

# HSA TIMES: THE COST OF CONTROL

Mental Health, Lockdowns, and  
COVID-19

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# HOW THE LOCKDOWN HAS AFFECTED PEOPLE'S MENTAL HEALTH

BY CONNOR GREGORY | C/O 2024



It is no secret that, with the lockdown being instituted across the country, American citizens' mental stability has declined over the months of this pandemic. [The University of Minnesota found that depression rates in the U.S have tripled during the COVID-19 pandemic.](#) The deaths of friends and families, along with the isolation caused by the lockdown, have affected many Americans' mental health and ability to keep a consistent and healthy lifestyle. During these harsh times, it is important to keep moving forward and take care of oneself.

*Pick up new hobbies, take time to bond with family, and work on your health.*

One way to keep spirits high during the pandemic is to pick up new hobbies. Some examples of this may be drawing, cooking, or craft making. Others may take the newly found free time to work on their physical health and strength by working out more frequently. [Dr. Chana Frumet recommends to take this time to bond with family and keep each other company in order to pass the time.](#) Many may feel like they are trapped within their own houses or have lost their freedom, but there are numerous ways to keep spirits high during these low times.

## Sources:

1. [COVID-19 Resources for Mental & Physical Health- The 2020 COVID-19 Family Guidebook: Do it at Home Coping Skills and Activities](#) By Dr. Chana Frumet Yaroslawitz
2. [Depression triples in US adults amid COVID-19 stressors](#) By Mary Van Beusekom
3. [The Critical Ways America's Charities' Nonprofit Members are Helping Communities Respond to the COVID-19 \(Coronavirus\) Pandemic](#) By Sarah Ford

# THE SILENT BEAST: MISINFORMATION

BY LAUREN GUMARANG | C/O 2023



Misinformation: false or inaccurate information, especially that which is deliberately intended to deceive.

Misinformation is not a new phenomenon. In fact, Romans, like Octavian, used what modern politicians may deem as “fake news” in his campaigns against his opponent Mark Antony. However, in our current day and age, misinformation has exploded into a mutilated virus that infects the mind.

This age-old problem continues to make its waves in the world of a pandemic. Unlike in “ye olden times”, today we have the looming problem of social media, which makes the infectious virus of misinformation even more contagious. Everyone and anyone can post and espouse whatever they would like to, whether it is true or not. And all of these posts from any of these accounts are available to just about everyone online. New and scary events can push people into corners where it’s hard to decipher what information is true or not. And often in situations where the population is under distress, people often lend their ears to anyone.

One example of misinformation at a huge and dangerous scale happened in April 2020, when many among the populous started to inject disinfectant in their body as a deterrent against COVID-19. The trying and even desperate times fostered the perfect environment for the virus of misinformation to take hold. Almost a year later, misinformation about COVID-19 is still very much alive. With the rollout of the vaccines, many are still skeptical: one-third of adult Americans are doubting current vaccination. But, what is the effect? Herd immunity will take care of the unvaccinated one-third. However, the esteemed Dr. Fauci explains that “somewhere between 70% and 85% of the U.S. population” needs to get vaccinated in order to, as Harvard University expert William Hanage states, “see a real effect”. The fact that even a fraction of the US, to the degree of one-third of the population, ignores the facts and figures of academic experts, is worrying to say the least; the misinformation tiger bears its dangerous claws.

Alongside the current COVID-19 pandemic, the even more ancient misinformation virus is still very much prevalent and active. But, how can we fight it? If this is such an ancient and terrible infection, what is the equivalent of wearing masks to prevent its spread? For one, know where facts are coming from and research thoroughly. Kristina Lerman, from USC's Information Sciences Institute, states, "[Follow a diverse set of accounts for a varied information diet](#)". This can allow one to cross reference their incoming streams of information and decipher what is true or not.

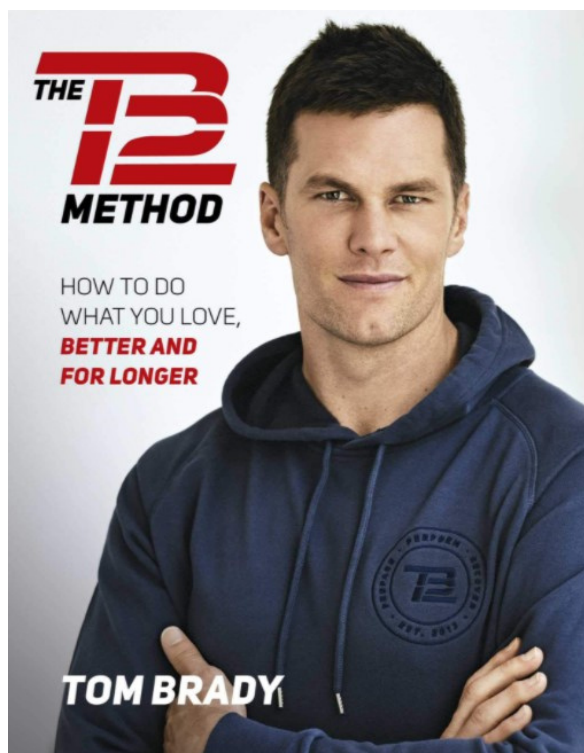
Misinformation is not a new phenomenon, and it seems like it will be around for a while at this rate. To combat it is a noble and just path, though as all just courses are, will prove to be difficult and demanding. To kill this beast is a feat that may not come very soon, but if we keep our wits sharp and analytical, we could at least stare down the monster.

Sources:

1. [A brief history of fake news](#)
2. [AP-NORC poll: A third of US adults skeptical of COVID shots](#) By Mike Stobbe and Hannah Fingerhut
3. [Coronavirus: Outcry after Trump suggests injecting disinfectant as treatment](#)
4. [Definition of misinformation in English](#)
5. [How Americans can help stop fake news](#) By Emily Gersema
6. [The "Pandemic" of Disinformation in COVID-19](#) By Fabio Tagliabue, Luca Galassi, and Pierpaolo Mariani

## BREAKING DOWN TOM BRADY'S TB12 METHOD

BY JENNA MIN | C/O 2022



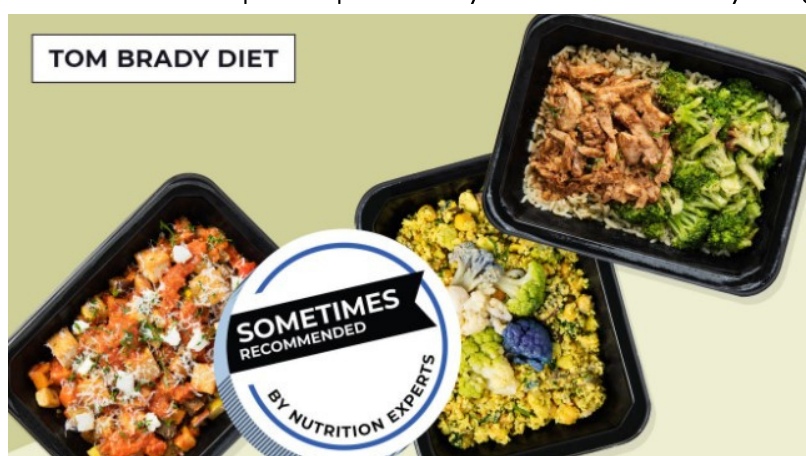
It's the concept of life. As we continue to age, the peak of our physical health starts to decline. However, what if I told you that there was a way to maintain that peak a bit longer? Tom Brady, the 43-year-old football quarterback, recently won his seventh Super Bowl title. Although most quarterbacks retire before reaching Brady's current age, he is still playing football with great success. The secret to this success, along with Brady's hard work and talent, is his diet.

Tom Brady created a diet plan known as the TB12 method, which is based on whole foods and promises to "[boost your energy levels, minimize inflammation, reduce your risk of injuries, and enhance your sports performance and recovery.](#)"



The TB12 method places an emphasis on “[alkalizing foods](#)”, which are meant to reduce inflammation in the body. This method offers athletes a way to better themselves in competitions. Not only does this diet plan help with performance, but it also helps to create a stronger immune system, hence creating a faster and better way for recovery if injured. Because the TB12 method is rich in vitamins, minerals, and beneficial plant compounds, your body works together to efficiently boost your immune system and limit excess inflammation. With this in mind, athletes must maintain their health to ensure that they aren’t tied down to the ground with slow recovery, which will further affect their performance for the season.

On the downside, the healthy choices Brady makes is quite restricted. For instance, the TB12 method calls for organic foods, such as Himalayan salt and proprietary supplements. These organic foods can mount up and potentially cause a blow in your grocery shopping list.



[Here's a breakdown of Tom Brady's diet:](#)

- 80% fruits, vegetables, whole grains, nuts, seeds, and legumes
- 20% protein (chicken, red meat, seafood)
- Eat until you're 75% full
- No dairy or nightshade vegetables (ex: potatoes, tomatoes, eggplants)
- Halve your body weight in pounds and drink that many ounces of water a day (70 ounces for me daily)
- Maximum of 2 cups of coffee (no caffeine after noon)
- No food within 3 hours of going to bed

[Here's a breakdown of what Tom Brady's diet encourages one to eat:](#)

- Fruits and vegetables
- Meats
- Fish and seafood
- Whole grains
- Legumes
- TB12 products and supplements

[Here are foods that shouldn't be eaten if following Tom Brady's diet:](#)

- Gluten-containing foods
- Caffeinated foods and drinks
- Dairy-containing foods

- Processed grains
- Non-organic, non-local, or non-seasonal produce
- Factory-farmed meat and seafood
- Cooking oils
- Soybeans
- Processed foods
- GMOs
- Iodized salt
- Alcohol

*With the pros and cons of the TB12 Method, it is important to make the decision for yourself on what components of the diet fit and don't fit you and your lifestyle.*

Sources:

1. [Here's What Tom Brady Eats Every Day, and on Game Day](#) By Paul Kita and Temi Adebowale
2. [Tom Brady Diet Review: Weight Loss, Meal Plan, and More](#) By Alina Petre
3. [What Is the Tom Brady Diet?](#) By Lacey Bourassa

## AN INTERVIEW WITH CHINO VALLEY SCIENCE AND ENGINEERING FAIR WINNERS

BY ENRICO HERNANDEZ | C/O 2024



Two HSA freshman students, Makena Bailey and Kyra Phaychanpheng, have been inseparable science fair partners and best friends since fourth grade. This year, they took first place in the virtual Chino Valley Unified School District (CVUSD) Science Fair with an intriguing microbiology experiment: *The Efficacy of Citrus hystrix, Laurus nobilis, and Ocimum basilicum Leaf Extracts against Epidermal Bacteria*. Not only did they take first place in the CVUSD Science Fair, but they also qualified for the Regional SIMSEF Science Fair and won the gold medal on March 18th, 2021.

In addition, Kyra and Makena received the Regeneron ISEF Regional Awards Society for In Vitro Biology Award for their experiment. This reward is only given to the most exemplary Senior Division project that is in the field of plant or animal in vitro biology or tissue. The pair will also be moving on to the California State Science and Engineering Fair, which will take place on April 13th. These accolades will add to their collection of three previous first-place district science fair trophies, three gold medals at the regional level, and one previous participation in the state science fair. This interview with Kyra and Makena goes into their thought process and execution of their experiment, presentation, and journey through the science fair.



Kyra (left) and Makena (right) holding their trophies.

**Enrico: “What made you want to choose this topic for your Science Fair presentation?”**

Kyra: “We wanted to choose this topic because of our initial interest in Thai lime leaves, bay leaves, and basil. We were familiar with them in Asian cuisine and became interested in the many different health and biological benefits of these leaves. We decided that we wanted to test the antibacterial properties and see the effectiveness of each leaf against skin bacteria. We want to help many people with this project and hopefully increase the knowledge of antibacterial properties in natural plants!”

**Enrico: “How long did this project take you?”**

Kyra and Makena: “We started brainstorming for a couple of weeks, but had to quickly execute our experiment in a short period of two months. We did encounter a few obstacles regarding COVID-19 and related inconveniences, but that only motivated us to persistently work harder.”

**Enrico: “What were some of the problems you encountered while doing this project?”**

Makena: “A problem we encountered in our experiment was that our bacteria did not grow in the expected seven days because the room we grew the bacteria in was colder than the ideal temperature. We also didn’t have an incubator or a lab setting to work in since we did our project at home.”





Kyra (left) taking bacteria samples from a section of Makena's skin (right) with leaf extract on it to swab on the petri dish for the experiment.

**Enrico: "Were you two considering other types of leaves or plants for your project?"**

Kyra: "After researching, we found that all three of these leaves were the best option for a variety of reasons for this experiment. They all contain secondary metabolites, which are natural compounds that help in eliminating bacteria. In the future, we may want to test the different types of basil, since basil was the most successful in eliminating bacteria."

**Enrico: "Could you explain your hypothesis and the thought process behind it?"**

Kyra: "We predicted that if we test the extracts from Thai lime leaves, bay leaves, and basil against epidermal bacteria, then basil will eliminate the most bacteria. We predicted this because of our research that showed how beneficial basil is. Methyl eugenol is one antibacterial compound that is active against Gram-positive and Gram-negative bacteria. Thai lime leaves only contain about 1% of methyl eugenol. Bay leaves eliminated the second most amount of bacteria because of the higher percentage of methyl eugenol, at 9-12%. Basil contains about 39% of methyl eugenol and has so many more beneficial chemical compounds."

**Enrico: "Are there any aspects of your project that you would like to continue investigating in the future?"**

Makena: "In the future, we may want to continue researching the different species of basil and the antibacterial properties. We also want to hopefully test the antiviral properties of basil against weakened or dead viruses when we get the opportunity to work in a lab setting."

**Enrico: "Why do you think the incorporation of these ingredients could make a better, alternative sanitizer compared to an alcohol-based one?"**

Makena: "We used glycerin in our leaf extracts instead of alcohol because alcohol can eliminate bacteria on its own, so we didn't want to mask the antibacterial properties of the leaves. Alcohol can also be harmful, dehydrating, and irritating to the skin, so a glycerin natural extract can be a better substitute compared to an alcohol-based sanitizer."

With their extremely interesting award-winning project, this dynamic duo will be entering the California State Science and Engineering Fair on April 13th to add another medal to their collection.



# BREAKING DOWN MENTAL DISORDERS: ADHD, DEPRESSION, AND ANXIETY

BY MADISON LARDIZABAL | C/O 2024

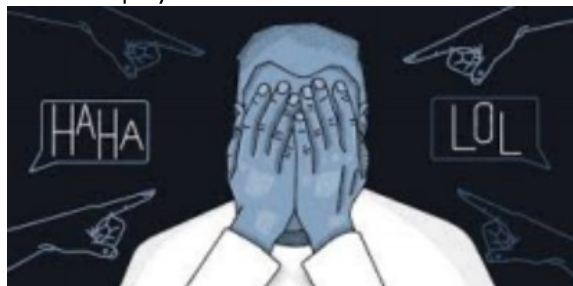


The American Psychiatric Association defines mental health disorders or mental illnesses as ["health conditions involving changes in emotion, thinking or behavior \(or a combination of these\)."](#) It also explains that "mental illnesses are associated with distress and/or problems functioning in social, work or family activities." However, definitions will never explain what it's like to have a mental illness or go through the experiences of those with one. Unfortunately, mental disorders are not a rarity, specifically with teens, many of whom are expected to deal with it alone. Some of the most common mental illnesses are attention-deficit/hyperactivity disorder (ADHD), clinical depression, and anxiety.

The CDC says, ["9.4% of children aged 2-17 years \(approximately 6.1 million\) have received an ADHD diagnosis,"](#) on children's mental health. [Attention-deficit/hyperactivity disorder, or ADHD,](#) is a chronic condition including attention difficulty, hyperactivity, and impulsiveness. ADHD is one of the most common types of mental disorders and makes daily-life tasks extremely difficult for those struggling with it. There are three different types of ADHD: inattentive, hyperactive/impulsive, or combined. It is well known that ADHD affects one's ability to focus or sit still, but ADHD can be so much more for many kids and teens. People with ADHD find it extremely hard to fit in at places of work or school because of their possible lack of control. It is likely that people with ADHD will forget important details, look as if they can't hear you, or even have difficulty not speaking out of turn. This can cause major problems and make matters worse with the wrong teacher or boss. It is important for teachers to understand and make the learning environment as comfortable as possible for everyone. Fortunately, treatments, such as medications and therapies, can help make life easier for many people with ADHD.

[Clinical depression](#) is a mental health disorder in which a person persistently faces a depressed mood or loss of interest in activities, causing significant impairment in daily life. ["3.2% of children aged 3-17 years \(approximately 1.9 million\) have diagnosed depression,"](#) says the CDC on children and teens' mental health. This mental illness can be seriously misinterpreted by the general public. Clinical depression is not a temporary mood caused by life events; it is a constant state of depression, mixed with a lack of motivation and little to no happiness in any activity. Depression is a difficult mental health issue to discuss because it is extremely personal and not something many people are excited to talk about. It is also common that people with depression find it easier to hide it, in fear of negatively affecting those around them. Depression is extremely important to recognize as early as possible because, the longer it stays bottled up, the worse that person is doing until they can no longer control any of their emotions. Depression is not something you need to hide, and treatment can have a serious and positive impact on your life.

[Anxiety](#) is defined as a mental health disorder characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with one's daily activities. "[7.1% of children aged 3-17 years \(approximately 4.4 million\) have diagnosed anxiety.](#)" explains the CDC in regards to children and teens' mental health. Having said that everyone's experiences with their mental health is different, many people experience symptoms, such as hypervigilance, excessive worry, feeling of impending doom, irritability, and racing or unwanted thoughts. It is also likely that physical signs will appear, like fatigue, sweating, insomnia, restlessness, nausea, palpitations, lack of concentration, and trembling. Occasional anxiety is normal for all teens, but it is important that we recognize the different severities among all of our peers and pay attention to our friends and family if they need help.



Although symptoms can help you determine what a person with a mental illness is experiencing, it doesn't give you a real sense of what it actually feels like to live with a mental illness. I was able to discuss with a family friend, diagnosed with anxiety, what it really feels like to live with it on a daily basis: "Anxiety is like a burden you have to carry around. Some people have triggers that can rarely be controlled, [while] others don't." An example of a trigger and the effect they can have is "a single thought that pops up a million times in your head, yelling at you, making you begin to feel like you can't breathe." Physical effects are also likely in most people that struggle with this illness. For example: "My body becomes numb and you can begin to worry, with your mind going a thousand miles per hour, thinking of all the possibilities that could happen, causing you to lose all focus on everything else around you." Though anxiety can be similar for some, it also varies among different types of people: "Some people have constant signs, such as stomach aches or paranoia, and others don't. A lot of it depends on the person." This is just one real-life example of someone who struggles with a mental illness.

Mental health disorders are a real and serious thing happening all around us, even in those you would least expect. If you feel that you need to talk to someone, there are outlets all around you, such as friends, family, school admin, or even guidance counselors. ADHD, depression and anxiety are just some common examples of mental illnesses, but not even close to all of the illnesses people deal with daily. It is important to educate yourself on topics like these and help those around you that feel alone. Please reach out!

Sources:

1. [Attention-deficit/hyperactivity disorder \(ADHD\) in children](#)
2. [Data and Statistics on Children's Mental Health](#)
3. [Depression \(major depressive disorder\)](#)
4. [Generalized anxiety disorder](#)
5. [What Is Mental Illness?](#)

# PANDEMIC TO PANDEMIC: A BIOGRAPHY OF DR. FAUCI

BY GRACE SU | C/O 2022



One of the leading physicians in these difficult times of COVID-19 has been Dr. Anthony Fauci, an American-born physician-scientist, director of the US National Institute of Allergy and Infectious Diseases (NIAID), and chief medical advisor to the president. Born on December 24, 1940, [he was exposed to the field of medicine from an early age](#) when he helped deliver prescriptions for his father, Stephen A. Fauci, a Columbia University-educated pharmacist. Interestingly, Fauci experienced the 1947 New York City smallpox epidemic and was one of the first recipients of the smallpox vaccine. Following high school, he attended College of the Holy Cross for his Bachelor of Arts degree and completed medical school at Cornell University, graduating with a Doctor of Medicine degree in 1966.

Two years later, Fauci joined the National Institutes of Health (NIH) as a clinical associate in the Laboratory of Clinical Investigation (LCI) at the NIAID. He continued climbing higher in his achievements and honors until finally reaching the position of [director of NIAID](#) in 1984. [Fauci's contributions to medical research and science are not limited to the ones mentioned above.](#) He has also made contributions to basic and clinical research on the pathogenesis and treatment of immune-mediated and infectious diseases. Also, he has helped to pioneer the field of human immunoregulation by making important scientific observations that underpin the current understanding of the regulation of the human immune response. Additionally, he was one of the leading researchers in the AIDS pandemic in the 1980s, during which he made further contributions in understanding the mechanisms of how the HIV virus attacks the body's defenses.

*"Opening the country too quickly could lead to suffering and death that could be avoided."- Dr. Anthony Fauci*

Facing yet another global pandemic that started in 2020, the COVID-19 virus, Fauci was one of the influential voices in the effort to contain the virus, where he warned that "opening the country too quickly could lead to suffering and death that could be avoided". [While Trump and Fauci disagreed on ideas concerning the reopening of the United States](#), Fauci continued to offer his opinion to the media, all the while researching the virus and working to develop a vaccine.



On December 3, 2020, Fauci received an offer from President-elect Joe Biden to serve as the chief medical advisor to the president in the Biden Administration, which he readily accepted. [With numerous prestigious awards](#), such as the Presidential Medal of Freedom, the National Medal of Science, the George M. Kober Medal of the Association of American Physicians, the Mary Woodard Lasker Award for Public Service, the Albany Medical Center Prize in Medicine and Biomedical Research, and more, Fauci's prominent leadership through several epidemics in his lifetime has truly made him one of the most influential physicians in history.

Sources:

1. [Anthony Fauci](#)
2. [Anthony Fauci Biography](#)
3. [Anthony S. Fauci, M.D.](#)
4. [Anthony S. Fauci, M.D., NIAID Director](#)



## INTRODUCING HSA SATIRE



The United States and the world as a whole are experiencing an incredible increase in foolish behavior regarding public health, scientific literacy and general common sense.

The Centers for Dolt Control and Idiocy Prevention (CDC) are here to combat this scourge of doltish behavior through the power of sarcasm.

Disclaimer: Views here belong only to the writers and are not always representative of HSA, Chino Hills High School or CVUSD.

# SENATE REPUBLICANS BASH NEWLY APPOINTED DHHS DIRECTOR NEIL MURPHY

BY RYAN LO | C/O 2021



Washington D.C.— After a divisive race to the White House, Joseph R. Biden was finally sworn into office as the 46th president of the United States. His rise to the presidency meant new cabinet picks. Most notable of the picks was Neil Murphy, a high school English teacher from Chino Hills, California. At his confirmation hearing, Murphy presented a twelve-slide grammar presentation to the committee, pointing out the grammatical errors in the Congressional agenda.

His time of service at the Department of Health and Human Services was one of radical reform to many. Senate Republicans bashed his extreme socialist, communist, anti-freedom, anti-second amendment and anti-first amendment positions on public health, such as mandatory vaccinations and strengthened scientific research around nutrition.

All federal employees at the DHHS were required to read the Hot Zone, and funding towards pandemic defense was increased exponentially. In addition, a large billboard stating, “Your body is a temple!” was erected outside the DHHS headquarters.

The billboard drew huge crowds of protestors against “the liberal takeover of medicine.”

However, Murphy’s influence has spread across borders. Inspired by the Department’s actions, Canadian health officials have implemented a nationwide initiative to have school children meticulously keep track of their sugar, caloric and sodium intakes on a piece of paper.

“Murphy and the rest of the radical Democrats are taking away our freedom and wasting the taxpayer’s dollars!” Texas Senator Ted Cruz yelled, before realizing he was late for his flight to the Bahamas.

“Well, I’m just disappointed folks,” sighed Murphy as he began marking down a yellow paper with a Sharpie.

On the other side of the aisle, Secretary Murphy was praised for his efforts at raising public health. Representative Alexandria Ocasio-Cortez commended Murphy microseconds after Republicans criticized him and declared him the second coming of Christ.

His office was given a huge thank-you basket consisting of Tejava tea and nutrition bars by CNN and MSNBC for providing a much needed boost to their ratings after Trump left office.

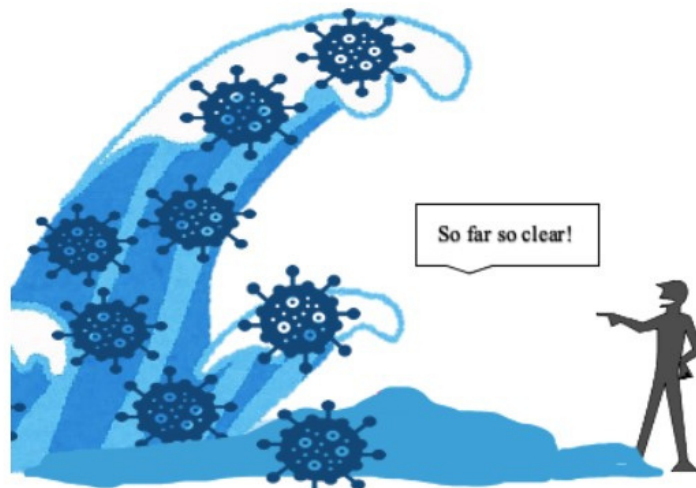
Despite the criticism, the DHHS tracked an increase in average American lifespan by 450 percent. Upon hearing news of the Biden administration accomplishing something good, former President Donald Trump lapsed into a psychotic break from reality where he acknowledged he lost the election.

## CALM BEFORE THE STORM

BY NIMRAH SALEEM | C/O 2023



High tides and high cases  
 But only on a primitive basis  
 Because soon the water recedes and the patients start to decrease  
 Which means running in the sand freely and living life carelessly  
 Until it hits unexpectedly and vivaciously  
 The Tsunami  
 Again, here we go  
 No need for sunscreen, no need for a mask  
 The sand is calling me and quarantine is not a blast  
 Sunscreen is optional and let's leave social distancing in the past  
 I'll still play at the beach, nothing's out of reach  
 Tsunamis don't affect me



## ANTIMASKERS REFUSE TO SOCIALLY DISTANCE AFTER ZOMBIFICATION

BY ESTHER KIM | C/O 2023



As the fourth wave of the abhorrent ZOMBIE-19 pandemic sweeps over America, an emerging group of social activists, calling themselves the "Antimaskers", have taken to the streets of Washington, D.C. in efforts against post-bite social distancing mandates.

"This so-called mandate is plain absurdity," claimed Ryan Lo, founder and chairperson of Antimaskers International and a passionate advocate for post-bite freedom.

"The fact that the government claims to protect our loved ones but is not allowing us the freedom to spend our few precious minutes with family and friends is inhumane and unacceptable."

Although statistics indicate that friends and family members of Antimaskers are more than five times as likely to become bitten than those with no personal connection to this fast-growing organization, Antimaskers International is maintaining their firm stance on the matter.

"It's our freedom given to us at birth and no one, especially not those so-called zombies, have the right to take it away from us," Lo stated at a recent news interview. When asked about his thoughts on rising death rates, he replied, "Why should I care if 200 million Americans are dead? I'm safe and my family's doing just fine. Besides, why should I trust numbers from the CDC, or CBC, or whatever it's called? For all I know, no one around me has died yet."

Pushing through a shower of camera flashes from local reporters, Lo rallied his group of 100 avid followers holding colorful pickets and loudspeakers in front of the U.S. Capitol.

Stepping onto a podium, Lo addressed his audience: "Today, we stand here in solidarity to preserve the foundational democratic rights granted to us by our Founding Fathers. Our right to hold power over our own life, death, and our invaluable last moments seized from us by the self-serving oligarchy. Let us liberate ourselves from government repression and fight for our freedom!"

The protestors joined in cheering. Despite an unprecedented attack from a nearby zombie, the bitten man stood his ground, leaning on his small daughter for support. His newly invigorated chants for freedom were soon indistinguishable from the crowd's voice. The organized cheering soon turned into a frenzied mass of voices as the Antimasker, who had then lapsed well into infection, bit into his child's hand.

Noticing the agitated crowd, Lo reinitiated the chanting through his loudspeaker. The Antimaskers rally continued throughout the evening, unaware of a nearby fire sparked by one of the infected. A few of the bitten were spotted leaving the protest to see their loved ones and exchange final goodbyes, as Washington D.C. burned to the ground around them.

Stay Connected

<https://sites.google.com/view/hsatimes>