

THE CORNELL LUNATIC HEALTHY LIVING ISSUE



FALL 2018 • CAMPUS HUMOR MAGAZINE • FREE

Letter from the Editor

Dear Reader,

I welcome you to the Fall 2018 Issue of the Cornell Lunatic: The Healthy Living Issue! As we all know, the past year was a pretty tumultuous one (remember when Justin Timberlake was at the Superbowl performing? Seemed like forever ago), and the last thing you probably had on your mind was your own physical and mental state (welcome to Cornell, after all). Therefore, it is my honor to present to you this glossy magazine that can answer all your body-related questions, from "How do I lose those extra pounds?" to "Oh my god, what is leaking out of that orifice?"

For the past couple of months, the editors, writers, artists, and I have been fervently working on this issue, sacrificing our grades and our already nonexistent love lives for what I believe is an above-average, but strangely sexy, product. I would therefore like to congratulate all our new members for contributing so much to this magazine. I couldn't be prouder, even if half of you come to our meetings just to admire my beautiful body (I would honestly give myself a 9 out of 10). I would also like to congratulate our returning members for being marginally funnier than a barrel full of dead monkeys. Anyways, thank you guys for being part of the deranged Lunatic family.

In order to celebrate the magazine being published, I would like to share with you two haikus:

Hey guys, I'm single,
I don't want to die alone,
So marry me please?

-

Do you like humor?
If so, read our magazine,
It tastes like leather.

Hopefully, you finish reading this issue of the Lunatic with motivation to live a more fulfilling and healthier life. If not, I just hoped that you smiled and laughed a little, because that is our main goal of our magazine (and the money. Do you know how much fraud we are committing right now with this club? Like honestly, I recommend you all to join a SAFC club at Cornell and drain it of all the funds). Now go on and make your 7 th grade English teacher proud of your literary comprehension skills.

Sincerely,

Wilbert "Hey, You Look More Asian Than I Imagined" Ren
Editor-in-Chief 2018-2019

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Seargent-with-Arms

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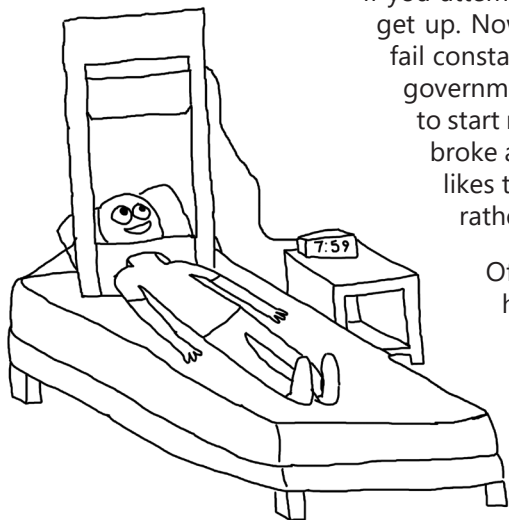
Alexa Saylan '22



The Future of Alarm Clocks

Alarm clocks have been around longer than you would think. There is evidence that alarm clocks were used by numerous ancient civilizations. Plato owned his own water based alarm-clock, letting us know that Plato was one of those guys who enjoys making you feel bad about how much stuff he got done while you were asleep. Since then, we've made great strides in wake-up technology.

We are introduced to alarm clocks at a young age. You might remember your first alarm clock because it was your mother. Mothers are effective alarm clocks because, if you attempt to sleep in, they savagely beat you with a wooden spoon until you get up. Now that we are adults and are responsible for getting ourselves up, we fail constantly. This is not a new problem. During World War 2, the United States government ceased alarm clock production to focus on the war effort. They had to start making alarm clocks again soon after because all of the old alarm clocks broke and people stopped coming to work in the morning. Given that nobody likes to wake up, perhaps there are better ways to rouse folks in the morning rather than a phone that lets you hit snooze as many times as you want.



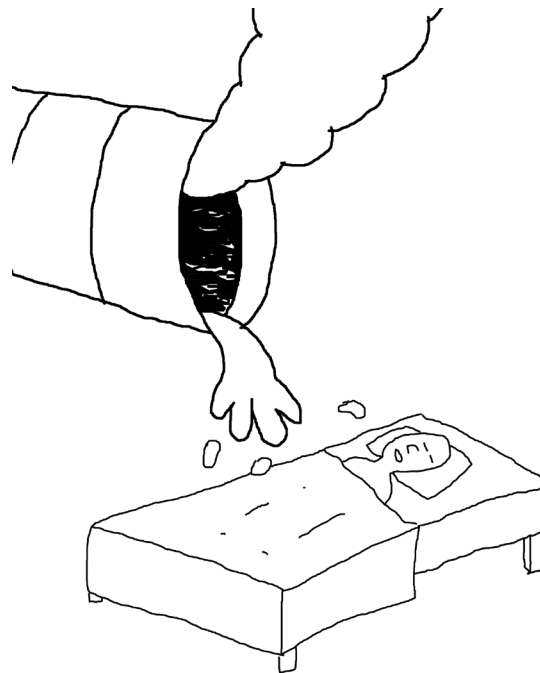
Heads-Up Alarm complete with clamping neckpiece

Of course, despite lack of motivation to go to work, people do seem to have a fond attachment to their lives. That's why we're bringing back a French classic with the Head-Start alarm. Based on innovative guillotine technology, the Head-Start alarm wakes you up with a shock every morning when seven and a half pounds of sharp steel comes barreling toward your neck with full killing potential. Dive out of death's grasp and into the kitchen for a morning cup of joe.

Naturally there are those who prefer a less violent and more cultured alarm system. For such people, we have imagined the ChoirAlarm. This alarm entails the entire Arnold Schoenberg Choir waiting silently in the corner of your room until morning at which time they will begin performing a particularly dissonant rendition of Johann Sebastian Bach's "Ein feste Burg ist unser Gott". This alarm allows you the rare chance to audibly experience an expertly composed cantata as if it were performed by an ensemble of deaf children. Truly rouse the senses every morning for the low cost of \$45,000 per night as well as lodging costs for many disgruntled musicians.

To round off the variety in sleep-arousal technology discussed hitherto we also propose a sort of catch-all solution. We're going to get to the point and tell you that this last alarm system entails an industrial pipeline of unknown origin spewing copious amounts of a nondescript sludge into your intimate sleep setting. To be honest we haven't the slightest clue where the sludge originates, but as soon as it makes contact with your skin it will begin to introduce a fit of searing pain and lucid, nightmarish hallucinations unless immediately washed off, ensuring your rapid morning arousal.

In summary, the creative potential for alarm technology is truly boundless. Although none of these solutions have been tested or even thought through entirely, we can say for certain that people will much more readily accept a near-death situation every morning that take the time to learn self-discipline.



The volatile sludge we have come to call Anti-Sleep Juice

Ian Kranz '19

Good tidings, fair man!

Have you noticed a jump in **CRIME** in your neck of the woods?
Are you worried about the safety of yourself and your family? Now,
since the year is 1855, and civilized society is still in its infancy, we
are recruiting **YOU** for your neighborhood's privately owned
POLICE BRIGADE!

*You're a good man of the faith. You beat your son with your belt and your wife
with your hand. And that is why we are calling upon YOU to protect your town
from adulterers, card players, Jews, and medical doctors! All the degenerates
who are poisoning our community.*

Have you ever beaten up an elderly man
with tuberculosis? Of course you have!
But this is your chance to one-up your
buddies by getting away with straight-up
murdering a Catholic priest!

Each Officer Is Equipped With:

- Bag of throwing rocks
- Moustache comb
- Monthly fennel rations
- Utility bucket



*But how do we fund all this? How do we pay you if taxation has not been invented
yet? Well we just steal shit of course!*

For example, say you see a filthy, immigrant child with a kettle of pickled hen. As long as
you're wearing the badge, a light wallop on the skull with a billy-club is all you'll need to
make sure that kid doesn't even have a pot to piss in. But of course, you wouldn't actually
urinate in your new pot. It's 1855! You'd just use the town well!

So what are you waiting for? Losing a third limb at the ornate bird cage factory? Join today!

Matt D'Ambrosio '20

Ways to Cope with Your First Period

Let's get right to it, kiddies: blood is flowing out of your vajayjay. I know your fifth-grade boyfriend is having a hard time accepting this natural biological process, but it you shouldn't feel the same way. From a period veteran who has experienced everything from three-month menstrual cycles to three-week periods to missing a day trip to Sequoia National Park because of excruciating cramps, here are some of my personal suggestions on how to best handle that dreaded time of the month:

1. Try bloodletting with leeches: Buy some leeches from your local crackhead or entomology major. The pain of having leeches dig into your skin and extract you humoral fluids will mask any and all period pains. Besides, why wouldn't you want to try Medieval medical practices? Leeches make great companions as well!

2. Do some DIY drug mixing: Did you parents always pressure you to become a doctor but end up writing for a shitty low-life comedy magazine instead? Reclaim your dignity and your family's affection by doing some science experiments! Put some xanax, bleach, meth, and crack in a blender and inject the mix in your favorite vein. Of course, you can get creative and add any other illegal substances of choice.

3. Stick Kleenex wipes up your vag: Young people are so entitled these days with their pads and their tampons. If you don't like the blood, just clean it up yourself! All you have to do is get a wipe and stick it up there. Might as well scoop out your uterine wall while you're at it too. Make sure to get it in the right hole or you might have some shit on your hands.

4. Engage in responsible family-planning with your significant other: Do you want a nine-month break from your periods in exchange for a lifelong burden? Try pregnancy! Getting knocked up is FREE, especially since no condoms are involved! (Disclaimer: OBGYN appointments, hospital stays, child support, divorce fees, etc. not included.) If you find that providing for a child is too much responsibility for you, you can opt not to vaccinate it and let it die of polio or measles.

5. Become a Nigerian con artist: With so many people choosing to live abroad right now, why not pack your bags and head on over! All you'll need to do is find a place to stay and have access to a telephone and computer. As soon as you get settled, adopt your self-proclaimed princehood and start exploiting the personal information of gullible people across the Anglophone world. You'll be rolling around in so much cash that you'll forget that you even had a period.

A.S. '22



Cornell Health Testimonies

"I've been feeling lonely recently. I just want to orgasm with you and engulf all of your semen."

-Condom sitting in a decorative bowl

"Weren't they supposed to change me out? I probably gave someone HIV."

-Needle

"I'm still here bitches."

- Cornell stress culture

"You're telling me I have to do my job?!"
-CAPS therapist who pushed your appointment back three weeks when you had urgent mental health issues

"Respect my existence or expect resistance."

-Gonorrhea

Dermatologists Hate Her!



She is Looks **35**

Local witch exposes shocking anti-aging secret. Learn the \$70,371 dollar trick to these stunning results.

Try "Student Tears" Today!

Internet Explorer
Unknown error
OK

Eight Tips to Surviving an Ithacan Winter

1. As a Canada Goose jacket may be extremely expensive, I recommend capturing an actual family of Canadian Geese and training them to carry you across campus.
2. Build a snow penis as an offering to the gods, so they may be benevolent to you during this prelim season.
3. Circumcise the snow penis.
4. Stock up on non-perishable foods. Ithacan winters may last years, and it may be the longest winter we will ever see.
5. Prepare for the Night King's arrival. Stock up on food, firewood and dragonglass. Keep direwolves as protection against the Night King and the Army of the Dead.
6. Take a TCAT. Though they may move near the speed of light, TCATs also possess the magical ability to effortlessly glide through the streets of Ithaca, stopping for no one.
7. Sacrifice newborn children before the statues of A.D. White and Ezra Cornell.
8. Feed the direwolves, for if they go hungry during the winter, they will eat your flesh. And Winter is here.

AcraMeth

Introducing the all new AcraMeth weight loss technique, the only product on the market to deliver guaranteed results in just a lifetime of debilitating addiction!

Before



After



AcraMeth™ gives you the confidence you need to go out and chase those Costco customers around with live gators before stripping naked and resisting arrest. Order now and tweak your body image!

Product legality not guaranteed in your region.

What You Missed On Campus Fall 2018

Tuesday, August 28th:

No hazing happens. Like, none. Definitely. Also the countdown to Christmas gets McReal.

Monday, September 10th:

Frat-boy-hopeful-turned-hopeless-romantic Andre Kaplagat gets his heart broken by the object of his affections, and turns to writing angsty poetry about Jennifer Aniston in yogurt commercials to release his emotions.

Thursday, October 4th:

An unsuspecting performance of After Eight gets broken up when World-Record-holding decathlete Kevin Mayer comes falling from the sky to land in the midst of their circle, a practice pole-vault gone wrong sending him 2.5 miles from his showcase event.

Wednesday, October 24th:

Another kid who nobody cared about drops out. Also I guess it was United Nations Day.

Tuesday, November 13th:

A freshman couple is escorted off of the Arts Quad at 3 A.M. by CUPD after climbing into trees and screaming at passersby beneath them. The authorities become involved when freshman Toren Jones called 911 for emergency assistance due to an unbound copy of an Imaginez language textbook flying down and striking his roommate on the head. The unnamed couple have since broken up.

Saturday, December 1st:

Ithaca middle school shuts down for a day as an epidemic of kids grinding up smarties and then snorting them makes teaching impossible.

Introducing Apple Probe: One Device. A Whole Lot of Holes.

[Transcript from latest keynote address in Apple Park, Cupertino]

[Jim Hook] Here at Apple, we've always led the industry in creating beautiful, intuitive experiences for our users and their health. After years of research, our experts discovered that users who are sick, suffering from crippling thumb arthritis, or even clinically deceased, are less likely to continue buying our products and making our bank account even healthier. This is why health is so important to us. And only at Apple can we integrate the latest in hardware and software to revolutionize this product space and truly make a difference. That is what had led us to today's announcement... a completely redesigned Health app for iPhone, Apple Watch, and a brand-new product... the Apple Probe! To show you this amazing breakthrough, we've prepared a video to show you now...

Dramatic synth music. Heavy panting. A British accent saying "ah-loo-min-yum". Nerd orgasms. "Wait, did he say down there?". Gasps. "What the actual fuck." Scattered applause.

[Jim Hook] Thank you! You can pre-order the Apple Probe as soon as this Friday at midnight, with expected delivery by next Tuesday. Any questions?

Crickets. Muffled sobs. Continued heavy panting.

[Jim Hook] Aw, hey, we wanted to try something a little different this time! Don't make me... probe... the audience...

Jim giggles. A few underweight nerds pass out.

[Female Reporter] ... but... why?

[Jim Hook] Careful research, engineering prowess, and... courage. And believe me, we pounded every bit of courage we could cram into this tight little space. Apple products are a part of everyday life, but they aren't truly in your life. We've already seen customers try shoving their iPhones in every imaginable crevice and turning Haptic Feedback all the way up to "Molar-Rattling". We knew there was room for innovation here, and that ear wax simply cannot be removed from the charging port. Plus, we've been fucking you up the ass since iPhone 4, so we figured... why stop now?

[Male Reporter] How much for the biiiiiig one?

[Jim Hook] It comes in three sizes: Violet Virgin, Cool Cucumber, or Midnight Midget Fist.

[Elon Musk] Ugh, this blows worse than Apple Maps! Now how many more dongles am I going to need?

[Jim Hook] Zip it, Musky. I've been testing Cool Cucumber since 6 AM this morning and I can't wait to try sitting down!

[Nathaniel Summer] But I've already got a perfectly good one!

[Jim Hook] Oho, but not like this Bad Boy. Actually, that was the project's internal code name! Anyway, this thing has all the latest technology. There are four custom-designed CPU cores to power the all-new probeOS, a new variant of the iOS operating system that is optimized to deliver performance boosts in every imaginable use case. Every... use case. The outer surface is made with anodized aluminum (*loud British throat clear*) polished down to the nanometer for ultimate precision. And all of your activity for all of your holes is automagically synced with your iPhone and securely backed up to iCloud. And we've increased the throughput of our servers to handle all of this, heh, new activity.

[Tech Nerd] Does it support Bluetooth 5.0?

[Jim Hook] Ah, no it does not, but for good reason! During clinical trials and public beta testing, we found that modern Bluetooth technology emits low-level radioactive waves that imprints the

Bluetooth logo on the inside and outside of your body. While the tattoos were snazzy and the new gang affiliations were trendy, we knew we could do better. So we developed a brand-new wireless protocol called ProbePair that connects your Apple Probe with a variety of accessories madeandexclusivelysoldbyApple!

[Batt Marker] Steve would have never allowed this.

The Ghost of Steve Jobs appears over the crowd.

[Ghost Steve] Hey, I reinvented the phone! So why don't you sit the fuck down before I reinvent your face!

[Jim Hook] He'll do it, too.

Ghost Steve ascends into heaven to rejoin the iPod Classic and iTunes Ping.

[Jim Hook] There you have it! A look at the brand-new Apple Probe! You can check your temperature, pick your nose, get some sweet, deep belly button picking action, and of course... ya know, do... other things...

A little too enthusiastic applause from the left side of the room.

[Jim Hook] Please remember to wash the device between each individual use. Apple is not responsible for any cross-contamination mutant STIs. However, we do have a special package of AppleCare...

Crowd, in unison, "Hey Siri, remind me to..."

[Jim Hook] Excellent, I knew we'd find a use for that feature! But... we actually have... One More Thing... to show you today...

orgasms re-continue, panting intensifies

[Jim Hook] We're partnering with PRODUCT(RED)[™], champion of supporting HIV/AIDS programs, to make a special version of our new product... Apple Probe: Code RED.

Mass pandemonium. Stock markets crash. Judgement Day commences. The Apple logo shines proudly over the charred remains of humanity.

Matt Barker '19



Mormo spends his birthday just the way he likes it: alone...

Billy Cut and his Magic Scissors



A Guide to Sexual Enlightenment

By Sam Karunwi, a Straight Male In College

Ladies,

Nowadays it's so hard to find that special someone, a person you connect with, someone who makes you laugh, makes you think, makes your heart burst. Everyone, from the lonely freshman to the equally-lonely-but-with-an-alcohol-problem senior, struggles with this dilemma. But one day that all changes. You meet a sweet guy; they're cute. They're an econ major, so they obviously understand bipartisan politics, and they landed an internship at some high-end company run by a man with a foot fetish. Then one night things get intimate, and something horrible happens. They cannot go down on you. They finish up, ask if you liked it, and through a pained smile you say, "Yeah that was great! Multiple orgasms for sure." How do you resolve a problem as basic as your partner not being able to pleasure you? That's where I come in.

Now, I have seen and heard like 4 vaginas throughout my research on this pressing issue, and I have come across a couple of useful tips and tricks to ensure good vibes and high fives the next time you and Trevor the edgy philosophy major get freaky.

1. Your enjoyment is not priority

The most important thing to realize is that when your partner feels good, you also feel good. So use all of that horny energy, and give them the time of their life. Remind them of what it means to be alive. You need to realize that sex is a game meant to be won, and you must dominate the game early on by conquering them with pleasure. This approach, strangely enough, is championed by most males but never implemented by them. What tragic irony.

2. Foreplay? More like NoMorePlay

A lot of women seem to think that foreplay equates to a more enjoyable sexual experience, but this is just not the case. Studies (by me [on the internet]) have shown that the more foreplay there is, the less actual fun stuff gets done. Cutting down on that unimportant nonsense really frees the room for more stuff that helps satisfy the first tip above-along with the tip of his penis.

3. The clitoris

I have studied this subject a great deal, and here

is a picture of what you should expect down in the jungle.

4. Choice music cuts only
Tons of people seem to think that shitty, whiny boys like J. Cole and Frank Ocean set the mood, but that's some fucking heresy. I will explain this one with an example. One night, after some bowling and Ritz crackers, this girl and I were getting pretty steamy in the bedroom. She asked if I could put on some music, so I popped in the vintage, cassette mixtape I made consisting of every slow song by the Red Hot Chili Peppers. Two minutes later, she said she was finished and that she had a great time. Then she left. That right there is the power of good music. This girl was so aroused by the sad tones of Anthony Kiedis that her body could not handle it.



Expand (clap emoji) those (clap emoji) musical (clap emoji) horizons (clap emoji).

Now, I am not trying to say that you, or any person you have been with, is a complete novice at the art of seduction. What I am saying is that my process is pretty much foolproof, and if it doesn't work, you're kinda doing something wrong. Orgasms aren't even important anyway. What really matters is the crying that comes once it is all said and done. Happy sexing, sisters.



A Super Healthy Recipe for Quinoa Pudding



Directions:

1. Make sure to buy ingredients fresh from the store. Fresh food is always healthier and everyone knows that nothing can wind up badly if it seems like it's starting out from a good place.
2. Boil one cup of quinoa in a pot with half a can of coconut milk while stirring occasionally. But not too often. It's time to be done with people who stir the pot all the time. Nobody needs that their life.
3. Cover the pot and let simmer, but not for too long. Anyone could tell you that it's super unhealthy to let things simmer for too long when you could be communicating like a normal human being.
4. Once the quinoa starts to cook, add the other half can of coconut milk*
*(Make sure to listen to the recipe. Because it's important to listen when someone's trying to say something. Sometimes recipes just need to be followed, Steve.)
5. Add two tablespoons maple syrup to the quinoa. Look at you adding something sweet to your pudding so thoughtfully. Because people are going to have to put this in their mouths so you should be considerate and think about what it might taste like. (It's called hygiene, Steve. Look it up.)
6. Add a teaspoon of vanilla and cinnamon and stir frantically. This quinoa pudding is going to turn out fine. You're done settling for shitty things in your life! You deserve this god damn it!
7. The pudding will inevitably turn out lumpy. Throw it in the garbage and cry.

-VR '21

A Cost Benefit Analysis of Pursuing Your Mom Romantically

By Tony "Hide The" Baloney

Benefits	Costs
<ul style="list-style-type: none"> Your mom might be hot You may be able to fulfill the lifelong dreams of your Freudian subconscious Since your mom's seen you naked all your life, she'll be very comfortable with the size of your genitals Depending on your performance, you could finally alleviate any doubts to your parents regarding your sexuality You can put back in what once came out—an unbirthing if you will Your mom can't disapprove of your girlfriend if she is your girlfriend Kill your dad 	<ul style="list-style-type: none"> Your mom might not be hot Your mom might be too hot, resulting in im-mom-ster syndrome if you're an engineer Failure will mean many hours of expensive therapy that you can't afford since you are almost certainly a trailer park resident working in a factory ala Eminem in 8 Mile Your mom is probably older and will die before you :(Your kids are gonna be retarded Your dad may pose a challenge, kill him



An Homage to Soup

Yes, we drank soup.
 My friends and I, the boys and girls.
 Yes, we drank soup.
 We slurped soup.
 People were legal to drink, and
 we, yeah, we drank soup.

I drank soup with my friends.
 Almost everyone did.
 Sometimes I had too much soup.
 Sometimes, others did
 I liked soup. I still like soup.
 But I did not drink soup to the point of
 blacking out,
 and I never sexually assaulted any-
 one.

-AP



Is Your Head Too Round?

Not everybody has the exact same shaped head. It's one of the many things that make us unique and insecure; however, it is not healthy for a person to have too round of a head. Most people have a nice smooth rectangle, or an oblong ellipse, but every once in a blue moon, you see somebody with a head so spherical that Christopher Columbus tried to prove it wasn't flat.

There are many harmful side effects from having too round of a head--including insomnia, chronic migraines, and drunk people mistaking you for the letter "O." Depending on how degenerative the condition is, it may get even more round over time. Theoretically, the skull could get so smooth that the force of friction becomes negligible, and your head just goes sliding out of its joints and onto the dirty, unswept floor. Fortunately, as of 2018, this has only been observed in paintings.

If you're wondering whether or not you should be concerned, it is quite easy to test yourself. All you'll need is a common household egg. You can find these anywhere; check burrows dug near your local playground, as children tend

to hoard them. Simply look at the egg, and then look at your head. One technique for doing this is to hold the egg against your cheek, pull out one of your eyes (don't worry if you're unable to get it back afterwards, that's why you have two of them,

just for irksome situations like this), and hold the eye facing yourself, so you can see your head and the egg in the same image. A mirror also works.



If you find that your head is rounder than

the egg, you should consider seeking medical attention. Unfortunately, there are no known cures for having an unusually spherical head, but one fix is to move to a place where it is more socially acceptable. Like New Hampshire, or one of those other bullshit states.

-Matt D'Ambrosio '20

LOSE WEIGHT FAST!

FEEL NOTHING!

**TRY
DEPRESSION™**



PM, '19

Consult with your doctor before starting any weight loss regimen.

Juice Cleanse

Cassandra Scarpa '20

Everyone knows there's nothing healthier than a juice cleanse. Whether it's just a day-long cleanse, or one that lasts for weeks, your body will benefit tremendously from being overloaded with sugar and deprived of protein. Unfortunately, most juices are not only lacking in flavor, but they also won't help you get unrecognizably shit-faced at frat parties. However, there is one miracle juice that is both tasty and contains a responsible amount of alcohol: jungle juice.

When I first started this cleanse, I was a bit skeptical. How much could juice really help me anyway? But the jungle juice cleanse proved itself to be successful. It drastically improved my health, my academics, and even my social and romantic relationships.

The advantages of this jungle juice cleanse are easy to see in everyday student life. In a college environment, drinking in class is often frowned upon. Especially when what you're drinking is a horrifying combination of gatorade, vodka, fruit punch, rum, and the liquid they put inside tide pods. But if you stroll into the lecture hall with this drink and tell everyone about how its for your new juice cleanse, it will be not only accepted but also admired. After all, most of the class probably eats glazed doughnut cheeseburgers, Nasties calzones and even the Okenshields pizza. That can't be good for you. Luckily, here you are, doing a juice cleanse and showing your degenerate classmates that yes, health is possible on a college campus.

Surprisingly, even my professors were impressed. This detox has cleared my mind, allowing me to hand in superior work in all my classes. My last oceanography paper, Jellyfish Aren't Real and Other Ways The Government is Lying to You, received a C+, which is probably the highest grade that anyone has ever gotten in that class. Not to mention that going to lecture has gotten a lot more interesting now that I am blacked out hardcore for most of it.



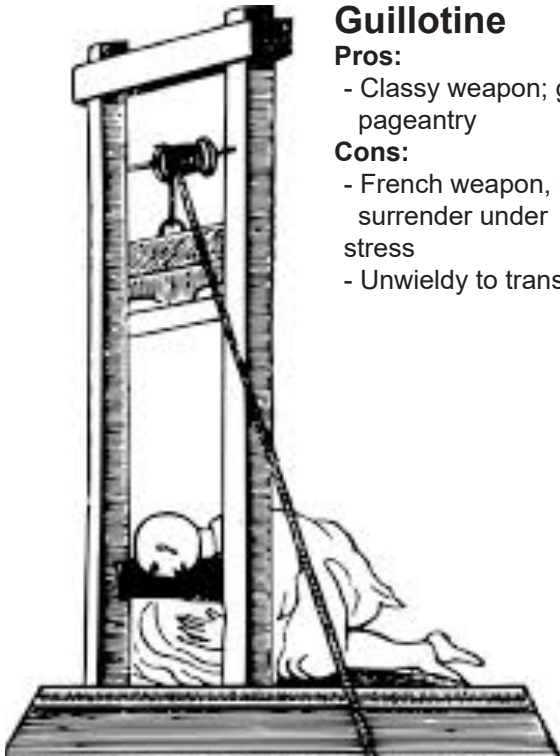
This diet has benefits that will also work their way into your social life. Everyone will love when you educate them on how doing this jungle juice cleanse has made you a better person than them. Now, the next time your girlfriend accuses you of being 'toxic' and 'just a terrible person in general', show her how much detoxing you've been doing on your cleanse. Since you've been consuming nothing but jungle juice for weeks, you have surely reached a new level of enlightenment, which means nothing you do can possibly be problematic. The problem must be her instead. Take that, Jennifer!

Trust me, you will not regret trying this juice cleanse. This week, take some time to nourish yourself by completely subsisting on jungle juice. Your body will thank you.

Knowledge is the New Gat

Matt D'Ambrosio

As we all know, the fundamental concept behind “healthy living” is being alive. That’s the whole point. But how can you ensure your survival in this current age of both rising violence and retreating gun rights? We need to be able to defend ourselves, and if we cannot do it with firearms, then we must get creative about how to bulwark ourselves against threats to our centurion ambitions. So let us weigh our options! What other battle apparatuses can we tote around in public to deeply unsettle moms with young kids?



Guillotine

Pros:

- Classy weapon; great pageantry

Cons:

- French weapon, may surrender under stress
- Unwieldy to transport

The severed arms of another human being sewn onto your torso

Pros:

- Intimidation is half the game
- Corpses are readily available in violent areas

Cons:

- Effectiveness will be heavily reliant on your aptitude for neurosurgery

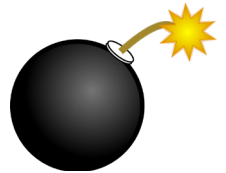
Nuclear Bomb

Pros:

- Very effective

Cons:

- Bit of a one-and-done
- Accessibility may vary



Hardcover copy of Harry Potter and the Order of the Phoenix

Pros:

- Great shield
- Doubles as a spell reference

Cons:

- Unmemorable plot



Guitar with a landmine hidden inside the hole part

Pros:

- Can use to lure foxy ladies

Cons:

- Must know how to play guitar lest you raise suspicions
- You will die



Pickaxe

Pros:

- Some people will mistake you for the greatest prospector in the north

Cons:

- Lower class weapon, some people will mistake you for a coal miner



Katana

Pros:

- Actually a good weapon
- Conveys to others your knowledge of Japanese culture

Cons:

- The pros are sarcastic



Gatorade bottle filled with pee-pee

Pros:

- Easy to obtain and easy to reload

Cons:

- A tad juvenile
- The enemy may like it



**Complements eating the same fucking chinese food everyday and listening to essentials from Dave himself such as Green Day and the date rape anthem "Blurred Lines"*

S.K., '22

The Fifth Dentist

I have been on the run for the past forty years. Ever since the 1970s, people have persecuted me for my ideas and for my freethinking nature that diverges from the widespread consensus of the masses. I do not believe in the established order of this world and instead favor anarchy. In anarchy we may be individuals--void of collective beliefs and customs, tethered to unnecessary possessions and meaningless relationships. For in anarchy, that is where we can truly be ourselves. I am an individual, and it marks me for death. I am the fifth dentist who does not recommend Colgate toothpaste.

Anonymous

Ithaca's Secret Food Craze

Ithaca has long been renowned for its culinary scene, but an alternative underground food trend is just now coming to the surface: eating Madonna's vagina. Yeah it's unorthodox, but people still eat endangered sharks so shut the fuck up. Here are the best places in Ithaca to get some of that gucci coochie:

Oakenshields: For just one meal swipe, get an unlimited amount of Madonna's vagina in a single sitting. However, not the best there is in Ithaca because the "chefs" make even her acidic vagina taste rather bland.

Collegetown Bagels: Bagels have holes, Madonna's vagina is essentially an unending black hole, why not eat them together? You can also grind up (or possibly on) Madonna's vagina and use it to season your antioxidant smoothie.



Texas Roadhouse: Order the best cut of Madonna's vagina in all of Ithaca at this uniquely local establishment. Make sure to ask for it deep fried and you'll be on the path to Type 2 Diabetes!

Franny's Food Truck: Franny's prized fanny is prepared very flavorfully and pairs well with ramen. Get it extra-spicy and you'll be moaning in more ways than one ;)

Hawi Ethiopian Cuisine: Madonna adopted a bunch of kids from Malawi so that's basically the same as Ethiopia. Not particularly sure how it cooks Madonna's vagina, but if an African restaurant is still in business in white Tompkins County, it has to be doing something right.

Cornell Dairy Bar: The Madonna's vagina that Cornell Dairy sells is pretty standard, but what makes this locale special is that you can get a side order of her twenty year-old breast milk.

Wegmans: This cult chain prepares its grab-n-go Madonna's vagina like how it prepares its sushi: raw and pretty damn delicious. Make sure to get some chopsticks so that you can literally probe into the depths that vagina while you consume it.

Your local Catholic church: If you let the priest know in advance, he'll bless the Eucharist as Madonna's vagina instead of Jesus's body. Particularly yummy after jamming to "Like a Prayer".

AS '22

Hot Single Therapists in Your Area: Ease Your Sad Thoughts With These Bad Thots

Finding quality affordable counseling close to campus can be a challenge. While you're waiting on a CAPS appointment, here are some women on Tinder to take care of your mind and body.



Emma, 21

3.5 ★ 4 🌶️

Emma is one of the most perceptive therapists I've met in all of the county. Her practice is a bit out of the way, but the drive over to Dryden is more than worth it. She specializes in treating male patients with seasonal affective disorder and depression, but is also looking to experiment with women. You'll just have to buy her dinner first.



Jessica, 19

2 ★ 5 🌶️

Jessica primarily provides family therapy, and draws from her own experiences in order to better empathize with her patients. Unfortunately her style can often seem unprofessional, as she brings up many of her own daddy issues during sessions. However, she's super hot, so if you're willing to put up with her complaining, it just may be worth it for you.



Madison, 20

4.5 ★ 3.5 🌶️

Madison's approach of using play therapy to treat adult patients can seem a bit unorthodox. However her toys achieve results where more traditional techniques have failed. She primarily sees individuals with eating disorders, demonstrating a new world of ways in which one can use their throat. She'll help you probe deeper with her than ever before. And after, she'll suck you off.



Carly, 21

4 ★ 3 🌶️

Carly typically sees younger patients, but she also holds sessions with adult patients with clinical depression. Her approach encourages patients to develop increased comfort and free communication. And since her legs are as open as the communication style she encourages, you may score more than just Xanax with her.

AW '20

Losing Weight the Easy Way!

Dr. Mehmet Oz

Tired of being a fat piece of shit? Unable to control yourself at the dining hall because of a psychotic obsession with “getting your money’s worth?” Too lazy for traditional, old-fashioned weight loss methods like diet and exercise? I have many solutions, with at least one guaranteed to fit your unique individual needs.

1. Cut out carbs

I know, it sounds ludicrous. How could anyone possibly exist without yummy yummy carbs? Well, get used to it fatty! Get a burger without the bun. Discover Italian cuisine beyond the pasta menu. Get one less order of fries on your thrice-daily McDonald’s run. Just remember that carbs are the enemy, and should be gunned down in the streets like the degenerates they are. If you even think about bringing that filth into the temple that is your body, you might as well save us the effort and line up on the wall next to them because you deserve, and will surely receive, the same fate.

2. Drink cement

They always say you should eat food that “sticks to your ribs,” and what could possibly stick to your ribs better than a construction material designed to make buildings stick together? Drink a glass of good ol’ fashioned cement to fill your stomach and never feel hungry again! Before long it’ll dry into a solid mass of concrete that’ll permanently block your digestive tract, freeing you of the need to ever eat again. Sure, you’ll gain a few pounds from the initial cement drinking, but once you no longer feel hunger the pounds will start melting off. Now, I can already hear the naysayers whining “but weren’t the Twin Towers made of concrete? Look what happened to them.” Well, I don’t foresee the President of the United States rigging your gastrointestinal system with explosives to justify decades-long wars in the Middle East and bolster private oil interests, so unless your skin is oily enough to rival the Rumaila oil field, I wouldn’t worry about that.

3. Destroy your self-esteem

Wow. Really fatty? ANOTHER candy bar? Why don’t you put that down and go take a walk? Oh

that’s right, you don’t walk to anything except the candy and donut store. You load. You tub of lard. This is why girls run away from you, not because you like anime, but because you’re a worthless, gelatinous, pile of shit who shrieks in fear at the mere suggestion that you should *gasp* eat a vegetable.

Suddenly feeling motivated to improve yourself? You should. By destroying your mental shields that allow you to keep living your fat life without



immense emotional pain, you are exposed to the reality of the world and what people really think about your flabby blubbery body, and left no choice but to shape up. Shame works, and your self-esteem will be restored tenfold once you have your new, hot body.

4. Give yourself a tapeworm

So you’re too much of a weak, pathetic porker to keep pizza out of your mouth, too much of a pussy to drink cement, and too much of a little bitch to break your fragile self-esteem. What if, instead, you got a little critter who lived in your stomach and stole away all the unhealthy food you just can’t help shove down your gullet? A

tapeworm will do just that. Just take a stroll down to your nearest dirty stream and take a big gulp, and in no time you'll have your own little parasite stealing your nutrients, but the little shit will be none the wiser he's actually doing your wide ass a favor. Sure, you might get fatal parasites in your brain and nervous system, but isn't that a price worth paying for beauty?

5. Sell your kidneys

Don't need 'em! We have machines to take care of cleansing your body of toxins, and what should you trust more, your weak, squishy organs, or the greatest achievements of modern science? Once those pesky kidneys are gone, you'll be a couple pounds lighter in body mass, and many pounds heavier in COLD HARD CASH! It'll be enough for you to shop at Whole Foods for 2, or maybe even 3 weeks, and surely that crash course health regimen will whip you into perfect shape by then.

See? There are lots of ways get healthy! I know I lost a lot of weight by eating well and exercising regularly, but since most of you are obese slugs, you can use one of my proven alternative health methods instead to get rid of it the easy way. And just remember, should you pass away from any complications resulting from one of these methods, it's really just losing all of your weight permanently, making you the skinniest, healthiest person in the world.

6. Cut off limbs

Without a doubt, the best way to cut off fat is to cut off limbs. The second your dead flesh drops to the floor, you drop as many as 20 or even 30 pounds INSTANTLY! And if you cut off your arms, you have the added benefit of no longer having a mechanism to shovel food into the bottomless pit you call your stomach. Another win-win!

Soylent enemas

We've all heard that buttchugging vodka gets you really drunk. So by that logic, buttchugging soylent should make you really full, thus reducing your need to eat. Best case, you suppress your appetite, take a shortcut to healthy eating and lose some of that monstrous weight you lug around every day. Worst case, you just have a really fun time :):):):):):):)

Ask Luna!

Dear Luna,

I have a gynecologist appointment coming up, and I'm worried I'll become aroused during the pelvic exam. Any advice to make sure I don't get too wet?

From,
Niagara Falls

Dear Luna,

My gynecologist is really dedicated to her job, but she can be a bit insecure about her appearance at times. I'm worried that she'll take it personally if I don't appear aroused. What should I do to make sure I'm wet enough?

From,
Polite Patient

Dear Niagra Falls and Polite Patient-

Masturbate 1-2 hours beforehand. You'll appear just aroused enough to flatter your OB/GYN without flooding her office! -Luna



Chelsea Holbrook

3 mins · 👤



so i just went through all 1,324 of my friends and removed 682.....😬.....
if ur reading this, congrats, u made it through "the purge" haha. anyway I
made it a new years resolution to cut toxic people out of my life this year
to practice radical self care and to prioritize myself 🙌🏻 For so long i've
been putting other people ahead of myself and listening to others and
caring about interacting with other people in a functional way... But 2019
is going to be the year of me and focusing on myself 😊

so goodbye to toxic ppl in 2019!! 🙌🏻 goodbye to problematic ppl in 2019!!
goodbye to ppl who make fun of my insecurities (my hereditary chronic
pink eye which i FINALLY have been able to come to love) in 2019!!

just want everyone to know I don't have time for this toxicity in my life
anymore and if you think I'm overreacting...UNFRIEND ME.

if you voted for DR*MPH unfriend me.

if you voted for hillary clinton, unfriend me. (clinton is a neoliberal hawk
and was bad for the syrian referees. if you don't get why that's bad
unfriend me.)

if voting is "too hard" for u just because your polling place is too far or
because u dont have a valid state photo ID because ur poor/homeless,
unfriend me. 😬

if you still stan gigi hadid after she still is friends with kendall who still
talks to kim who still talks to kanye who still stans XXXtentacion...you're
canceled, unfriend me.

if u think it's okay to shame people for eating Chick-fil-a even when it's
the only food that I trust not to exacerbate my chronic conjunctivitis.
unfriend. me.

And if you think it's ok to leave ur husband and his two kids for Ashton
from the farmer's market just because he has nice arms and makes you
feel closer to the Earth: unfriend me, Mom.

That's right bitches!! Wig flew 😬 im done with people like my deadbeat
grandma who won't support me and my boyfriend while i am trying to
work out the censorship issues on my ASMR channel with the YouTube
partner program, which has decided to stop monetizing my videos.

anyway....tl;dr.....i'm canceling people in 2019, so thank you to everyone
who isn't toxic!! Xoxo - Chels

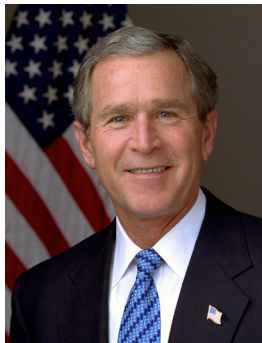


CONSERVATIVE MUSICAL THEATRE

BY CONCERNED CONSERVATIVE

Risley Theatre has recently been under fire for trying to put on a slew of musicals targeted towards Cornell's more conservative students. While some are calling them "insensitive," scrutinizing productions such as *An Anne Frank Story* to *Stories from Guantanamo*, I believe we should judge art as an apolitical form of expression.

A Tale of Two Towers is a production put on by Risley this fall semester that you will never forget. Told from the perspective of an inexperienced pilot who dreams big, the performance sheds new light on the 9/11 terrorist attacks and brings a thoughtful, provocative story to students. Original songs like "I Never Run Out Stories When I'm With You" and "We're Not Aiming For The Truck" blend with new unique covers of "It's Raining Men" and "I'm Leaving on a Jet Plane" in such a way that should attract conservatives and holocaust deniers young and old. *A Tale of Two Towers* is the first of two parts, the second being, *Stories from Guantanamo*. The writer of these productions, the "orchestrator" of these two events is pictured below.



other titles bound to offend the most libtarded democrats. One thing's for sure, Risley's new set of shows is sure to give the forgotten men and women of Ithaca in today's ultra-liberal climate a voice.

through the eyes of various students unable to defend themselves against gun violence. This all changes in the final scene, in which all of the victims are heavily armed with buckets of rocks as they support the use of their second amendment rights. The only real casualty is your loss of innocence as you realize your rights will be taken away, and of course, the kids who have our thoughts and prayers. Select showings also include the option to have the audience experience a school shooting, in which one of the actors fires a real AR-15 into the audience. Be sure to purchase your bulletproof backpacks, available at the box office outside.

Unite the Right concludes the series. Viewers are given complementary tiki torches and commemorative klan hoods to enhance their viewing as an effigy of Hillary Clinton is set ablaze. Don't worry if you think it's a fire hazard, as the effigy is then waterboarded until all that is left is a damp pile of ash.

Coming next season, are *Pearls of the Harbor*, *I've Been Kavanaugh* and an array of

How to Wake Up in the Morning

Evan Adler, '20

Method 1

Morning drinking games

Every time you hit snooze, chug a coffee or energy drink. This requires preparation the night before, but it makes morning wakeups a breeze.



Method 2

Don't overdose on sleep

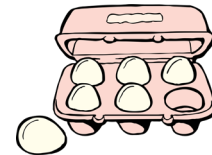
Shank yourself in the sternum with a syringe of medical adrenaline. The sound of your own racing heart will be too deafening to fall back asleep.



Method 3

Breakfast eggs

Fill your mattress, blankets, etc with larvae that are about to hatch. Once you feel those babies squirming around, your 8:40 discussion will never seem more desirable.



Method 4

Sleep with others

Contract venereal disease from a prostitute, and drink plenty of water before you go to bed. When you wake up to pee, your burning urethra will shock your nervous system into full alertness.

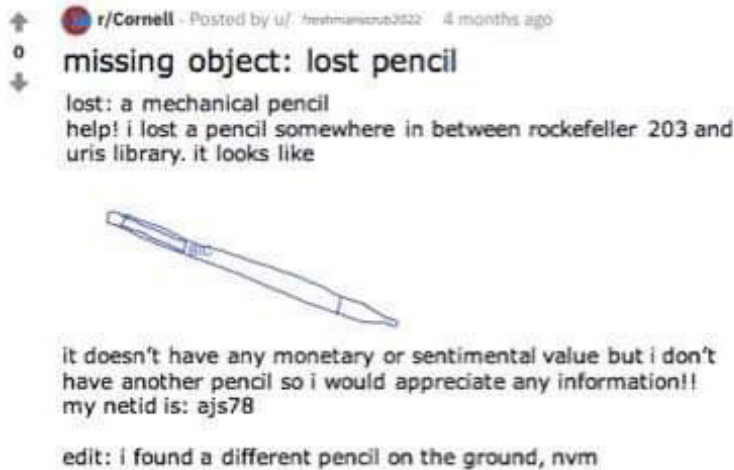


Method 5

Napalm in the morning

Purchase one of Elon Musk's Not-a-Flamethrowers, and get a roommate to torch your smoke detector at an agreed upon time. Not only will the maddening sound drive you out of your bed, but the plastic controls should be melted, removing that easy snooze option.





Madeline Chang '22

THE TEN COMMANDMENTS: CORNELL EDITION

1. Martha Elizabeth Pollack is the Lord thy God.
2. Thou shalt not worship Bill Nye before me.
3. Observe the sabbath day by pushing off all thy work until then.
4. Thou shalt not take the name of the Lord thy God in vain by putting thy God on the cover of the Cornell Lunatic.
5. Thou shalt not commit side-hoery.
6. Thou shalt not kill, unless it is Bill Nye so that thou can make thy God the supreme Cornellian.
7. Honour thy BRB sugar daddy.
8. Thou shalt not steal thy neighbor's juul.
9. Thou shalt not bear false witness by claiming that thy TA didn't turn thou on.
10. Thou shalt not covet thy neighbor's Canada Goose.

A.S. 22'



HEALTHY SNACKS TO PACK FOR YOUR FIRST MASS SHOOTING

Mass shootings can be an action packed time and whether you're a newly radicalized young white male or just an innocent school child, you need to make sure you're well prepared and energized for the big day. There's no better way to get the power you desire than with some tasty snacks to bring along. Although cooking is for women and betas, if you absolutely can't get your hands on either, we here at the Lunatic tried to make it as easy as possible for you to fuel your manhood without sacrificing your masculinity.

GUMMY GRENADES

Gelatin is derived from horses, so why not ingest some feet from a powerful beast to gain their strength? Gain the power of equines to stomp down dissention and learn to dominate everything around you because you can do no wrong. Kick someone. Feel good. Using a grenade shape is so fun and will brighten up your day when you feel a bit down about all the death around you. The added sodium or potassium is perfect for keeping your system online.

What you'll need

- Jello pack in your favourite colours. (I like red white and blue because I'm patriotic but red, white and black is also acceptable)
- Water
- Grenade mold
- Pin
- Your favourite "shrapnel" (Optional)
- Fruits, pretzels, screws, etc
- Pure sodium or if you can get it, pure potassium

Instructions

1. Filter your water using the correct combination of anti fluoride filters and warm it up.
2. Add the jello and any shrapnel
3. Pour mixture into the grenade mold
4. Let cool
5. Make a small hole in the now solid grenade and add the alkali metal
6. Drop a few drops of water in the hole, stick in your mouth and enjoy!



WHITE CHOCOLATE POWER POPS

Chocolate is great for heart health and for such a dramatic experience, you'll need the heart of a lion. In the rare instance that you weren't sold a bump stock, these babies double nicely as extra ammo due to their firm quality. We didn't think letting Big Sugar control you and your mind was right so we in the test kitchen decided to keep these bullets pure. More on the cuck end of the spectrum? Nuts are a good optional addition for some extra needed protein. If you get full, you can save firing your gun on the kids and invaders with food allergies by lightening your pockets. We all know natural selection doesn't exist, so you're really doing God's work here by hurrying along his good true will.

What you'll need

- Bullet shaped mold.
- White chocolate
- Nuts (Optional)

Instructions

1. Melt the chocolate in a large bowl over the stove.
2. Add nuts if you want that added edge
3. Pour into molds and freeze
4. Fire away into your mouth (or others!)



KWIK KLEAN KARBS

Mass shootings can be an action packed time and whether you're a newly radicalized young white male or just an innocent school child, you need to make sure you're well prepared and energized for the big day. There's no better way to get the power you desire than with some tasty snacks to bring along. Although cooking is for women and betas, if you absolutely can't get your hands on either, we here at the Lunatic tried to make it as easy as possible for you to fuel your manhood without sacrificing your masculinity.

What you'll need

- White bread

Instructions

1. Lift hood
2. Open mouth
3. Put bread in mouth
4. Close mouth
5. Drop hood
6. Move teeth up and down



CLEAN PROTEIN

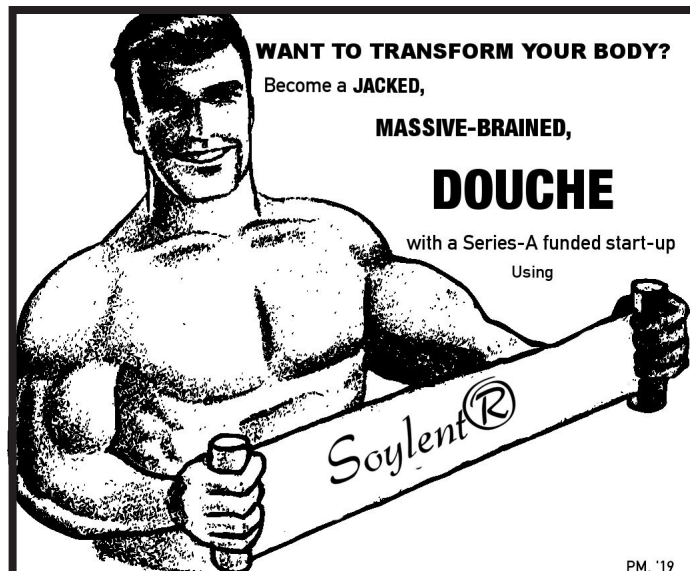
The best way to maintain energy it to fuel up with protein and if consuming nuts make you feel like a squirrel, don't worry there are more sources out there for you. If you're running low on snacks, make the world your oyster and reduce, reuse, recycle! Be useful by helping the clean up crew dispose of bodies by chowing down on the first one you see. This hopefully won't be too difficult if you're in a shooting worthy of more than a minute or two on the local news. What's so great about this recipe is that it can be adapted for any natural or man-made disaster you may find yourself in!

What you'll need

- One, fresh body (Try not to pick a child, but beggars can't be choosers)
- A large knife (Optional)
- A lighter (Optional)

Instructions

1. Find a dead person, the fresher the better.
2. Try to find a muscle heavy section of the body. This may be tricky giving the rising obesity rate, but I'd recommend the butt.
3. Either use your knife to cut out a good size piece or just start chomping. A knife is great here if you're looking for a lean piece as you can use it to trim the fat.
4. If you're a weakling, you can try to lightly flambé your human steak or you can be a real American and get a tapeworm like the rest of us.



Wanna Eat Garbage?

Introducing **The** New Miracle Diet

By Nathan Spring



Join the MIRACLE DIET program today. We'll ship you boxes of literal fucking garbage straight from a fucking landfill.



Unlike our competitors in Big Scat, we take pride in the quality of our rotten honky honk. We source all our products from local dumping grounds. So whether you're in Columbus, OH or New York, NY, you'll be getting the same, high-quality, decaying, putrid-quality that our customers come to expect from MIRACLE DIET.

And it's not just us who thinks our product is the best in the biz. Here's what some of our loyal customers have to say about MIRACLE DIET:



"After my first week on the MIRACLE DIET, I thought I was gonna die. But now, my blood is green, I vomit frequently, and I've never felt better!"

Pictured: One of the many fun FDA mandated labels on our product

"My hubby thought I should quit MIRACLE DIET after I started to have hallucinations of the ghost of Che Guevara in our living room. So then I shot my husband in the throat, and now he can't speak! ¡Viva la Revolución!"

Pictured: The spectre of communism haunting this product of peak capitalism.



Join the MIRACLE DIET program today, and break your mind, body, and spirit for the rest of your drastically decreased lifespan!

The New Black Death Hits Cornell



A.S. '22

If one listens closely, afflicted individuals can be heard screeching and moaning all across campus. Sometimes they will make such horrific noises alone, but most often produce them in ear-shattering groups of ten to fifteen wearing color-coordinated outfits. The only phenomenon that could accurately describe these barbaric sounds would be a ménage à trois between a cow, a sheep, and Sarah Silverman. However, what has been going around campus is much more severe than any Vet School gang bang: infection rates have reached an all-time high and with no signs of slowing down. Upon thorough investigation, researchers from the CDC confirmed the emergence of a new, and potentially deadly, bacterium—Abhorrent cappella, typically shortened to its common name A. cappella.

Since fourteen strains of the bacterium exist, everyone is susceptible to at least one of them. It spreads mainly through flyers, forced serenades on the way to class, and chalk on almost every damn sidewalk on campus. The most notable breeding ground for A. cappella is ClubFest, where individuals plagued with the same

strain conglomerate together and try to persuade anxious freshmen into joining their cult. No fatalities have been reported, but one case of deafness has occurred: Pete Myazz '20 lost his hearing when he heard yet another unoriginal cover of Beyonce's "Run the World (Girls)". Epidemiologists speculate that Patient Zero was Denice Cassaro, who then transmitted

"The responses from officials across the university have been well-coordinated in their consistent lack of fucks given."

the bacteria to the masses through ceaseless Community Connection emails. Thus, the CDC recommends adding Denice Cassaro to your spam folder immediately to avoid opening and spreading the contagious emails. The responses from officials across the university have been well-coordinated in their consistent lack of fucks given. The Cornell Office for Diversity and Inclusion praised the outbreak, stating that it strives to make all humans and bacteria feel included on campus. Meanwhile in New York

City, professors at Weill Cornell Medicine have refused to address the outbreak because they couldn't care less about what happens in the uncivilized hellholes outside Manhattan and Westchester. Ithaca's very own Cornell Health has made no comment on the spread of A. cappella and secretly hopes that leaving free condoms in its waiting rooms will resolve everything.

Rather surprisingly, the Cornell Office of University Investments was quite shocked and genuinely concerned when it heard about the terrible outbreak, realizing it will have to spend yet even more money on the welfare of its students with its meager \$6.8 billion endowment. Since the university has remained complacent in the spread of A. cappella, the Cornell Lunatic is providing FREE exorcisms, lashings, and stake burnings at our orgy den in Willard Straight Hall. Call 666-420-6969 to schedule an appointment. If you arrive even one millisecond late we have no choice but to send you to the Gulag because you are an irredeemable sinner who attacks the efficiency of Martha Pollack's bureaucracy.



The Devil's Drink

By Jacob Protono



The Christian Parents at Cornell (CPAC) has recently laid the groundwork for total elimination of the highly addictive street drug, coffee, colloquially known as the Devil's Drink. While coffee can be purchased over-the-counter without age requirements, CPAC is looking to regulate the sale and distribution of such a dangerous, mind altering chemical.

When asked about the dangers of coffee, CPAC members responded with moving testimonies.

"My son just isn't the same anymore since he started drinking," reports Mary Beth Sanders, mother of Johnny, class of 2021. "He uses every day and won't stop even despite my pleas for his sobriety. He even had the gall to ask me, his God-fearing mother, for a french press for his birthday. What in the Lord's name is a french press aside from a tool for convening with the Devil himself?"

Jane Williams, another concerned mother, also shared the story of the loss of her child.

"I thought my daughter would be safe from the influences of coffee. I took her to church... raised her to be responsible. But it wasn't enough. She was home last weekend after starting her first semester at Cornell. On the first morning--coming down the stairs--I greeted her with a fresh cooked breakfast and a glass of orange juice, like any loving mother would do. What she said to me that morning is something that I will never forget. She said 'mom, I don't really eat breakfast anymore. I usually just drink coffee for breakfast'. It was in that moment that I realized that the little girl that I had raised over the years was no longer mine. She was tainted. I immediately took her to my Saturday morning bible study to cleanse her mind of that satanic bean water. My husband and I have made the decision to



put her education on hold while we look to God for solutions to her sacrilegious behavior."

When asked if the Williams daughter would be returning to finish the semester, the parents replied only with "Peter 5:8".

"My son just isn't the same anymore since he started drinking,"

As you can see, the trauma suffered by these parents is palpable. And for these reasons, CPAC is proposing the total prohibition of coffee in any capacity. The Starbucks located in Collegetown, infamous for their

tempting of children to coffee with fun, heretical flavors, is the main target for CPAC.

"We need to stop the spread of coffee at its roots," said CPAC spokeswoman Melinda Drindle, "No more lattes. No more espresso. And definitely no more frappuccinos."

As seen above, the devastating effects of coffee consumption can lead to the degradation of the family, but most importantly, to the familial traditions and Christian beliefs that we hold so closely.

Cornell's New Arsenal of Anti-Sleep Techniques



By Brian Filipek



In a statement yell-whispered over some soothing heavy metal, Cornell's soft spoken professors banded together to curb drowsiness across campus by using music to supplement lectures. In a moment of pure journalistic integrity, reporters on the scene fell asleep while interviewing said professors. Hieroglyphic markings found on a nearby blackboard seem to confirm this plan, but reporters are generally confused and will likely ask the soft spoken professors about material that's already been covered, wasting everyone's time.

Student opinion on heavy metal remains neutral and apathetic. "It makes sense," intoned the CS hive mind while desperately searching for a reliable project team, "sometimes when we're not tired* we need a reason besides feigned understanding to nod our heads during lecture. High intensity metal music is really the only option."

Cornell's technical sector, pairing with grad students so deprived

of sleep they'd probably fall into a coma if they touched a bed, is offering an alternative solution. Decreasing drowsiness by increasing stress: "Yeah sometimes I just google the hardest problem I can find and give it to students for review with no bearing on the test--or even the course," said a grad student who preferred to remain anonymous, "I get emails constantly asking for help but it's just easier to be vague, stress the importance of review, then cancel my office hours than it is to solve the problem".

More grad students chimed in, encircling reporters and chanting, "One of us one of us one of us one of us!" until at least one journalist paid for a 5th year of tuition.

The Dean of engineering submitted interview answers through Piazza, "God I hate Piazza almost as much as I love shit talking students in public forums," it wrote, before adding, "Usually we don't mention any kind of curve until the end of the

semester so that we can maximize stress and adrenaline during lecture. Try sleeping when you think you're going to flunk out. Ha!"

Cornell Health responded to criticisms over the university's stress management system: "Yeah some saltines should help right? What if we put out some more empty condom bins to make the engineers feel like the community is happier?" When asked for an interview Cornell Health approximated that the wait time for entry would be around 4 years, ending their remarks with, "See ya in grad school sucker!"

Martha Pollock sent out a press release consisting of a mischievous smile.

Where do you fall (asleep) on drowsiness in class? Send us a carrier pigeon at <http://cornelllunatic.com/>

*During the first week of the semester.

Who Needs Sleep When You Can Drink? Introducing...

The Gannett Gut Buster!
Cleansing Diuretics to Wow That Special Gent!

Get yours free with your next vaccine!





Tips and Tricks to Stay Cool and Slay The Next Job Interview

Bring an extra copy of your resume. You probably won't need it for reference, because everything on there is a lie anyway. However, if you start sweating, it can be easily folded into a stylish fan.

Dress the part. Wear a suit with a propeller hat to show that you are not only professional but also hip with the kids.

When asked what your weaknesses are, assert your dominance by smashing your face into the food. You have no weaknesses and anyone who dares question you shall be sacrificed to a giant fan. If your interview takes place in an office setting, don't worry. See the previous tip.

Whatever happens, make sure you don't get sexually aroused by the fan on your new potential employer's ceiling. No matter how sensually it rotates. The interviewer will definitely notice, and this will be an uncomfortable situation for everyone involved.

Bring a plate of homemade windmill cookies. Use the fan you constructed in #1 to subtly waft the scent towards your interviewer's face. They won't be able to resist.

Relax. If you get nervous, visualize a slowly rotating fan. Count the blades each time they pass. The way they cut so smoothly through the air... oh yeah.

Make use of impressive vocabulary words such as "oscillate" and "thermantidote".

Show off your sense of humor by making a lot of puns. For instance, "I am a big fan of your company" while waving your fan.

Don't forget to ask questions. You want to make sure that this is really the right workplace for you. Safe topics include favorite fan brands, the average temperature of the office, and whether or not employees can bring their own appliances.

You did it! Treat yourself by sticking a fan up your ass and watching fan noise ASMR videos on youtube.

For Your Health: Build Up Resistance To Large Falls By Jumping From a Marginally Higher Object Every Day

Maybe you're used to the way your roommate barges in, drunk, at 3 A.M. on Thursday mornings and loudly proclaims himself to be king of the only small, shitty frat that would take him in.

Maybe the cocaine no longer numbs your face, but merely tickling your nose just enough to make you sneeze.

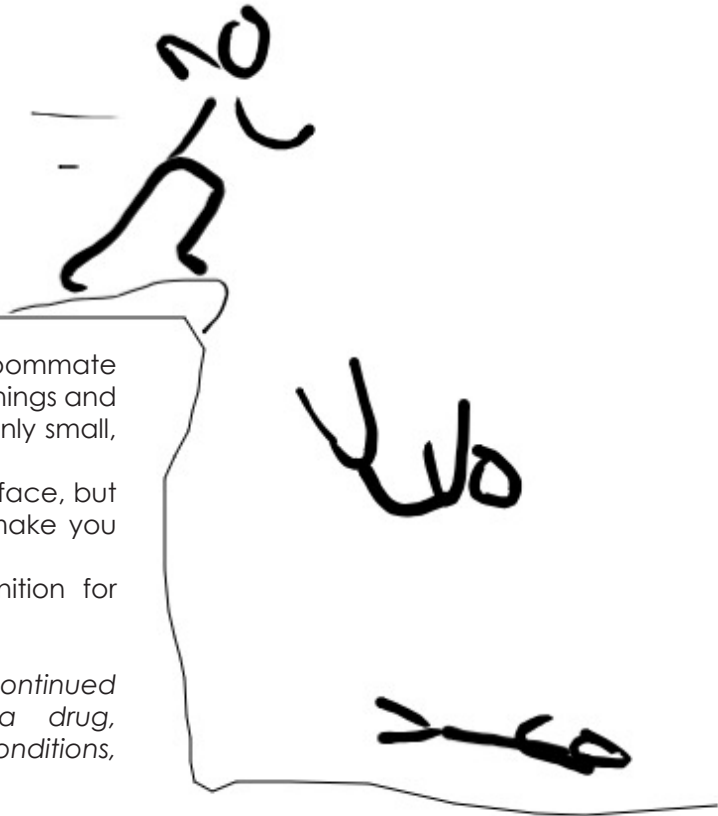
A cursory Google search gives this definition for tolerance:

Tolerance (n): *the capacity to endure continued subjection to something, especially a drug, transplant, antigen, or environmental conditions, without adverse reaction.*

In medical terms, a tolerance is something a subject builds after prolonged or repeated exposure to Uncle Louie's sexual advances. You're so used to it that it just doesn't do anything for you anymore.

The same principle is true with jumps. When you fall from a high place repeatedly, your body adapts and becomes used to this trauma. The trick is to gradually increase the height from which you jump from a level below the average bone-breaking threshold to slowly above it. Theoretically, once you build up a tolerance to the falls, you can increase it past this threshold, and this tolerance will prevent you from breaking any bones. For those who live with roommates and have top bunk, just roll off the side of your bed in the morning for a few weeks...this has the added benefit of waking you up, too. In time, you'll be leaping down full flights of stairs, then the second floor of Appel. And remember—the bruises on your knees, ribs, shoulders, and elbows will fade, but your immunity to falls will never leave you.

If you're a more hardcore individual, you may wish



to jump right past the bone-breaking threshold for your first experiments with building tolerance. This is fine! What doesn't kill you makes you stronger, so as you recover from the damage to your skeleton and internal organs, your bones will only become harder, more resistant to future breaking. It's one step further on road to immortality.

The application of this principle is important for the college student on the go—enabling them to save time by jumping down cliffs on their way to Ithaca rather than taking long, roundabout routes that waste important alcohol time. The pain is worth the payout, too, as the repeated breaking of the your body will soon have you leaping from tall buildings in a single bound, only to land with catlike grace flat on your stomach, and I can't think of a better way to impress a girl than by leaping from the clocktower and landing unscathed but for raw lips from macking on so many honeys.

~ Fridrik Diehl

THE MAGA DIET

BY CONCERNED CONSERVATIVE

There's only one thing those liberals can't take away from you. One thing that will be American so long as there is black coal in the ground and White Jesus in the sky. I know what you're thinking: what on God's great Earth could be so American, so pure that it transcends politics and society as a whole? Food. And I ain't talkin bout no kale or "health food" "weight watcher" food for Democrats. I'm talking good, old fashioned, American deep fried donuts on burgers on bacon on a fucking stick. In this issue, we'll be teaching you how to make the breakfast of champions.

Any good American knows that a red meat-filled breakfast is what separates the men from the liberals. Got a meeting with the local coal miners later today? I got a meal for you! Pickup truck is being repossessed because Obama is making you pay taxes in Trump's America #MAGA? I got a meal for you. Need a new diet to fulfill the hole left in your heart by the removal of our dear Southern Cross? I got a meal for you.

The MAGA diet follows exactly what Donald Trump eats in a day, but for breakfast. Because we need to be just as manly as him if we want to grab those tree hugging fucks by the pussy and show them that we don't need no words or smart sentences or "adequate healthcare" to be Americans.

1. So for our first food group, we'll be focusing on cholesterol. Just like Trump, go out and buy yourself a nice Taco Bowl from those Mexicans invading our country over at Taco Bell. If you're really serious, you'll throw that in the ol' deep fryer and cover it in bacon. Next, you're gonna take all that leftover grease and put in a klansman—I mean Make America Great Again hat—to save for later.

2. The second most important aspect of a good American breakfast, is pork. Go out and slaughter yourself a nice fat hog, and slather it with the leftover grease from earlier. If you're a true American, you'll boil some Pepsi and use the remaining substance as a glaze. Now you're gonna wanna make that pig watch 12 hours of Fake News and once it's screaming and begging you to stop looking at all those "facts" and "evidence" about Mr. Trump, you're gonna want to shoot it with your trusty assault rifle and throw it over either a coal-burning fire or some freshly burned napalm.

3. Lastly, take that taco bowl and stuff it into that pig. Attend one of Fuhrer Trump's rallies and have his truth wash over the hog like there's no tomorrow. All those Alternative Facts will cleanse that pig's soul and make it ready to eat. Once you say your good Christian blessing, it's ready to eat. And if you get a stomachache or dysentery, that's just the lies and sins washing out of you. Only Democrats and communists feel pain, you big baby.

Feel free to wash it all down with a nice tall jug of Iced Espresso Classics - Caramel Macchiato, three pumps, light ice, with soy milk, available at your local Starbucks.

Serves one pickup truck full of deplorables.



Rejected Headlines

Mike Pence Wears Hat, Evangelicals Upset

Ban GMOs (Giving Men Orgasms)

We Are All Going to Die: A Beginner's Guide to Backgammon

Your Mom Declared as Ninth Planet

Is it Time to Legalize Gay Fish Abortions?

I Covered Myself in Activated Charcoal Because I Want to do Blackface, but Now My Skin Feels Amazing

Nation Rejoices: Global Warming Finally Takes Out Florida

What I Learned During My Trip to the Aquarium with Bill Cosby

Hot or Not: The Octomom

My Least Favorite Races, Ranked

Guess That Orifice!

How to Get Through Your Child's Midlife Crisis as an Anti-Vaxxer Parent

Sure Are More Asians Than There Are Used To Be

How Marley and Me Triggered My Sexual Awakening

Cargo Shorts and Other Ways to Not Get Laid

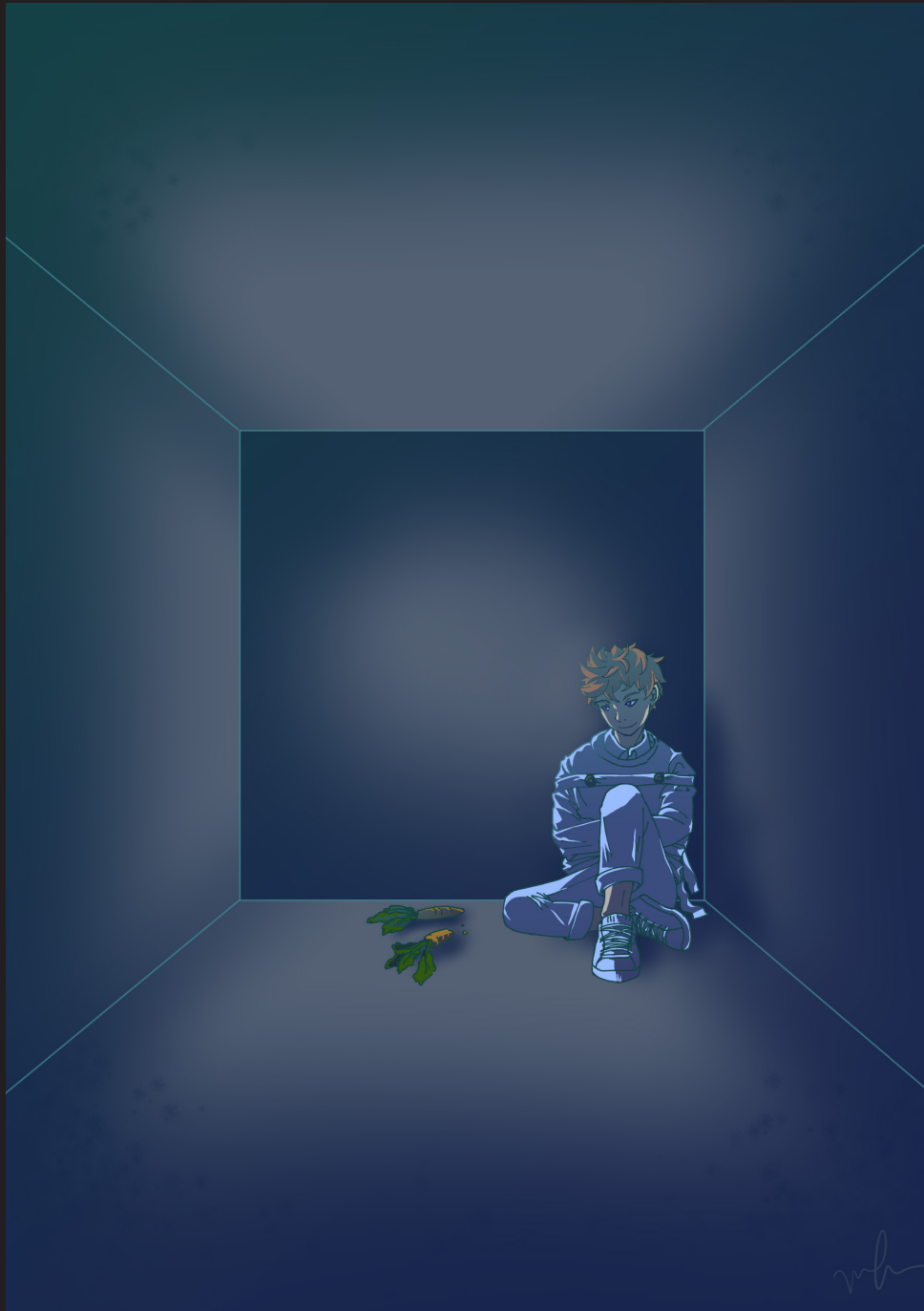
Is Your Son Addicted to Carbon?

Best Essential Oils to Pour Directly Into Your Vagina

Why Binky from Arthur was the First TV Antihero

Is Muslim the Same Thing as Islam? Five Jedi Masters Weigh In

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