



Xtina Duke

XTINA DUKE

@ iam@xtinaduke.com

(714) 310-5773

www.xtinaduke.com

Huntington Beach, CA



EDUCATION

SCHOOL OF HARD KNOCKS
Degree Earned
1986 - 2020

NO CAP
Degree - Expert
2020 – Need I say more?

COVID ANONYMOUS PROGRAM!

C.A.P.

13 STEPS TO NORMAL "CAP"

- Step 1** – Admit that you need to wear a mask.
- Step 2** – Believe that people really are dying from COVID.
- Step 3** – Turn your Ego and Freedom over to the care of "Them."
- Step 4** – Make a fearless inventory of your Un-Healthy Habits.
- Step 5** – Admit to your Insurance Company; Customer Service Department that you haven't worked out in years, and that you eat horribly.
- Step 6** – Be entirely ready to accept that a *minimum* wage and *minimum* age employee will take your temperature upon entering any structure with a "Door."
- Step 7** - Humbly asked "Them" to remove your failures to report: Fevers, Body Aches and Sore Throats.
- Step 8** - Make a list of all people you have had contact with, and give them all your contact tracing information.
- Step 9** - Make direct apologies to everyone you have been with since March 13th. Except those people that currently have COVID. (Just text "Them": Tell them it is all your fault)
- Step 10** – Continue to take your own personal temperature, and promptly admit that any reading over 100.4 needs to be reported to "Them."
- Step 11** – Seek through contact tracing and your insurance company to improve your contact tracing with "Them."
- Step 12** – Having had a spiritual awakening as the result of not wearing a mask, try to carry this message to everyone in the world. (See Step 13)

STEP 13 ~ C.A.P.

Step 13 - (Only for the strongest of "Us")

- ✓ Eat Healthy
- ✓ Drink Water
- ✓ Exercise
- ✓ Get out in the Sunshine
- ✓ Sleep Eight hours a night!
