

Are you okay?

Jan 6 3:07 PM

Safe, okay, tired. Kc PB helped de-escalate issues in the capital building between trump supporters and cops.

We entered 30 minutes after building was breached. Told people to stop acting like anarchists.

Told some people to start bagging trash. From where they threw trash cans at cops, along with a woman who was saying the same thing to the protestors.

Grabbed a guy by the shoulders who was trying to throw a chair at a cop, right before the cops retreated down the stairs to the entrance of house of reps.

Told people to stop at the doors of