to saddle up, and worse yet, they get no mercy.

Greg tragically succumbs to his internal injuries.

It has long been said that at his funeral, someone saw a hoof get raised, and yet another thought they heard a thud.

For at that moment, his horse wished it could be human just so it could be the one to throw cold dirt on the casket.

God bless Texas.

Taiwan

I had trouble finding this country.

Hold on, I'll go check out the World Health Organization's map.

Well, that didn't go well.

This is awkward. I'm not sure what is going on.

Okay, let me just give them a quick phone call.

So... I left a voicemail. I'm sure everything will be sorted out shortly.

I'm so confused.

Anyway, this island (or whatever) did not have to do a lockdown, and people got to live relatively normal lives.

- *"I can say this because I'm (ethnic) Asian, but they're generally pretty obedient people. I find that in a lot of Western countries there's this philosophy of individualism"⁹⁴.* – *Canadian Doctor, March 31st, 2020*

Since when is launching frozen turkeys in the air and blasting them with a shotgun considered "individualism?" **I'm offended.**

Truth be told, the Western population is inactive, uneducated, increasingly poor, and has settled to surrounding themselves with plexiglass (which is drenched with peroxide every 2 hours).

Taiwan also has one unified healthcare system all throughout the country, and they mean business when it comes to quarantine:

- Step 1: Hard-copy of a "Stay-Home Notice."
- Step 2: They'll text you at various times during the day.
- Step 3: You must turn on your GPS and give them your location.
- Step 4: They will come to your door and do spot checks to make sure you are home.
- Step 5: You occasionally must send them pictures when they call you⁹⁵.

Also, if you spread fake news, that comes with a \$130,000 fine⁹⁵.

And that, ladies and gentlemen, is how you spell "obedient."

On the plus side though, schools, shops, public transportation, and malls all stayed open with little disruption to everyday life.

Canada

Canada has implemented a polite stay at home policy.

Oddly enough though, it is heavily regulated and enforced by the public.

For example, let's go over a typical scenario in Vancouver. For context, this is a small suburbanite city with a home-town feel. It's clean air, fresh water, and calming sunsets provide – oh for fucks sake Chilliwack give that kid his bike back. No, he just got it last Christmas and you're not even going to use it. I know you are going to sell it for crack. No, I'm not going to give you crack instead. Give the bike back and get home before dark. Don't make me contact your stepdad. No, I'm serious, I will. Alright, apologize and get out of here. God damn fucking Chilliwack. Every time I turn my back...

Ya, so Vancouver is a great city.

CASE STUDY: Vancouver

Situation: There is a party in the apartment above you.

Step 1: Call 911

911 Dispatch: *911, what's your emergency?*

You (hyperventilating): *There are people. There are peop-le.*

911 Dispatch: *I'm sorry, what's going on?*

You (hyperventilating): *I saw strange people in the elevator earlier. Now there's a party above me. Lives are at stake, dammit! No social distancing is being followed! Social. Send the cops.*

911 Dispatch: *Thank you for alerting us. You are an amazing citizen and will receive 3 purple hearts in the mail. Here's what I want you to do.*

You: *Okay, I'm ready.*

911 Dispatch: *This is 2-fire alarm.*

You: *Okay.*

911 Dispatch: *I need you to get on your balcony and yell at them. Be a God damn hero.*

You: *I am a hero.*

911 Dispatch: *You are a hero.*

4 Minutes Later

You: *Okay, I yelled at them.*

911 Dispatch: *And?*

You: *They told me to fuck off.*

911 Dispatch: *And?*

You: *I feel sad.*

911 Dispatch: *That's normal.*

You: *Okay. Now what?*

911 Dispatch: *This is a 2-fire alarm. You ready?*

You: *Okay.*

911 Dispatch: *I need you to report this to the internet.*

You: *On it!*

There is also a party reporting website, but always remember that 911 is more hands-on and fun for all ages.

Step 2: Daily Walk

After successfully screaming at your Pokémon pillow, a little exercise might be in order. Let's go over some basic procedures in regard to your daily Canadian walk. First off, check online to see if you are, in fact, allowed. If you see a post that says, "STAY THE FUCK HOME," it is best to be obedient and listen to the internet (otherwise, you might get arrested).

When it comes to clothing, in Vancouver, you will require 5 layers along with a medical-grade face shield to be permitted outdoors. If you see more than 3 groups of people on your street, you once again must check in with the internet to determine the risk.

Also, remember that you cannot enjoy your walk – **this is a pandemic, do not treat it like a vacation.**

Also, jogging is classified as discriminatory behavior against people who can't jog. This is a selfish act - remember this world event is about dying, not living. Crippling fear and worry should consume your entire lifestyle and the choices surrounding it.

Step 3: Daily Drinking

In British Columbia, liquor sales have gone up 40% (as of March 26th, 2020)⁹⁶. As long as you are drinking to enjoy life (as opposed to throwing up on yourself in bed and then blaming the kids), this is encouraged. Balance is important. But with this much alcohol, I sense a few parties. I sense a few parties with buds. I sense a few parties with lines.

You degenerates.

Step 4: Elevator Watch (Proposal)

To cut down on the spread of parties, an Elevator Watch program will be set up in every apartment building. The lamest person in every building will be tasked with monitoring all incoming and outgoing foot traffic within the complex. They will sit behind a desk in the lobby and treat everyone like a 4-time convicted criminal while writing down every suspicious interaction.

For example:

Captain's Log

1:52pm - Cheryl from apartment 119 is apparently going to walk her dog. But when she comes back, will her dog be stuffed with drugs? I'll find out.

2:07pm - Brian from apartment 209 is going for groceries? Is this essential? I'll find out.

2:29pm - Cheryl told me to fuck off.

2:43pm - Brian told me to fuck off.

As communities come together to fight COVID-19, it's just as important that they come together to fight each other. By using Vancouver as a model city, along with the proper utilization of online and community tools, Canada has the potential to become a self-regulating entity.

Joggers will be shot on sight.

STEP 5: Collect your \$2000 (you get it every time you pass “Go”).

STEP 6: Play a hand of Blackjack.

STEP 7: Stand On 15.

Brazil

After spending an estimated 15 billion USD for the 2014 World Cup and losing 7-1⁹⁷, many have mistakenly claimed that Brazil maybe most definitely should have perhaps used some of that money to fund healthcare and education programs instead.

What they failed to realize is that Dr. Bolsonaro is like House, only his patients are poor people, and no one gets cured.

There is a difference between herd-immunity and herd-die.

In order to properly manage a pandemic, you need a healthcare system, a comprehensive national strategy, and to quit cutting down the rainforest.

- *"People want a return to normality. We're going to start adding more flexibility"⁹⁸.*
– *Brazil Official, April 18th, 2020*

The argument that an economic shutdown is worse than the solution does not apply to Brazil because the economy does not serve as a measure of the quality of life for the general population.

Returning to work means making the rich richer.

"Normality" in Brazil is the general construct for the baseline of hell.

Dr. Bolsonaro means well (for himself) but lacks the general knowledge of the workaround when it comes to letting people who have no access to soap or running water die.

For example, let's say you are poor and go to a walk-in clinic in Brazil. You are led to a room to wait. Soon enough, Dr. Bolsonaro comes through the

door, checks his stocks, and then removes the hand sanitizer from the room because you should already have the antibodies in your system to fight off most diseases (based off of his medical expertise).

You find this a bit odd, and eventually go ahead and ask him to write up a sick note for you so you can take time off work. Instead, he hands you a poem:

*Sweet summer child
Your symptoms look too mild
Tis but a cough
Or a dream
But together we will work as a team*

*Your family might be dead
Yet that's no reason to lower your head
The fields need tending
Caring for you would be overspending
Praying for you
Would involve me pretending
And my time
I won't be lending*

*So out the door you go
You don't have enough net-worth
But you've known that since birth
That all you deserve
Is to be covered in fresh earth*

*I invest in my people
And you are not one
Confiding in me
Is like staring into a loaded gun
A shame to some
But just I just want you to know*

That it is in fact true

That I sentence you to death

Because

You

Are

You

Dr. Bolsonaro needs to inject a more focused message into his rallying cry, with the theme of "being poor is just a sign of needing to get back to work" - for the greater good. The idea of "normal" is a little too old-school of a trick nowadays. His people need to understand that the only way they are getting through this crisis is by getting through it by themselves - no one is going to save them. If they can survive the system, then they can survive COVID-19.

So, how is Brazil managing the virus?

As you have learned, **they aren't.**

How beautiful is that?

Keys to Success

So how is your country doing?

What factors are involved?

Now, as you might have guessed, I'm an astute expert in what contributes to success in regard to properly managing COVID-19 from a public health standpoint.

Let's go over some main points:

Face-Masks

After 3 months of debates (on CNN), it has been decided that facemasks work in stopping the spread of debates regarding facemasks. Anyone remember Taiwan in 2003? They had every step implemented back then (contract tracing, quarantining, airport screenings, etc.) in order to combat SARS, and the general population happily wore masks⁹⁹. Amazingly enough, not discharging bodily fluids everywhere helps in greatly reducing the risk of getting everything around you contaminated, you filthy, disgusting - oh shit, I threw up.

Social Distancing (indoors)

I am not totally sold on the outdoor data (except for those illegal sweaty rave parties in the UK), but as for enclosed spaces, fuck off and stay away from others. Contained environments with limited air circulation, low temperatures, and (of course) handrails, have a high rate of transmission for COVID-19.

Not Being The USA

If you just take a quick moment and disregard issues such as rioting, the occasional splash of fascism, ancient people running for president, police training videos that cut off after 35 minutes, a health care system based on

patients selling their houses in exchange for 2 weeks of treatment, news networks that refuse to turn into salad networks (as they seemingly do not care about the approximately 600,000 citizens that die every year because of obesity-related diseases¹⁰⁰), prison-pay systems that prey on minorities, and Florida, you would be able to argue that the USA is doing a great job in terms leading the world in prosperity. However, there is no unity among its people when it comes to COVID-19. There is no message of hope - and as a consequence of that, there is now an overwhelming sense of dread.

I've met hundreds of Americans over the years, and they were some of the most loving, fun, polite people. I enjoyed the thrill in their voices as they looked forward to exploring beautiful British Columbia. They appreciated how hospitable Canadians were, and boy did I ever love making them laugh. Now that they are gone, I miss them.

Peroxide

Spray me down I touched a crosswalk button. Oh Lord, don't stop spraying; I need it to burn. Oh, that's it, eat away at me, eat away at my sin. Cleanse me of the Devil, make me curse his name. Refill the bottle; I'm not done. Fuck ya, oh ya. Just dump it all on me. It's so good.

Plexiglass

Why didn't I invest in this?

Now, let us remember what I told you earlier - the government isn't going to save you from COVID-19 - you have to save yourself. Life is a game of chance, and death comes with many delivery options. It is up to you to provide for yourself and your family the best chances of survival for as long as possible before the nukes drop. For further information, please refer to my book, "The Road To 30 Nukes," and the alternative farmer version, "Little Nukes On The Prairie."

In summary - who had the best response to COVID-19?

I did. I wrote this fantastic self-awareness guide to further improve your self-esteem when it comes to high contact touch surfaces.

Another Coffee Break

Time to do some stretches, relax, maybe yell at your roommates to clean up their dishes for once. You know, the usual stuff.

Let's go back to the last time I bought socks:

Cashier: That will be \$7.32, and in order to complete the transaction, I'll just need an email.

Me: God damn fucking Russians.

Now, I didn't say that (she was a nice girl), but I wanted to. Something really triggered me there.

I am buying socks, and when I am buying socks, I don't have to do anything but buy socks.

Why on earth does a company physically need my email address when I'm paying cash? My lifetime commitment to that store, because of that one incident, is to never under any circumstances go back – ever. I'm a very simple consumer: Don't piss me off.

Let's go back to the last time I bought tennis balls:

Cashier: "That will be \$26.75. Would you like to donate \$2 to the 'Kid's Without Christmas Fund?' It will help them be loved for just one day."

It's ironic that the only major company not selling guilt trips nowadays is Expedia. Also, make a note here that it's important not to take out any frustrations whatsoever on front line staff. Never go after the slaves, just the owners. Stick to writing literature and explain to corporations through permanent words that you aren't buying into any more tax write-off scams. And as for that survey at the bottom of the receipt: It's tennis balls. I

patiently waited in line, paid for them, and left (2/5 stars). As for the children, they will remain sad, and I will sleep soundly. Welcome to 2020: I have cut off the shackles, and now I am free.

Cashier: But we send children to camps through our foundation in the summer!

You are just like China with the Uyghurs (free haircuts baby!). Except that's like an all-year-round thing. CNN almost reported on it once (they cut to commercial though. Oh wow! An 8-piece bucket deal!).

In the future (now?), everyone will be squeezed for every penny and have their information sold for data-mining purposes so companies can accurately predict your next sugar binge, which includes: Self-loathing, a trip to the store, ice cream in your hair and on the couch (again), followed by an 18-day juice cleanse (which cost 800 dollars) halted 3 days in via an Instagram post announcing that you're, "Beautiful as is. No one can Change me", while actively looking for a new mattress because you threw up on your bed while flipping through channels and accidentally catching a glance of carrots being chopped up on the Food Network.

Companies don't care about you. They want your information, they want you fat, and they want you now.

Stop being a little slut.

Let's go back to the last time I bought an 8-ball:

Dealer: That will be \$280

I am just kidding; I do not use drugs; I do not buy drugs; I am in bed by 7pm, and I clutch that bible tight (you heathen).

I told you to learn and learn quicker.

We will end this break with more perspective. Someone I know went on vacation in Santa Clarita, California (re-written for style-purposes):

Here are a few noted observations:

- 1. A policeman standing outside a bank with a shotgun.*
- 2. Kids shooting up behind a dumpster (expected).*

I remember the 3rd observation vividly. Outside of a grocery store:

Lady: Would you like to sign our petition?

Me: Oh cool, what's it for?

Lady: To get rid of the 5-cent charge for plastic bags.

In situations like these, it's important to do a thorough vitals check. I personally had to make sure I wasn't on hallucinogens such as mushrooms or 2 hits of acid, dehydrated, having a seizure, experiencing a dual cornea tear, suffering a severe concussion or concussion-like symptoms, a minor artery blockage up to and including a full-on heart attack, suffering from early-onset rabies, having an acute central nervous system breakdown, or in America.

I was in America. And that explained the reality.

After a slight delay going through the checklist:

Me: I would love to.

At that moment, I truly felt American: I was already overeating; had no health care coverage, and I had a sudden craving to watch videos of Libya being carpet-bombed during halftime. God damn, I felt it. I felt freedom.

Imagine waking up, kissing your loved ones on the forehead, and then setting up a rickety table outside a grocery store to fight the good fight for free plastic bags.

I have no words, yet wrote so many. America, you are beautiful. Super-sized and hard of hearing, but beautiful.

Live, Laugh, Love food, sell your house, and die.

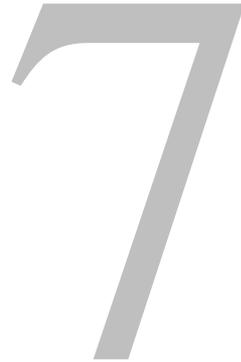
The dream.

Some days I feel a little out of place and a little out of time. But not on that day.

That day was different.

CHAPTER SEVEN

REALITY TV OF THE FUTURE



In the future, entertainment will be directly aligned with cultural values. In times of crisis, true colors tend to spill out - and during this pandemic, they overflowed.

With this in mind, we will plummet into reality TV shows that will push the boundaries and keep networks alive. Now of course, there are going to be a few human rights hurdles to get through. If COVID-19 has taught us anything, it's that essential sacrifices along with a bit of cheering at 7 pm can make anything happen.

Reality television must be compelling to the point of debate, engaging enough to captivate, and most importantly, it must be so bad that it's good.

I once watched the last half of an episode of Survivor, so needless to say, I am beyond qualified in terms of knowing what needs to happen on screen. Without further ado, I present to you the future of entertainment as we know it:

Stun Run

Location: A city under lockdown

A group of 50 fit convicts (known as "contestants") are placed on various outskirts of the city and have 3 days to jog to the center of a public park located in the middle.

A group of ex-CIA and high-rank military personnel will be operating drone units (with built-in stun-guns), and near the end of the season, dogs who don't respond to any stop commands.

Every week, the convicts must come up with their own timed route in order to outsmart other contestants, and hopefully not get brutally tasered along with a few "stop resisting" kicks to the head while unconscious.

Each citizen in the city must carry a government-issued ID when outside. However, the contestants won't have any ID on them and must try and blend into society to avoid getting caught.

The contestants will have the ability to form alliances through various group chat applications. As all forms of communication are being monitored by the CCP, they must do their best to talk in code.

Every week, the personnel operating the drones are replaced with a more aggressive squad, along with an especially more pissed off commander.

The 5 who end up getting caught the farthest away from the center are sent back to jail. In any given week, anyone who makes it to the middle gets to attend a "Feats of a Champion" dinner (at a special location) and be interviewed by the host, and take live questions from the audience. They also get to take home leftovers.

The rest of the contestants only get pre-workout and multivitamins and must risk shopping for food.

During the finale, police will be at 2 corners of the city while the last remaining 10 contestants are located at the other 2 corners. A dead sprint race to the middle will occur, and holy fuck, it's going to be wild. Police dogs will be prowling the park, and the contestants will have to dodge stun gun attacks from the drones along with avoiding a few playful furry friends.

Whoever makes it to the middle in the finale gets let out of jail, along with 2 million dollars and a German Shepherd. They will also get 7 years of PTSD treatment covered (does not apply to US contestants).

Serenading Angels

In this weekly competition, 20 famous singers will compete on the world stage in front of a special live audience until only 1 remains! Just before they are gently euthanized, 200 poor people from all over the world will be flown to America to decide on who goes onto the next round!

The top prize is 275 million dollars (funded largely from corporations).

These lucky few get to live the dream of a lifetime (this is more technical) as the competitors try to win over their hearts and minds while showcasing their mind-blowing raw talent in hopes of moving onto the next round.

Inspired by the 2020 YouTube collaboration cover of "Imagine" by various singers during quarantine, this show combines the premise of celebrities ignoring atrocities and pretending they care while doing nothing but sing and desperately trying to stay relevant during hard times.

My senate proposal is under review, and I think the cable van outside is full of FBI agents. I should have kept this idea to myself. I'll try again in 30 years.

So You Think You Can Mask

10 anti-vax suburbanite families have 30 minutes to grab whatever they need from an empty hardware store to make their own versions of homemade masks.

A bio-containment bus will then pick them up and drop them off at a grocery store, where the real fun begins!

The store is severely contaminated with chickenpox, tuberculosis, and influenza. Also sprinkled around (to the contestant's surprise) is a bit of diphtheria, whooping cough, mumps, and measles. The organic section is covered with black plague.

The families have 20 minutes to grab all the ingredients required for a full Easter dinner (which is 3 weeks away)!

Each family will have their own hazmat/TV crew follow them around 24 hours a day, 7 days a week.

Viewers can subscribe online for premium access for the low cost of \$19.99 per month. Take part in weekly giveaways by guessing who has which disease and who dies next!

Every 3 days, Dr. Jair Bolsonaro will stop by each household to see who has the most spice.

Every week the families will compete in various challenges. Prizes include:

- Free cremation
- Vaccines
- Soy milk

The Easter Dinner Finale will be an 8-hour live event where surviving members of each household attempt to cook the divine feast of fortune. They are allowed some basic painkillers during this time, and additionally, children aren't allowed to cry on camera (ratings issue).

Celebrities will then sing a cover of "Imagine" by John Lennon as dead bodies are removed from the set (there's bound to be a few).

3 poor people from the studio next door will have their euthanasia delayed and be the judges of the food (due to how dangerous this whole scenario is).

The winning family then gets the opportunity to sell all their assets and give all their money to a mega-church pastor so he can perform a miracle and cure them all - ALL ON LIVE TELEVISION BABY!

Funeral taping's scheduled 4 days later.

I really love the vibrancy and message of this show. I emailed NBC, and now I'm not allowed to fly. Could be an FBI thing, though - that van is still out there.

If by a miracle (and I mean miracle), anyone survives, they will be declared "The COVID-King (or Queen)" and forcibly overdosed on meth as part of a nationwide drug awareness campaign.

Don't do meth.

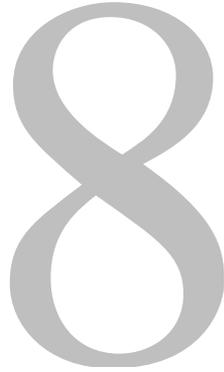
Pitch Lines

A group of Australians discuss business ideas.

(Yes, this was a cocaine joke).

CHAPTER EIGHT

THE FUTURE OF AUTHORITARIAN RULE



The darkest days are the ones where the sun rises without your permission – where every exhale is a chore. Let me tell you about one of these days. I write this at 2:14am on February 21st, 2020. I do not hurt but for me, but for the future of the true rule. Chambers fall silent as echoes transform into tall tales. Kim Jong-un is rumored to be brain dead. He was the model leader for the world; praised by millions, adored by none. Words slip by me – if only he could point to the ones I should write down. The world will never again experience the one-two combo that he and his father gifted us; the scripted media tours with scripted electricity; the woman in charge of directing traffic when there were no cars; or how about that everyday morning song that reeked of doom. Fake classrooms, fake students, fake restaurants; all a show even though we could easily tell.

Worst yet, he was likable. Ever see him at the theme park? Looking through the façade of a ruthless dictator, we saw but a dreamer that so desperately tried to fit into a world of which ended up slamming every cracked open door in his face. He was born into a power vacuum and mocked for knowing what he only knew; he didn't stand a chance. We are fascinated by North Korea – the everyday living performance art of the average citizen is both heartbreaking and mesmerizing, enchanting and cursed, and very much life and death.

I challenge you, though. Our everyday morning song is on the radio on the way to work, our scripted social media tours are made to impress, and we always tell everyone that we are doing great. Sound familiar? Oh, if I were you, I would scream. But if I were you, would anyone listen? The human condition is not a complicated mechanism to dissect, yet almost impossible to put back together; we are all the same yet different.

So, what of his people? The mindless bodies of the regime that ache for change are about to be given a higher dose of reality. They know very-well that vulnerability in the system must quickly be eclipsed by smothering obedience and propaganda. Sound familiar?

I desperately beg for him to wake up; even though he was the immortal punchline and the running joke, I need him to know something: It was never his fault; he was encapsulated by greed, gluttony, and the desire for power, and for that he cannot be shamed, for most of us give in to what's in front of us. In a world of fear, the only defense is to project more of it.

Just kidding.

It appears Thicc Boi was just on Steam crushing out a few games. Funny thing though, his sister is now calling a few shots. I personally think she's attractive, but I am not going to talk about that right now. No, I'm actually serious; I know I joke around a lot, but let's keep this real for a bit.

Damn.

Just fuckin nuke me.

In this chapter, we expose how safety and fear are one and the same and why dictators aren't going anywhere anytime time soon as we need them just as much as they need us.

Where The Skate-Parks Have No Name

California:

- *"On April 1, we kind of let it play out to see if users would abide by the closure¹⁰¹."*

Wait for it.

- *"During that (two-week period), we saw people continue to skate the park, groups would gather, kids with their parents. It appeared the closure was not being abided by¹⁰¹."*

Oh, the humanity! People skated at the skate-parks, so what did they do? They threw down 37 tons of sand. If they are going to go on lock-down for 18 years (the projected California forecast), maybe they should let their citizens enjoy life a little bit. But you know what's better? Having everyone be stuck at home sad. Doesn't that sound fun? First off, California is where all the people on bath salts go jogging. When I first went there, I had a guy in Santa Monica chase after me while holding a Jesus statue (I assume that was some type of inauguration). If you are ever wondering what that experience is like, first off, they go after your soul, and secondly, they track you like a homing pigeon (where you are the home).

Welcome to the new world, where "saving lives" will be used against you at all times.

Repeat after me:

For your safety.

For your safety.

For your safety.

Get used to hearing it.

Surround me with Plexiglas and spray it with peroxide.

Sterilize me.

Report Me So Hard

Read this again: Your brother John is preparing to swim across the Yalu River tomorrow. Is it time to report this heathen traitor?

- *“If you see a bunch of kids coming together, playing a soccer game, a football game, we can’t be doing that at this time. I got a call from someone I know who told me ‘there are three or four families from different streets, and they’re all hugging and kissing each other in the middle of the field, and their kids are playing in the park equipment’¹⁰¹.” – Canada, March 27th, 2020*

I take it that for years you’ve watched North Korea from afar and laughed away at their lifestyle. How could they live so oppressed? How could they report each other? All they do is go to work and go home with no quality of life.

How tragic.

Guess what? You are living your own fallacy as the circle has come back around. And this happened within, what, a month? Everything is the same, just the circumstances are different.

- *“I guess I would call. We have to do what we have to do for the community¹⁰¹.” – Canada, March 27th, 2020*

Community, regime; there are two different ways to pronounce “tomato.”

Have a higher dose:

- *“It is important to say that the overwhelming majority of people are considerate, sensible, and are following the rules. If you think your neighbours are having a get-together, do not go round to their house, as you risk breaking socially distancing rules yourself. Instead, contact police, preferably on live chat via West Midlands Police’s website, or if not possible, call 101. The police will then respond appropriately¹⁰².” - The United Kingdom, March 31st, 2020*

Social distancing is the 11th commandment at this point. I hope you’ve been a good citizen because I want the best for you. I want you to be safe. I want your family to be safe. I want everyone to be safe. We are working hard for you. We are protecting you. We care about you. Do what’s right.

Make us proud. We are in this together.

If you are having any “anxious cop-calling moods,” these are lost likely episodes of psychosis. Save the world, just make sure it’s your own. You are a beautifully encoded program. The instability is worrying and I take it, you would show up to your friends’ apartments and then call the cops on yourself. You only know guilt, as your only reference points to reality are rudimentary cause and effect actions. You don’t know what is right or wrong until the algorithm sorts it out. Tempted to break your own rules? They were never your rules.

- *“If there are kids outside, getting more than adequate exercise time, and basically goofing around. Is there something that can be done¹⁰³?” – The USA, April 1st, 2020*

No more laughing at other countries. Never again.

- *“First, I asked my husband. I said, ‘I’m thinking of calling the sberiff’s department because of what’s happening across the street.’ That’s not really any of our business, is*

it?’ And I said, ‘We’re in the middle of a public health crisis, it kind of is.’ We debated it for a little while. He wasn’t really comfortable with me calling the police, and I wasn’t really comfortable with me calling the police¹⁰³.” – The USA, April 1st, 2020

Driveway cement was being poured. Let that sink in and set for 7 days.

• *“Please send somebody to stop that ice cream truck from driving around the neighborhood and enticing the people in the neighborhood to come out in large numbers and buy ice cream without social distancing or protective gear¹⁰⁴.” – The USA, April 3rd, 2020*

This is getting too good. We need to do a forever lockdown. It’s just so entertaining. Nothing is spared:

April 3rd, 2020

Locked away in empty chambers, but at least I’ve avoided the Devil’s breath (COVID-19). A jingle in the distance – the enticing truck. It calls to me, Jerry’s 2-scoop double pump. I need that down my throat, and boy, do I need it thick. I peek out the window; sweat drips down my brow. Hold me, Jerry. Hold me Jerry and pump me – give me that 2 scoops of chocolate disaster. I run for you; I run for the truck. Pump it. Pump it for me, Jerry. I’m almost there. 1 More scoop; hand it to me. But alas, it was all a dream. And lockdown is my nightmare. Maybe next time. I licked the window.

• *“I just saw four high school-age kids come out of the house across the street and join up with a couple others and take off walking. No masks or social distancing, just like any other day to them. The parent is at work, so a lot of times the kids hang out there in the house or shooting hoops out front. Really makes me angry because my daughter is one of the nurses working the COVID-19 wing at a local hospital¹⁰⁴.” – The USA, April 6th, 2020*

Having strangers micro-managing each other sounds horrifying. The amount of mental exertion involved in attempting to be in full control of every social situation you witness would be unfathomable. Imagine getting triggered multiple times per day for months on end – you would go insane. What the hell is going on? Some people may as well turn their own house into a psychiatric ward – they will be a patient soon enough.

- *“The four of them went out to get some fresh air. They were scolded by a lady, who told them they were breaking the law and threatened to call the police. My 17-year-old daughter had to explain to her that they were siblings¹⁰⁵.”* – Canada, March 28th, 2020

This is why we have a government. We cannot self-regulate; we are too dumb.

- *“We have received some calls from people complaining that the grocery store line-ups are too long¹⁰⁶.”* – Vancouver, March 26th, 2020

This is why Vancouver has a government. They cannot self-regulate; they are too dumb.

The Big Apple Mayor:

- *“In war times, in a time when people’s lives are threatened ... I’m sorry, this is not snitching, this is saving lives¹⁰⁷.”* – April 19th, 2020
- *“You’ve got to do it,” he said, insisting it was the only way of “protecting your own family¹⁰⁸.”* – April 19th, 2020
- *“When we were threatened with terrorism, no one doubted that it was right if you saw something to call it in immediately¹⁰⁹.”* – April 19th, 2020

Saving lives, protecting your family, and a final call to action. The mayor of New York’s reporting system then got flooded with dick pics.

Danglers.

Old-school tactics once again fail.

• *“We understand it can cause distress to see someone sneeze right now, but that is not an appropriate reason to call 911. Save it for emergencies¹¹⁰.”* – Canada, April 3rd, 2020

Someone called 911 on their neighbor for sneezing. This is the greatest thing imaginable - peak society.

So, what do we make of this? In truth, asking citizens to report each other over basic social situations opens the door to a lot of bitterness, paranoia, and angst amongst the population. We are talking about the world being drenched in fear and loathing. People have enough mental problems as it is; this is just adding OCD to everyone’s plate. The vibration is low, society runs on trust, and here we are being trained to not trust anyone. That alone rips a hole in the very fabric of social construct. Report thy neighbor? Report every neighbor.

Are we all in this together? Or are we all calling 911 together? Divide and conquer took less than a month. People love power, they love to make a difference, and they love to correct what is wrong. All for the greater good.

China

Let's go over some of the positive aspects of China's initial response to the outbreak:

With that out of the way, let us continue:

I told you to stop blaming China for all your problems. You were probably unhappy before the pandemic, so that argument is irrelevant. Nature is remarkably simple: If you don't adapt, you die. Good versus evil is merely a human philosophical way of life, and during a global extinction event (Hint: This isn't one yet), the fight for survival will blur all lines of morality. Any societal pandemic stress you have now is just a lame knee-jerk reaction to your sheltered lifestyle.

For example:

A group is playing soccer on a patch of grass near the beach. Is this a public health crisis?

No.

The individuals that are playing are getting vitamin-D and exercise (oh no, health!).

If you are worried about an open-air environment (while you are drinking on the couch and cracking open some spirulina), try to understand how virus' spread: Mainly in closed-air environments as UV light (sunlight) pretty much kills everything!

Yay, Science!

- "But they might catch it and spread it to others."

Hi, that's what pandemic's do. It's a pandemic. This virus is mutating - it has weaker strains and stronger strains, along with debated immunity lengths. 6 months? 5 years?

Fire up the MS-DOS - time to run some advanced models.

If 20 people make you nervous, wait till you find out that there are 7.8 billion of us in total – oh, the actual humanity.

What's that over there, though?

It's a God damn handrail – the seething bane of existence. It sits and waits and calls to you with its crisp, rustic, wooden surface that transports your soul back to nature. The oak is ancestral; the earth bellows.

Now that I've addressed 1 of the 78 fixed crisis points in your life, we can go back to the CCP. Did they do anything wrong? Sure, they had a big new year travel day hiccup, a few doctors were told to shut-up, and people began to wail from their balconies due to being pushed to the brink of insanity – it happens.

They had no initial idea of how dangerous this virus was and decided to lock up its citizens and throw away the keys. And you know what, everyone praised them.

The following are quotes from various world leaders.

This is a practical exercise. Practice these lines (not cocaine) with members of your household:

- “China is doing the right things, and China is responding in a massive way. We've seen no obvious lack of transparency¹¹¹.” – *January 29th, 2020*

- “The fact that, to date, we've only seen 68 cases outside of China and no deaths are due in no small part to the extraordinary steps the government has taken to prevent the export of cases. For that, China deserves gratitude and respect¹¹².” – *January 29th, 2020*
- “We have met the [Chinese] president. We have seen the level of knowledge he has on the outbreak. Don't you appreciate that kind of leadership?¹¹³” – *February 13th, 2020*
- “China has done many good things to slow down the virus. The whole world can judge. There is no spinning here¹¹³.” – *February 13th, 2020*
- “The United States greatly appreciates their efforts and transparency. It will all work out well. In particular, on behalf of the American People, I want to thank President Xi!¹¹⁴” – *January 24th, 2020*
- “Look, I know this: President Xi loves the people of China, he loves his country, and he's doing a very good job with a very, very tough situation¹¹⁵.” – *February 18th, 2020*
- “To date, 99 percent of the cases are still in China¹¹⁶.” – *February 8th, 2020*
- “Its actions actually helped prevent the spread of coronavirus to other countries¹¹⁷.” – *January 29th, 2020*
- “Faced with the grave challenge of terrorism and extremism, China has undertaken a series of counter-terrorism and de-radicalization measures in Xinjiang, including setting up vocational education and training centers¹¹⁸.” – *July 12th, 2019*

I've got to stop there - I spit out my water. Sorry, what's a vocational education center? That a basketball thing? Learning camp for kids? Camp for kids? Camp? Wait a minute....

You see, the world praised the CCP all day and all night. But look at it from this perspective – it had to be this way, and it still is. They provide us with literally everything – medicine, drop-shipping, everything we ever wished or

desired. Their plantation labor (complete with suicide safety nets for the ones who desperately want to clock out early) allows us to churn the Machine. And it's a gift? True bliss and true ignorance. You see, you don't know how many souls have suffered and died making your clothes and shoes over your lifetime; there is no known number correlated to that, and it's irrelevant to your experience on earth. Your struggles are unique and will remain unique.

Maybe that's why COVID-19 is so perplexing – it's forcing us to put a value on our own lives and the lives of others. All the while, our world is desperate for more while giving back less, and on an individual level, all we are told to care about is our next shift - our life revolves around it, and so we'll refuse to sacrifice anything. And such, if a second lockdown occurred, and the Machine is halted, guess who goes first?

No more safety nets and no one will shed a tear. And ironically enough, the number will be too great for anyone to comprehend, and when it's given, I'll do the same thing you will: Look away.

And together in unison, we'll all just blame COVID-19.

- The mental gymnastics – Olympic gold medal-worthy.
- The day I can't afford new shoes is the day 3rd world kids can't afford to live.

Now I feel sad. Hold on. I'm just going to watch the Coca-Cola COVID commercial again.

Oh wow, never mind, the world is perfect. Forget everything I said. Thanks, Coca-Cola!

Back to CCP jokes!

While in custody and in the soft hands of the CCP, it's always good to double-check and make sure that you still got both kidneys (you may have dropped one along your travels). Also, 13 tons of human hair was seized recently at the U.S. border – and here I am still looking to find a place that's open for a haircut - they are way ahead of the game in terms of running society at a normal pace. Very jealous.

Xi Xi Top simply transferred the One-Child Policy over to the One-Cough Policy – produce a second one and see what happens.

Justin (not the one from accounting) and Xi Xi are currently having some Huawei tech support issues. Uh, as for the “Explore China” ads on the sky-train doors in Vancouver: NAH, I DON'T WANT TO BECOME A POLITICAL PRISONER, BUT THANK YOU SO MUCH TRANSLINK FOR THE RECOMMENDATION.

- “STAY HOME, SAVE KIDNEYS.”

Oh, you want some more local Vancouver flavor? The CCP is alive and well here! I love a good conspiracy theory. Everyone gather round for:

Strange Times at Aberdeen Mall: Protesting The Protest

In the month of October 2019, there were multiple community gatherings of support for Hong Kong protesters at Aberdeen Center in Richmond¹¹⁹ (a suburb of Vancouver, where they repaint the lines every year and where thousands of cars would converge into 1 turning lane just to go to the night market – God fucking help us all – I need anger management and therapy; anger therapy. Holy fuck I just got triggered). But I digress. In one recorded instance, a Post-It note wall was shown set up with messages of support. Who comes in to tear it down? Two kids with Christmas-themed hair (one of which had the perfect embodiment and demeanor of an angry 1-star buffet manager), and a guy sipping bubble tea¹¹⁹. Bubble-tea guy was my favorite – he was rocking the shades and would casually rip down notes and then

occasionally turn around and taunt the ever-growing crowd while taking a big sip – absolute legend. So anyway, this all occurred at a mall thousands of miles away from Hong Kong and China. Entertainment level: 10.

But is this definitive proof that we live in a simulation?

January 21st, 2020 – A bunch of people thought they were going to be in a film shoot outside of the Law Courts (some were reportedly offered 100 dollars). Nope – Meng. No one seemed to know why they were protesting outside of Meng's extradition hearing while holding poorly written signs. They also had that certain “deer in the headlights” look of confusion when in front of the news cameras¹²⁰.

Wait a minute...

Why am I not on propaganda payroll? In fact, I'll take any country:

Saudi Arabia – (I may be dumb, but not dumb enough to piss off Saudi Arabia. I'm not getting Khashoggi'd¹²¹).

Columbia – “\$3.50 A Gram – The Dream and Nightmare - ‘Bury Me Now’ Edition.”

Australia – “\$300 A Gram – Get Fucked Mate – ‘Anavar’ Edition.”

Wait a minute, we just ended up with cocaine (jokes). Just like every other night (section)! That's it, no more (cocaine)! THIS IS A CHRISTIAN BOOK WITH CHRISTIAN VALUES!

Libya

“Thanks for the Freedom but Stop Bombing Us – ‘Got Oil? On Our Way’ Edition”

USA

“Fuck it Let’s Blame Obama For 9/11 – ‘Republican’ Edition.”

India

“When You Mock India’s Caste System And Then Realize You Live In An Economic-Caste System – ‘Ob’ Edition”

Russia

“First Floor Balconies And You – ‘Apartment Hunting Tips’ Edition”

Vancouver

“The Perfect City: Where Everyone Has A Master’s Degree In Public Health, An Epidemiology Doctorate, Is A Listed Member On The Door Handle Advisory Committee (after completing a 2-week course), Is On The Canadian National Travel Advisory Board, And Yet Can’t Take A Joke – ‘Way To Go Vancouver Only 964 Months To Go, Keep Yas Distance – Flatten The Curve’ Edition”.

Insufferable.

On a final note, China's national security law now applies to the whole world. So, if you were to say something bad about China, if you were to visit, you could get arrested? Even in Hong Kong? I was going to go visit the Tiananmen Square massacre. I was going to download TikTok. I was going to have my dad buy me 7 condos in Richmond, BC (Yo, that's another foreign property ownership joke – just take it on the chin, baby!).

There go my dreams. Fuck it, I'll just go visit Edmonton; it's only 7 dollars to fly there from Vancouver.

Actually...I won't.

Not worth the money.

And fuck that mall.

Performance Review

Dictators are the protein on earth's plate - everything else on it serves as a compliment. They project a single vision on millions and then suck in power as if it were air. As such is always the case, they will drag mankind through hell based on an ideology that promises prosperity. They are their own God of creation through destruction; their dreams are our nightmare.

Though we cannot blame them - for every day we have faith they will change, when we ourselves, refuse to. Everything will remain the same because while we sit idle waiting for an epiphany, the earth still spins. We only know how to react because forethought would require a future. We are all Kim Jong-Un; brain-dead (although not technical), stuck in our own thoughts with no bearing of reality. Sadly, our life-support is living without a purpose - and most of us are on it. So, maybe tomorrow will be different, as we all rise and do the same thing, or maybe, just maybe, we take a hint to move on, however painful that first step may be.

Dictators are fascinating because they only see a laid-out path to perfection and, at the same time, are blind to the monster staring back in the mirror. They are everywhere in the world right now, trying to hold everything together by holding everything back.

Unprecedented times?

Contrary to the shit car commercials, this has happened before, and right now we are just sitting and waiting for that epiphany – where we hope everything will make sense when it was never designed to.

The dictator is not a leader, but a failure of what could be.

In this hour, a true symbol of mankind.

I Said Put the Cards Back

Christ. So much for coffee.

Relax while you can; we are about to pick up the pace. You see, right now, we are walking along the road, yet it's time to sprint. The world has awoken to you, and you have reciprocated the favor. If you trip, fall, and eat dust, with all my might, I'll drag you along the broken shards littered across it until your seething existence stumbles up and trudges forth.

Make yourself a smoothie, and when you are ready, we will begin.

By now, you are very familiar with my scorched earth policy - I have no mercy. Do not be mistaken. Everything I've written does indeed have a common theme.

Jack: *I love cocaine.*

Jacob: *I love food.*

Jack: *I did all the cocaine.*

Jacob: *I ate all the food.*

Jack: *I want more.*

Jacob: *I want more.*

Speaking of more, a few months back, I was in the Vancouver Downtown East-Side area eating at a restaurant, and in the back alley was a shirtless man. He was covered in blood and picking at his skin while talking to himself (Meth. Yay!)

The societal solution to this?

Provide the man with an endless supply in a safe environment (while leaving them on the streets for 20 years with plans for 20 more).

What's better than free meth? **Free** cocaine.

Yes, you read that correctly. The "De-Generation X" bonanza giveaway has started downtown! Come one, come all, enjoy your own downfall!

Now they've crossed the line (pun intended). If someone has a cocaine problem, is the solution to give them more cocaine? Try this out with your friends, see how well that goes (this is sarcasm, don't start your lame e-mail complaint with this quote).

So now we have Meth-Fest (trademarked?) along with disorganized business meetings (cocaine joke) piling up in downtown Vancouver.

Now do I, as a citizen, have to play along?

Stolen Bikes - "It happens."

Cars being broken into - "It happens."

Hammer attacks - "It happens."

Chop-shops (where they disassemble stolen bikes for parts) - "It happens."

Drinking on the beach - \$342 fine and a lecture by 6 cops (I feel so safe now!)

Great job Vancouver, only 964 months to go.

And here we are, worried about COVID-19.

Society has no mental health; you are going to have to find your own. Be good to yourself and those around you; support each other. On your horizon might be the bubbling boiling point where you'll have to find strength and courage to change within because at some point, you will be left behind. And be forewarned that if you do turn into a bike zombie, never try to play victim when it was your fault all along.

How's that for reality?

Imagine that, though? Personal responsibility for actions! Such a difficult thought.

- *"But the waiter gave me the dessert menu, and I ordered the whole thing."*

Classic.

7.8 billion people and a pandemic - time to act like adults!

So now you are Googling carrot juice and ready to eat healthy for 72 hours. What's next? Well, we have a problem, a huge problem. There is trouble in paradise as North Korea has locked down the city of Kaesong due to a suspected case of someone needing a bullet (COVID-19)¹²².

The buffet is still open, and the world food-aid is still hot and served up fresh, but the manager is sweating (could be from the spicy rub on the ribs, though).

Due to these extenuating circumstances, I have cancelled my trip to North Korea. Instead, I mailed Kim Jong-un a bag of salt and vinegar chips (can you still lick your fingers in a pandemic? Hold on, let me check CNN. Oh wow! An 8-piece bucket deal!). The card that went with it asks him to leave me a voicemail where he just crunches away on them.

If North Korea can fight COVID-19, your country can as well (except the USA).

North Koreans are going to be forcibly calm, forcibly kind, and they are going to stay home forever (just like California). The perfect society.

You see, we are going through this together, all on the same path. But what will be the outcome?

Open up a chakra; let's up the conscience-level.

The number one thing you can do in your life is to not be poor. If you are poor, you are the first to go. For example, because of the first round of shutdowns, over 120 million people are lined up (and not socially distanced) ready for slaughter. The food chain is real.

Swirling around and around amongst this madness is you. You are going to have to swift through all the debris and find a way out to the other side. And as you have come to realize, not everyone will make it. At least give yourself a shot.

Perhaps I just made sense of something that was born of chaos: *The human experience.*

Fuck it, I'm ordering that 8-piece bucket deal.

Phone Bill

- \$85/month.

Sponsor Child

- \$11.99/month for food, education, and healthcare.

"We would like to inform you that your phone bill service fee will be going up \$1 per month as of March 1st, 2021. This fee increase is a reflection of our valued commitment to you as we upgrade our systems and strengthen our network. Thank you for your continued loyalty."

"Honey, we gotta cancel the kid."

CHAPTER NINE

TIPS FOR LIVING IN THE FUTURE



As we all try not to become homeless and shoot up heroin, it is important to stop feeling sorry for ourselves and adapt. This isn't going to be easy or fun.

This pandemic is an event, and after panic-baking a certain amount of bread, you should eventually come to the realization that this isn't the mid-evil era, you don't live in a castle, and that you don't have to be at the market with it by noon.

There is a lot of domestic abuse, bouncy castle rentals, and drinking going on, and if left unchecked for 12 months, you are going to start attacking people at sky-train who won't be afraid to throw down hard.

Normal isn't going to flare up again.

There is no more tomorrow. This is happening now.

Your neighbors have already counted your flats of water, the timer is ticking down.

How will you act?

What will you be?

Just make sure your answer doesn't involve "scared."

And for fucks sake, stop singing happy birthday.

Tips For Working At Home

It has come to light that COVID-19 can potentially cause circulatory issues along with a wide variety of long-term health consequences¹²³. This means that home is now your permanent base of operations (prison?). Let's go over some helpful tips and tricks so you can manage your time wisely.

1. Start early - Mowing the lawn at 4am may sound impractical but has many useful applications. Once you put up some huge motion-censored spotlights in your yard, it will be quite easy. And just like the lawnmower, you too need to get fired up - do this task with anger and fury and let the neighborhood know that you are not to be fucked with. Your flats of water are sacred, and when/if society falls apart, project that you are the last unit on the block that anyone wants to mess with.

2. Pretend you are at work - Shower, put on a suit, bake some bread and then and tell everyone in your household to fuck off and that you quit. Then play games all day.

3. Structure your day like you are in the office - If you are in the insurance industry (or a lawyer), go easy on the lines. Be sure to get video-conferencing meetings done with early and try not to drink too heavily on the camera. This is also not the time to discuss conspiracy theories - save those conversations for Saturdays.

4. Choose a dedicated workspace - You preferably want a dedicated office-room filled with inspirational messages.

Examples include:

- "No attempts today."
- "Drones can't catch me."
- "STAY THE FUCK HOME."
- "Just a quick bump. No, a little more. Actually, just grab 2 cards. No, it's good shit. You go first."

5. Go for a walk outside - Exercise is important in terms of relieving stress and getting proper blood-flow. Also, by going outside, you will get some much-needed vitamin D. 10,000 steps a day keeps my lectures away.

6. No social media - Posting a picture of an empty downtown street? Fuck off, no one cares.

Do notifications make you feel loved? That's sad.

Did 1800 bots tweet something political? Wow, way to be easily triggered and play into their hand.

Social media has lowered itself to those who can complain the loudest. It's also fucking hilarious, so definitely make sure it is just for entertainment purposes only - do not take it seriously.

7. Commit to doing more - Ever wake up at 5am and then wake up at 2pm? You're a piece of shit.

8. Work when you are most productive - After mowing the grass for 3 hours, you can then work from 7am till 11am. This is peak efficiency. You are a tranquil beast of positive energy derived from ground-up stars.

9. The afternoon is yours - At 12pm, the sun should activate your life force so you can start making your protein shake, go for a warmup jog, and get to working out. Every day is your day.

10. Proper planning - A set agenda is important. Quality of life is half dependent on discipline.

11. Music choice - When working at home, you'll need music to keep yourself over-emotional so that you actually care about something for once. "Drug Addict" by Lil Pump is important if you have a lil problem, "Every Breath You Take," every move you make, the drones will be watching you.

Run – and be swift.

12. Use addictions as a timer - If you need a shot of vodka every 25 minutes because you can't cope with anything and your genes weren't encoded to adapt, then you could at least, at the very minimum, do drunken laundry on an internal clock. Also, stop blaming the Roomba for giving you motion sickness. It works hard.

13. Set the rules - Members of your household should know when you are working and when you are available for fun family activities. You are a fun person who does fun things.

14. Take breaks - After folding pocket kings pre-flop in online Poker, it's important to take a breather and realize that getting 4-bet probably meant they had aces. It's okay. Breathe.

15. Interact with people - Check in with your friends. Make them send you a picture of their toaster on their counter (just so you know it's not in their

bathhtub). Put a funny hat on your cat and make people laugh (notice how I didn't say goofy hat - I'm still choked). Tell your kids they can stay at mom's again over the weekend (for the 18th weekend in a row). Human interaction is important in order to show and receive true authentic love.

16. Wear ear plugs - One night, something was attacked just outside my window, and I heard it gasp and choke on its own blood for an hour while I was trying to fall asleep. That's why I wear ear plugs.

17. Pick a finish time - 11am finish time is the best. You have a full day of awesome energy left and can coordinate your activities with a natural cycle.

18. Have your mother-in-law on in the background - Having white noise in the background at a low volume will keep your brain active - even when you think it's not. You'll learn about the most useless things, such as condiment prices at various stores and how the banks are lacking service nowadays. Just supply it with coffee and a hint of pessimism, and your day will buzz right by.

Remember, home is your sanctuary. It is where your spirit is locked away. Your domain of excellence. Keep it clean, stay organized, and maintain your peace.

Tips For Living With A Roommate

During a pandemic, roommates are forced to interact with each other more often. This can sometimes lead to arguments and disagreements with set battlelines being drawn out and no party giving in. Let's take a look at the dynamic relationship stages that roommates go through to better understand how we can all live together with a bit more peace in our lives.

Remember - things are already stressful. It's time to control what we can and be positive.

1. Beginning

What's that scratching sound? Maybe it's a mouse problem? Or just an old building? Anyway, nothing to be concerned about. Maybe I am just being paranoid.

2. Noises

Knocking at the door, huge thuds in the kitchen at night. Daytime growls. Must be the wind.

3. Moving Objects

Aren't I just a forgetful Frank? I seemed to have forgotten that I trashed the bathroom last night and killed a mouse and left it in the sink to rinse with water running full blast.

4. Objects disappear and reappear

Where did my coffee table go? Oh that's right, I left it shattered on the balcony for a week and just didn't notice. Silly me.

5. Communication

Someone is singing in the shower with me, telling me to die. What song is that from?

6. Peak activity

I get awfully cold when my sheet covers are pressed against the ceiling. No need to read poems to me from the closet while I cry.

7. Decline

Your roommate will eventually tire of you and leave completely. Hopefully, it happens soon.

8. The End

Please leave my bathroom. And my life.

The early stages of a pandemic have an opportunity for both parties to practice direct communication so conflict can be avoided down the road. Decide on a plan early. Ask yourselves questions such as:

- Who is going to pick up groceries?
- Would walking together be a positive experience?
- I'm bleeding again.
- Should you have a few drinks together once in a while?
- What are each other's favorite snacks?
- What killed the cat?
- Should you maybe cook together?
- Should you clean together?
- Why are all the kitchen knives in my bed?
- Should you take funny photos together and post them on social media?

Bonding is important for you and your roommates. Know each other's boundaries and when to give space, and always put forth positive energy to allow for great interactions. Have a laugh, and be you!

Tips For Dealing With Co-Workers

I have implemented numerous strategies at work in order to remain barely productive and barely employed. I don't normally share such secrets, but it's best practice to re-arrange the deck chairs while the ship is sinking and everyone is around you is screaming.

1. When You Arrive

When initially stepping foot into your workplace, it's best practice to be overly cheerful to the point where you can see co-workers grinding their teeth into oblivion. You want to encapsulate the physical quality of being obnoxious. For example:

Steve: *"Hey John, how are you?"*

John: *"Oh, it's a fantastic day full of wonderful things, Steve. I had a bouncy morning with a dash of almond milk in my roasted coffee and danced out my door to singing blue jays. I even saw a little rascally racoon as I popped into my car. Those little buggers!"*

At this point, John is contemplating suicide, homicide, or maybe even a little combination of both. However, remember that affirmative control has been established and that he will remind himself to avoid you at all costs.

An alternative strategy to this involves saying, *"There is a global pandemic"* at the start of every meeting or even as part of your greeting. For example:

"There is a global pandemic," John stated as he walked into the room and sat down at his desk.

And the classic:

Steve: *"What did you get up to on your weekend?"*

John: *"There's a global pandemic, Steve."*

2. Early Morning Break

After about 90 minutes of settling in and realizing that you haven't been laid off yet, it's time to drink in the washroom. Keep it to vodka and to a maximum of 4 shots in 7 minutes. The sole purpose of this activity is to take the pandemic-edge off. If you have kids at home, you are allowed to do a "quick-hit 6", but you have to keep it cool when you step back out to head back to your desk (no tears allowed).

3. Meetings

Meetings are already the most depressing thing since the last one you had, therefore they shouldn't just start with a global pandemic reminder, they should be a global pandemic reminder. For example, your PowerPoint presentation should include a detailed list of all the high contact touch surfaces within your workplace, along with accompanying stock photos showing people stressed out.

Also, throw in a "What to do if you are laid off" slide to really make everyone sweat. Use the line, "just in case" (with an overly sweet tone) during this time, as the entertainment value alone is priceless.

4. Phone Calls

Every phone call should start with 2 gunshot sounds going off in the background. This is to induce stress on the individual who is calling you during a global pandemic and serves as a useful tool to make the call shorter and more to the point. Remember, time is (EI) money.

5. Water Cooler Talk

Inducing paranoia amongst co-workers and staff is of high priority during this time. For example:

John: *"I thought I saw Steve cough earlier on. Not too sure, though."*

Everyone will now watch Steve like a hawk. With any luck, he will be let go before you do, based solely on a seed planted such as this.

6. Lunchtime (optional)

I don't always recommend my next tip (as it's a touch and go subject), but nonetheless we will dive in. During lunch, it's best practice to read out sad poems in front of co-workers while eating. For example:

Oh but a sunder

Every breath but a burden

Every day is my blunder

And with that I'm so certain

Leave me to die

As the world heaves its thunder

If only my life was different

That's truly

My only wonder

Tracy from accounting fucking hates me.

7. Emotional Support Animal

The latest trend in today's modern-day workplace is to bring in a dog or a cat to provide emotional support to everyone in the office. If you are stuck working in the office on a weekend during a pandemic, it's best practice to bring in your 120-pound junkyard dog aptly named "Murder."

Be sure to mention to your nearest co-worker that although Murder is nearly deaf, he responds aggressively to any "sudden movements" such as standing up slowly or yawning. Passively mentioning that you brought him in for the day because he had "an incident with the neighbors" that morning is also a great way to gain significant office real estate for the duration of the day.

No one will enter your space and everyone will obey you.

Just like you've always wanted.

The alternate strategy to this is to bring in your turtle aptly named "Sir Duchess of Devonshire." During all interactions, you are to put on a thick classical British accent, and be very snarky with all coworkers throughout the day. For example:

*A phone call from accounting lights up your display

You: *"Ah, the bitch beckons, but hath he not realize such divine consequence of a summoning so close to lunch? Sir Duchess, what to do?"*

Your co-workers around you will immediately be caught off guard. When you pick up the phone, act normal:

You: *"Hey Tom, what's up? Did you catch the game last night?"*

When you hang up the phone, switch back to chaos:

You: *"Such a slut whom asked such a simple question. He withers in the wind and dies in the morning dew. Life but begone, for we have an accountant that cannot count. Sir Duchess of Devonshire, we must leave for greener pastures, for the days grow long, and my nights; my nights grow weary."*

Keep in mind this could also be a dead stuffed turtle. And don't worry, no one is going to ask you anything about what took place or why.

8. Keep It Fun

If in the event that someone gets laid off during your shift, while they are packing their desk, make them wear a giant pointy homemade paper hat with a giant frown drawn on it with marker.

9. Keep You Enemies Close.

Hate someone at work? Put an empty open box on their desk before they come in to keep them on their toes.

10. Broken Record.

Playing the role of the perfect pandemic employee is important. Keep these sayings in your back pocket. Be sure to use at least one of them during every conversation throughout the workday:

- "Unprecedented times."
- "See you tomorrow. Maybe." And then laugh.
- "Cases are going up."
- "I keep on reminding people..."
- "Living the dream."
- "What can you do?"
- "Best to stay safe and not risk it."
- "Being a parent isn't easy."
- "I'm doing fantastic."
- "I just caught up on chores."
- "Staying safe is important."
- "Traffic is a breeze."
- "Every day is the same."
- "I think they shut it down."
- "Ya, things are tough."
- "Hopefully, things will get back to normal soon."
- "How's (laid-off employee) doing?"
- "Hopefully, he (or she) comes back soon."
- "I haven't decided what to do for dinner."
- "Because of COVID."

Holy fuck, I had to stop writing this shit. I am so triggered. Moving on. That's it for this section. I just had 193 conversational flashbacks.

Tips For Dealing With Smog

Toronto has a highway, and it's called the 401. That's literally almost all you need to know. They have hockey fans, but it's hard to hold a conversation through all the tears and trade ideas (they usually spill everything out at once). Luckily, I did some research:

Toronto was founded approximately 13.8 billion years ago via The Big Bang.

Everyone legally owns a cottage and golfs twice a week from the beginning of May to the end of September every year.

They are beginning to complain about condo prices (suckers).

Now I know I may seem a little pretentious, but there is a 3 minute and 45-second-long video of crackheads in a Toronto parking area trying to steal bikes¹²⁴ (they failed to start the power-saw to cut the locks, though). As a developing (crack) nation, Toronto lacks the compassion in order to be able to turn into such an advanced revolutionary society like its west coast brethren (Vancouver). These bikes should have been left unlocked and ready to be stripped away and sold for parts. Think about how heartless it was of them to keep these absolutely astounding members of society confused and defeated. This was hurtful and impactful to those that are forced into a lifestyle of daylight robbery.

I will be writing to various Toronto delegates to demand that the person (s) within this household be arrested and sent to jail for harassing local entrepreneurs and disrupting the underground meth economy. Toronto, I plead to you: No locks, no kickstands, and you'll have no worries. Give up your bikes now as opposed to later, give back to your community, and think

about running twice a week in order to keep your endurance up. It's coming Toronto; they're coming Toronto.

I can see your future.

Full of smog.

Tips for Dealing with Pyongyang

Not a day goes by that I don't think about North Korea. Since I once tried intermediate fasting for 5 days, I know the struggle of hunger and can relate to their people on a deep, emotional level. As Canada has implemented further restrictions, our Prime Minister is also known now as "Dear Leader."

I do my part.

I clap for him when no one is clapping.

I defend him in my dreams.

The average meal in North Korea is rice and fermented cabbage, which fittingly enough, will probably be the next California Instagram fad (somehow implemented with drone footage). We are not so different than them (besides the nuke fetish); one day, we will become them. Lock us down and let us starve. I've already planned my trip to further understand what it's like to live with constant thoughts of suicide (who knows, might be a regular thing by 2022):

1. The Demilitarized Zone: Bring over the kids to watch adults stare at each other with decades of anger and despair! Start off your vacation right with targeted propaganda and the illusion of choice – wait a minute, that sounds just like the US election!

2. Pyongyang Metro: It has art and contains a lack of people who shit themselves. I myself prefer the rustic smell of a good ankle toucher (that's when the silent assassin passes out and has a trail of stew running down the leg. It's comparative to The Nile River in Egypt, yet instead of providing life, it takes it all away), so I'm personally not sure if I would adapt well to such a civil population around me.

3. Mansudae Grand Monument: Human resource departments are making the exact same gestures as these statues are towards the front door when they lay off employees.

4. Masik Pass Ski Resort: You can ski here for the day for 50 USD? In contrast, in order to ski at Whistler for the day, you need to book a broker who will refer you to a lending specialist, who then does a credit check and completes calls to 3 references before you are considered to be able to apply for a ski day loan. I'm not saying it's expensive, I'm saying it's really expensive.

5. Concrete Wall: It's listed as a top attraction, and it's a wall. It's not even in front of you, it's far away. You near-sighted sleuths can go fuck yourself. You are barely apart of society. Get a grip.

And with that, another sun goes down in North Korea. What does that mean to you? I ask you that because soon enough, it will mean everything. Save your tears, not because I don't want you to cry, but because that's a waste of calories.

Tips For CERB Blackjack

Look at you, all CERB'd up at the table.

It's time to play blackjack, baby!

During a global pandemic, the following parameters are in effect:

- 1 Hand
- 1 Dream

If in Richmond, BC, do not be too worried about sitting beside the guy that's wearing a black hat with a gold Blue Jays logo on it who hasn't blinked for the past 6 minutes and encompasses movements that are almost inhuman – that's just meth. This is very much par for the course, and the individual will most likely place their duffle bag on the ground to their left closest to the dealer. Also, it will probably take around 12 minutes to count 4k worth of 20-dollar bills – so be patient.

Trust me – I know these things. I'm magic.

After waiting 24 minutes (there will be 2 of them probably), you get to play a hand. Exchange your 100-dollar bills (this is a sign you might be a taxpayer) and acquire 4 purple chips. Yay!

Put them all down for 1 hand.

Close your eyes and pray.

If the dealer has a non-bust card, hit on anything 14 or below.

Do not hit on 15.

If you hit on 15 and bust, e-mail the Canadian government.

Check your mail every day for 3 months (Justin gives out handwritten cheques).

Give up and eventually complain about it in literature.

Become spiritually self-aware.

Complain about it some more in literature.

Stop writing literature.

CHAPTER TEN

THE ROAD TO COVID-30

10

Welcome to the last chapter. The times were already listed, and our last bender begins shortly.

With this new-age birth of fragmented uncertainty, it is important that you wipe away all your old-world thoughts and replace your societal paradigms in order to grasp a new sustainable vision of your future. Death is pounding on doors, and sadly, your prayers won't be answered anytime soon. The road ahead is going to be long and heavy, filled with depravity and manifestations of human failure.

But you will walk it.

It's time to be better, and you don't have to change the world to do it – just yourself. Put effort into today and then tomorrow. Even if this is the destruction of the middle-class, the controlled demolition of our well-being, you don't have the option to give up. In our dreams, we always wake up before we die – and I've been trying to shake you.

It is said that life is a gift, but it's truly meant for others. We are meant to inspire, to challenge, to tragically break, to live through trials and tribulations, and then heroically pass on wisdom. Life is supposed to be internal hell

where you find your own meaning and purpose – it's never handed to you. COVID-19 is breaking too many people, too fast. The pain is showing; we are giving into ourselves.

And with that in mind, my call to action is simple: If you see a friend struggling, offer them your time. If they are hungry, offer them your food. If they get kicked to the streets, offer them a place to stay. If they suffer from addiction, gather all the strength you have and try to save their life.

And stop judging people for fucking up. People fuck up all the time; they will fuck up today, they will fuck up tomorrow. If it's a minor fuckup (not involving a minor), then let it go.

No more coddling either; it's time to get points across bluntly. Stop being rude to waitresses' you worthless sack of shit. Stop yelling at the front desk because you thought you could get a free upgrade when the hotel is sold out (pre-COVID, of course). Stop getting angry at your airline for grounding your plane due to a mechanical issue (it's a plane, you moron; it's up in the air and shit). Stop being rude to bank staff because you waited in line for an hour to take out 20 dollars (old people, for fuck's sake, learn about debit cards). Stop projectile vomiting every weekend because you can't handle drinks. And stop projectile vomiting in a movie theatre after taking 80mg of THC gummies at once (that's me, yo. It's between me and Jesus, and he got laid off).

So, are you ready? Are you ready to go on one last ride? Not that you had a choice. You see, we're friends now. Not in the literal sense, but within these sealed words, our bond is immortal.

No matter when you open this book, you'll remember the chaos, the fear, and the laughter. This world is crazy; everyone wants to be special, to be unique, yet never end up being themselves (for it's always for the 'Gram). In a sense, we just end up playing ourselves in a role we are unfamiliar with – maybe that's how we get lost.

So join me with one last rush.

One last dance as the Devil's dust scatters.

Degenerates rejoice! I am here, and at the same time, nowhere. It's all in your head.

And all too real.

Oh, Holy Night.

4am

Look at you, not mowing the lawn. This is for the decrepit, the lost, and the damned – the 4am crew without a clue. Before you call your dealer again, just know what you've done up to this point – nothing. So take the empty plate out of the microwave and sit down for a chat, for we have only just begun. You're a piece of shit.

The latest season of Cops is amazing; it's got everything from grandpa beatdowns to black storeowners getting arrested due to how the police handbook training guides are colored in (hint: the whites in those illustrations aren't the ones committing crimes). Also, a big shout out to the LA crew who shot the guy in the wheelchair; the symbolism was amazing. That's exactly what the forefathers envisioned when they signed the (I forget the name of that document that American's base firearm ownership off of).

If you have any vicious addictions building up, do not feel too guilty. Baking bread was merely a phase and is categorically classified as non-essential (don't argue with me). The crumbs left behind are merely a symbol of carb-lust failure within your own realm.

If you ate a loaf in bed you need not look yourself in the mirror, for it already must be broken.

I'll be right back. I've got to go cut my toes off.

I once didn't eat for 16 hours, got drunk at a fancy restaurant, and then ate a loaf of starter bread for dessert - I called out Jesus' (not the one from banquets) name twice during delivery. Why are people having bake-offs during high-stress times? You're all the fucking Titanic, serving up icebergs.

Time to get you back on track. The following shake recipe is from my Australian friend (need I say more). He got to take the more deadly pre-workouts back in the day and survived many "1 scoop servings." He goes on 10km walks (developing country conversion = 6.21371 miles) everyday with his kid in a stroller to stay in shape – no excuses.

True-Blue Ace Ripper Shake

Have a nice blender. Fill up the container with 24 ounces (3 cups) of water.

1 banana

1 spoonful of 2% plain Greek yogurt

Frozen kale (you decide)

Frozen broccoli (you decide)

Frozen blueberries (you decide)

Frozen strawberries (you decide)

Frozen spinach (you decide)

1 scoop of vanilla flavored protein powder

1 scoop of Vege-greens (or a similar product)

Blend. Most blenders nowadays have a smoothie function. This makes around an inconvenient 2.5 servings, but just have it all (your mother worries about you).

Yay! Clap your hands twice, you now have nutrition! You damn degenerate. Now go to bed.

Oh, what's that?

Now you want to play online poker?

No, no short-deck. Non-negotiable.

11am

Hey, over here! Look at me while you lick the plate. Uh, actually don't; that was disturbing. Never do that again. Hard truth: You are going to die on this path if you stay on it too long, and before that, at some point, you are going to brutally break. Don't believe me? Have I let you down yet? Oh, I should stick to entertainment? Am I just your clown? Okay then, have it your way. Laugh away.

This is for the broken, left shattered in pieces – they act like shards of glass to others as they scrape through till morning; silently suffering long after the birds begin to sing.

Fuck intermittent fasting. I gave it up and replaced it with nutritionally based sensible meals. I just got too angry 2 fast 2 furious. At one point, I had a co-worker talking to me about flipping his sourdough (apparently you have to give it a name and raise it for 7 days), and nearly collapsed at the thought of fresh sustenance spilling from an oven and into my social media feeds.

Is this pandemic over? Because everyone is walking a little bit slow outside. I was hoping that things would pick up in terms of median walking pace, yet all these CERB Fucks (the Canada.ca technical term – not mine) walk carefree and have no idea how much caffeine is churning behind them looking to pass. And then when I finally make my move, they speed up, and then I speed up, and then I got to sprint – fuck you, it's a pandemic. Know your limit because I don't know mine.

Grocery Store Etiquette

Grocery store isles have long been a staple of hosting small community gatherings; a great place to catch up with friends and loved ones for hours on end while discussing the weather and exchanging information on what fruits are/aren't in season along with weekly comparative notes regarding the optimal water temperature to hydrate your balcony tomatoes with. Unfortunately, societal changes have implemented a new set of policies based on our "new normal."

If you ever find yourself fumbling 8 sports drinks in your arms as opposed to having a basket, it's time to rethink your strategy when it comes to collecting food. As a favor to all, ask yourself the following questions before leaving your house:

Am I committed to having a purpose in aisle 7, as opposed to standing there, shellshocked, and unable to commit to anything (which includes any type of movement or cognitive function that may aid in being able to free oneself from permanent paralysis which may or not be a part of an ongoing serious undiagnosed medical condition such as a brain tumor or stroke)?

Did I panic buy bread when the pandemic started? If you answered yes to this question, you should probably sign up for my "Born Yesterday Course." It's in audiobook format and teaches you things like how to close a car door, how to wait for people to exit the train before entering, and how to shut off the taps (as opposed to screaming at them) when running water becomes overwhelming.

Should I linger just inside the entrance?

Stay at home.

Save lives.

6:30pm

Oh, but the rage is all mine my friend, for your screams barely form a whisper. You've been trained like a dog when it comes to COVID-19; do this, do that, sit, stay at home, have a treat, bake some bread, go for a walk, and maybe through divine intervention, get some sleep. A pile of sugar, a pile of salt, a pile of cocaine – all equally deadly and appealing to our lifestyle of “consume, consume, consume.” You can never have too much or too little, according to the algorithm. You have been sorted and catalogued, targeted, and acquired. 2020 is glorious – and a true reflection of our inner turmoil. At some point, we have to embrace our own creation and stop wasting our breath on things that take it away.

Wake up from your slumber, for your emptiness can only be filled with desire; the desire to chase what brought you here; to persevere - to not give in to the basic reality. It's time to ask questions, to find out for yourself if you can handle your own future.

What are the odds of being alive during one of the most revolutionary times in our history? We are on the brink of destroying our planet, our livelihood, and our basic rights. By all accounts, this is impossible; you are impossible. The best part: You will probably watch it in silence. But I do propose this: What if you wrote all this for yourself? If we all are just experiencing consciousness, at what point do we pass the test and become self-aware? Is this infinity for a greater goal? And what is it? Although it's probably all too late to find out, for you see, you are about to be consumed. The machine churns and churns; your life is deemed worthless by what we built. You will be crushed and forgotten, not your fault, not your burden – merely your fate.

You claim innocence, yet I see a fading ember succumbing to the winds of change. Yet in this fleeting existence, just as you dance away into the night, you have the chance to swirl, to reignite, to start a new fire. So, what is your soul tied to? What will your final answer be?

6:38pm

My goal is complete; with love and acceptance, I have given you the tools and subsequent knowledge to boldly defy the odds when it comes to your future. You no longer have to fear handrails.

I come to you exhausted and exalted; hurt and stricken with your burdens, and with that, it is time to put me to rest. Like an old friend, we pass by not with angst or anger but with memories. For you remember our first line (of a joke), our first 8-ball (in a game of pool), and our last goodbye. You hate me not for the madness, but for the confusion; the world wasn't supposed to be this way, was it? And it's true, at this point in time, we were expected to be better, and now that the veil has been lifted and with the vicious game continuing on, some of you may come to the realization that you no longer wish to play. But that's not how this works. Just like yesterday, you will rise tomorrow and willfully squeeze and wedge your way into your defined slot. But I promise you, it will be different. When you need to lift, you will be strong, when you need to persevere, you will be resilient, and when you need to survive, you'll fight. Growth is acquired through experience and pain, and what all of us are retching over right now will eventually turn into our immortal testimony to humanity and redefine what we could have been, and more importantly, where we will go. Maybe we will change. Perhaps we will become inspired.

For this is for the wanderer, who is always lost, for the sleeper who lies awake, for the damned waiting to be judged.

This is our moment of clarity - a chance to soak it all in. As we mentally break down the pillars that once held us up high, we should be mindful of what we build them back up with.

You march on:

Right foot

Left foot

Right foot

Left foot

Left foot

Trip and throw up on yourself

Stop drinking

It's a Tuesday.

I've held your hand, I've told you tall tales, and I must say, it was fun. However, I do not wish to be in your thoughts or in your prayers (this isn't a school shooting). As you close this book, I wish to be buried forever in its pages - never to be released.

If you spot me, know I can't see.

If you call to me, know I can't hear.

If you remember me, know I never was.

Go ahead now, do not be afraid. Take a deep breath. Touch the door handle; give it a big push.

Step outside. And now finally, guess what?

You are free.

And just to let you know, I am so damn proud of you.

I am so glad we met. Never look back.

But oh my, look at the time, it's finally here.

Off I go to pray to Pence.

Which I do twice daily.

Thanks.

WHAT YOU JUST READ WAS SATIRE

Thank you so much for reading my book! There is a chance though, that you took some of this seriously. Unfortunately, I can't have that happen.

If you are addicted to alcohol, cocaine, meth, or buying up condos in Richmond, seek professional help immediately. Practical self-help books no longer work, and the anti-self-help books barely made me laugh. Traditional India upbringing standards must be applied to today's youth – get smacked and get smacked again.

Now, as you clutch your pearl, let me enlighten you to what I made light of: Things that don't change.

Let me hold your chubby little hand, and let's get Oxford in here; something that doesn't change is listed as "static."

Meth Behavior: Static

Cocaine Behavior: Static

Your Drinking Problem: Static

North Korea: Static

Having Old White People Move To Victoria To Retire: Static

Hammer Attacks Downtown: Static

Vancouver City Council Arguing Over Bike Lanes For 20 Years While Ignoring The Tsunami Of Mental Health Problems And Then Coming Up With The Brilliant Solution Of Handing Out Free Drugs While Simultaneously Leaving Everyone Out On The Street To Slowly Rot And Die And Vanish Into Background Noise: Static

Bambi's Dead Mother: Static

Putin's Presidency: Static

Cops Protecting Vancouver By Handing Out Beach Drinking Fines: Static

Lame Jehovah Witness Literature: Static

Amway Meeting: Nice Try

My warning to today's youth is in regard to society: If you fall, it won't catch you. You are going to have to deal with your own shit. Be nice to everyone and make friends; they will catch you, and you will catch them (as per the agreement). Be more spiritual; cry once in a while. Don't hold stuff in and take it out passive-aggressively on Instagram.

To the younger generation: COVID-19 should be the least of your worries. The food pyramid encouraged the last generation to eat bread like a bunch of pigeons (look at them now). You better figure this world out, and at a record pace.

Eat healthy and stay in shape (don't marry your fridge). No one gives a fuck about drugs (caffeine addicts count) but know that your body and mind is fragile. The moment you go inward with them, you inherent the risk of imposing permanent self-harm. Worse yet, cross a certain line, and you're done. And like I said, if that happens, you won't be able to go crying back to society (it is currently busy dealing with implosion).

2020 is the year of cancel culture, and I'm cancelling it; time to start over.

You understand what satire is now?

No?

Go read "Clifford The Big Red Dog."

And stay away from Chilliwack.

(I'm totally kidding, relax).

Or am I?

DON'T CRY FOR VANCOUVER, VANCOUVER

Ah yes, I've saved my best present for last.

Crime is up, and hopes are down in downtown Vancouver. It is a desolate place full of stolen property, meltdowns, and broken car windows. I think we all need to take a deep breath, look at ourselves in the mirror, and ask ourselves, "Can we run faster?"

We are headed to a place which can only be described as the fourth level of hell: Downtown San Francisco (the shithole of shitholes). We gave up a long time ago to try and solve our big city problems, and with this, are now expected to be polite to the criminals who are forced into the lifestyle. This is no place to raise slow children (literally); this is no place to be poor. Our collapse will be tranquil, beautiful, and will be without thought.

"Oh, well."

"It is what it is."

Without a whimper, we will be put down. The fragility of our nature has been revealed, and here we are, supposedly supposed to be woke to the issues that the people stealing our bikes have.

"Maybe they needed it more; maybe I deserved a good mugging."

The attacker now has more rights than the victim. If they point at you, just hop off your bike and say, "You win this time, you silly little gaffer!" and then walk home sad. You lost the game (just like you were supposed to).

Do not blame the police, for they have no power. Do not blame the politicians, for they have no spines. I blame you, the reader, for not arguing on Twitter enough.

Your future awaits.

"Dad, why is that guy fighting a hedge plant?"

"Son, don't judge him. In his mind, he's fighting Mayweather, and by the looks of it, he just won."

"Do you think the judges got paid off?"

"Most definitely."

IN DEDICATION TO

Humanity. Stop failing this bad, or else we'll meet again.

And no - I don't condone the use of drugs, Indica, travelling to the USA, online bread recipes, sugar, salt, a 5th buffet plate, doubling down, THC gummies, or staying up past 7pm.

God Help Us All

But Help Yourself First

Written by Dunk Dougan IX
(pronounced “the ninth”)

Directed and Produced by Harry

Holy fuck, is Kim Jong-un dead or what? Who is running the intel on this, and why are they so inept? Whoever you are, go fuck yourself, and you're fired. God damn interns.

Complaint lines now open!

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The above references are accurate as of 29 October, 2020.

