



# squelch

**MEETINGS:** 

STAY TUNED FOR FALL 2021 MEETING TIMES

**EMAIL US AT:** 

HEURISTICSQUELCH@GMAIL.COM

**INSTAGRAM:** 

@THEHEURISTICSQUELCH



Living the good life since 1991

#### **EDITOR-IN-CHIEF**

(found dead at trader joe's)
Drew Bernhard, Joseph Cohn

### **CREATIVE EDITORS**

(mispronouncing "charcuterie")
Landon lannamico, Nessa Ordukhani

### **EDITORS EMERITUS**

(okay with gentrification)
Siddharth Bhogra, Simona Boneva, Lena
Brooks, Aaron Brownstein, Hoodrow
Currie, Amy Detrich, Max Ebert,
Tejomay Gadgil, Simon Ganz, Brett
Hallahan, David Hollingsworth, Owen
Javellana, Sean Keane, Erik KrasnerKarpen, Elizabeth Kurata, David Larson,
Matt Loker, Spencer Nyarady, John
O'Connor, Rebecca Power, Graham
Riley, Kait Schultz, Matthew Selman,
Miles Stenehjem, Tommaso Sciortino,
Fred Taylor-Hochberg, Joshua Zarrabi

#### WRITERS

(overwatering succulents)
Sage Alexander, Max Bograd, Zia Reigh
Calpito, Jonas Castillo, Meagan Helm,
Amaris L'Heureux, April Ma, Ava Olson,
Ethan Qiu, Jacob Rosenberg, Jewel Ross,
Rwigass Rwigara, Ankita Sethi, Lindy
Tweten

### **CONTRIBUTORS**

(lost at ikea)
Connor Ryan, Ass Guy, forgot that one guy

#### WEBMASTER

(prefers craft beer) Simon Ganz

#### **PRINTING**

(banned from the homeowners' association) Fricke Parks (510) 489-6543

The Heuristic Squelch is an ASUC sponsored publication of UC Berkeley. The content contained herein does not necessarily reflect the opinions of the ASUC, nor does it re-reflect the opinions of the ASUC nor does it re-re-reflect the opinions of the ASUC nor does it flect the opinions of the ASUC.

# words from the top

Dear Reader,

Welcome to Berkeley Living, our special 30th anniversary edition of the Heuristic Squelch. When you torch your course readers in an uncontrolled burn in the Target parking lot of your hometown, we hope this edition makes the cut for something that still "sparks joy" on your bookshelf. We understand our competition for space in your childhood bedroom—a precious Calculus textbook in surprisingly mint condition, a high school salutatorian trophy that definitely helped you get into Cal, a Mason jar that absolutely reeks—but we'll try and run with the big dogs today.

We've outlasted 30 years of "solutions" to society's woes. Bill Clinton's saxophone has nothing on this intentionally funny campus publication. Neither does the "Got Milk?" campaign, Chia Pets, chia seeds, kale, a 2013 Subaru Outback (except the blue ones), V-8, Being Kind, or Michael Phelps' depression. Somehow, we've got a good little thing going here. Something real. Something that works. Maybe it's our massive staff, competing for half-page spreads. Maybe it's our print format. Or, maybe it's you.

You, reader, you keep us afloat. Our work is often a thankless task, too upsetting to put on our CV's or resumes, so living on in the minds of readers like you is how we nurse our fragile egos and keep the Squelch legacy alive. That's why we've created such a special 30th anniversary edition just for you, with images and text so cursed, you can talk about us in your Tang counselling appointment. It's better than rehashing the divorce, anyway.

Like any good 30th celebration, we've considered quitting our day jobs to start a microbrewery with the boys. We've put on our floppy hats, gone to brunch, and found an unshakable sense of clarity at our nearest TJ Maxx/Marshalls/Homegoods. We know that now, more than ever, you need us. You need us to surprise an unsuspecting grandma who finds this at the dentist, to startle your roommate's parents on move-in day, and to prove to your ecofascist project partner that you do indeed recycle. And we need you. We need you because you're sassy, moody, and nasty, and because pseudoscience is only real when shared.

Whether you've joined us in print or pdf, for the first time and/or the last time, thank you. Thank you for giving us a chance to be your "solution." If we didn't quite hit the mark, try eating shredded cheese over the kitchen sink. It works every time.

Caffeinated and double vaccinated,

Meagan Helm

- table of contents
- 4 newsflashes
- 6 editor's picks
- 7 lifestyle of a haas student
- 8 joe biden's cottagecore aesthetic
- 10 cursed arts and crafts
- 12 join us
- 13 social justice league
- 14 how to squelch (18+)
- 15 advertisements
- 16 an old finnish recipe
- 18 ask oski
- 19 bicurious george

# Vape God Demoted to Vape Assistant Manager

By Landon lannamico, Vape Intern

Charlie Chester (funny name), or the 'Vape God', has recently been demoted to Vape Assistant Manager following an incident involving vaping in a newly restricted No Vaping Zone. Chester was reportedly 'blowing fat clouds' outside of a community college bathroom when he was informed by the school police that if he wanted to vape he had to do it in the designated smoking area next to the parking lot. "I just don't get how that makes any sense," Chester told Squelch officials. "It's called a smoking area, not a vaping area. The whole point of vaping is that you can do it wherever you want. It's not even bad for you. There's no such thing as secondhand vape." Chester, a fifth year undeclared student at Sacramento

City College (random college) and parttime skateboarder, has been holding the position of Vape God for the past three years due to his dedication to the vape lifestyle and series of youtube videos showing "dope ass" vape tricks, which have a little over fifty views each. He also dabbles in that weird light up hula hoop thing people do at raves. Despite his overall brand encompassing what it means to be the Vape God, has had to resign due to this incident. Officials from the Vape Council said, "Some people think being the Vape God is all about having epic swag, but it's actually a lot more complicated than that. Vaping is a lifestyle. The Vape God must breathe, huff, and shit vape, 24/7, 365 days a year. It's a very serious position."

Despite the major infraction, Chester will not be totally banned from the Vape Council. "Although we don't think this is Vape God behavior, we certainly don't believe Charlie should be completely banned from the the Vape Lifestyle altogether," The Vape Council said. "We pride ourselves on creating a family, and it would be, like, super fucked up to throw [Charlie] out altogether. He's a good kid, even if he does stupid things sometimes." As a compromise, Chester has been demoted to Vape Assistant Manager, where he will oversee activities such as moderating r/vaping, selling vape swag at music festivals, and vaping in public spaces such as busy intersections and outside local 7-Eleven™s.

# UC Berkeley Releases Unprompted Statement Supporting Paraguayan Union Organizers

By Joseph Cohn, lousy scab

Over Spring Break, UC Berkeley students woke up to a confusing email from Chancellor Carol Christ. The email began:

Campus Community,

We are hurt and outraged by the revelations that have emerged in the past few days. UC Berkeley stands with the unionized workers of Paraguay, and I would like to express particular support for the union leader José Castro and his family. Prior to this revelation, the UC Regents were not aware of the treatment of union organizers in Paraguay, nor did we know about the March 22 incident. In lieu of the March 22 incident, UC Berkeley will be ending all contracts in Paraguay. Moreover, I would like to remind you of UC Berkeley's long-standing role in the battle for worker's rights, and I hope everyone knows that UC Berkeley expects all its partners to treat their employees with the same respect we

The following paragraphs included

several more references to the "March 22 incident," denying any awareness on the part of the Regents. It concluded with a list of mental health resources available to students traumatized by this revelation.

This email caused widespread confusion, in part because there are no online records of a "March 22 incident" or an union organizer named José Castro. Some contents of the email also seemed to date it between the years 2013-2016, including a reference to "supporting the Obama administration's policy" and the email's signature, which reads "Chancellor Nicholas B. Dirks."

The university has apologized for the confusing email, saying the email must have been accidentally sent during the cleaning of old caches. However, the university did not comment on the contents or origin of the email, only saying that the idea of the "March 22 incident" was "very creative and original."

An EECS student claims to have uncovered hyperlinks embedded in the email that lead to other unsent apologies, including "Condemning URAP Student Research at Guantanamo Bay," "On UC Berkeley's Funding from IG Farben," and "Commitment to Ending UCPD's Super Soldier Initiative." The EECS student, who refused to be named, would only give interviews via encrypted chat rooms in exchange for Bitcoins.

We have been unable to reach José Castro for comment.

#### IN OTHER NEWS:

Missouri Woman Says "ICE On My Wrist" Then Calls DHS On Apple Watch Page A13

Tag Romney Announces Birth Of Twins Hide And Seek Page E45

JK Rowling Announces Voldemort Was Transgender Page 58008 After Botched Pull Out, Military Prepares Plan B Page 51B

J&J Recommends Fentanyl For Vaccine Side Effects Page H18

Banksy Reveals New Line Of Culturally Sensitive Cop Art Page F12

# E-Hazing Rituals "Totally Not Cyberbullying" According to Greek Life

By Jonas "Turtle" Castillo, Squelch pledge

In these unprecedented times, it is interesting to see how every student group is managing to survive an online school year – if they haven't fallen apart, that is. Greek life, one of the largest, loudest, and proudest parts of university culture has been thriving, with many adopting an "E-Hazing" model for the online school year. We have been able to contact Hudson Jackson, the so-called Grand Wizard of Kappa Alpha, about some of the fraternity's new practices.

"We got a hang of this E-Hazing thing pretty quick," explained Jackson, "One of our favorite ones is, uh... We force 'em to watch goat porn, and if he gets hard, he gets hard. We don't ask him to jack off, but if he does, he does." When asked about the efficacy of this ritual, Jackson asserted, "Every pledge we've had this year's nutted to the goat stuff, and honestly, I get it. Down in the 'Fratcave' we got a computer chock-full of borderline illegal porn and we just screenshare that – actually don't put that in your dumbass newspaper."

After about eight minutes of silence from Jackson, he went on about other Kappa Alpha traditions adapted for the pandemic, including chugging wine – a "classic," according to Jackson – in which KA brothers scream at you through a Zoom call while you run naked around your parents' house and register for the

Republican Party.

The interview was cut short when Jackson's brothers (Joseph Gladstone, Alex Weingarten, and a man known as "Turtle") dragged him outside to lift weights with their shirts off. Before we left the 'Fratcave,' however, we met Robert E. Lee IX -- a pledge visiting from Virginia -- who explained a fatal flaw in these rituals: "Yeah bro, I haven't done like, any of the hazes this year. I just turned my camera off, made noises, and fucked with some empty cans, and they all thought I was chugging Claws. I think they fell for it," Lee said, "they started shouting." Perhaps cowardice runs in the family.

# Three-Year-Old Prodigy Crushes Undergraduates in Child Psychology

By Ethan Qiu, majoring in recess

Berkeley's psychology students were completely taken aback by their classmate: three-year-old Johnathan Chen. The child prodigy's enrollment came as a surprise to almost everyone, including Johnathan himself.

"You know, when I first saw him, I was skeptical," head GSI Amy Roman said, "but when he aced the Children's Behavior quiz, I realized that I had a prodigy on my hands." The first unit was Object Permanence, and students were asked how children might behave if they had not finished developing said

trait. Jonathan immediately went above and beyond. Instead of giving a written response like most of his peers, he put on a physical demonstration: loudly demanding his colored crayons, which he had just stored in his solid-colored lunchbox.

"I know that Berkeley has a lot of talented students, but I had no idea that I'd see someone this talented," fellow student Eason Cho remarked. Eason entered L&S intending to major in psychology. He always aspired to connect with toddlers and to understand how the

brain develops at its early stages. However, after seeing Jonathan interact with an 18 month old baby, he drastically changed his aspirations. "I mean, can you believe it? They invented a new language just between themselves." Jonathan has since refused to talk to anyone except in his new language, which involves various phonemes such as "oo" and "ah." Eason said that he felt psychology was just not suitable for him with the competition being so fierce, adding that he might just attempt an easier and more relaxed major, like computer science.

# A Sample UC Berkeley Personal Statement

By Nessa Ordukhani, fourth year freshman

2. Write About A Time You Expressed Leadership:

It happened. It was the beginning of March, and I lay in bed tossing and turning. Suddenly I sat upright. The heat of San Antonio wafted through the window, but I was shaking in a cold sweat. What was it? There was something I had forgotten, something I was supposed to remember. Remember the... Remember the omala? Remember the amaloo? I opened my Dell laptop, blinking at the screen. I started up Firefox and typed into Bing: "what was I supposed to remember?", but nothing came up. Even on Bing Images, there was just a single photo of Chris Pine.

I shut the laptop and chucked it

across the room with the reckless abandon of Sam Houston in 1836, and it hit the bookcase. There was another thud as my AP US History textbook fell into the only sliver of moonlight on the carpet. As I gazed at its cover, it stared back. "What's that thing you're supposed to remember?" it seemed to ask. I opened my mouth to respond, but nothing came out.

The rest of my sleep was spent in a nightmare of muskets and bayonets. Faint voices filled the background of my dreams crying "Remember the --" but the last word was never revealed; there was only the wail of the Northern Mockingbird. Visions of Dennis Quaid and Billy Bob

Thornton flitted in and out of my mind, their leathery skin stretched over grins that were both frightening and arousing.

In the morning there was nothing. It was just another San Antonio dawn, and I couldn't recall why I had I woken up in the night. Why had I chucked my laptop across the room? Why was my AP US History textbook on the floor? Why was I sleeping in a pool of my own sweat?

I picked up my phone and listened to a message from my friend Sidney Sherman saying, "Remember, we have tickets to visit the Alamo today". I frowned because I hadn't remembered. I had forgotten the Alamo.



**By Drew Bernhard** 



### 1. Wine

Bottle of white? Bottle of red? Perhaps a bottle of rose instead? We at the Squelch LOVE our wine, and we absolutely CANNOT live without it. Seriously, if we go more than a day or two without at least a Two-Buck Chuck, we begin shaking uncontrollably, sweating profusely, and experiencing moderate to severe heart palpitations. While reading, make sure you pour yourself a glass and go through the proper wine tasting procedure to get the fully, squelchy experience. Swirl the wine in your glass, releasing aroma compounds into the air; allow them to bathe your olfactory glands. As you sip, allow the wine to cover all 9000 taste buds. Aerate it. Sense the flavors transform. We view this as an essential part of the comedic process--if you are too young to buy wine, the Editors are willing to commit a Class C Felony just to deliver you some.

### 2. Teeth

Are you a toddler? Are you famed NHL winger Alexander Ovechkin? Are you so old that the only teeth you have are brownish nubs vaguely resembling rancid potatoes? Then I'm sorry, life just isn't worth living anymore.



# 3. A Tonka Classic Steel Mighty Dump Truck\*

What's more satisfying than toting a massive load from point A to point B? With one of these babies at your disposal, no sandcastle nor miniscaping project will be too ambitious.

\*Sponsored by Big Tonka

### 4. Chorks

Chopstick forks. That is all.



### 5. Credit Card

Although we eagerly await the violent uprising of the proletariat, in the meantime we must submit to America's original take on the social credit system. Suck it China!

### 6. Validation

Do you ever, after endless hours of staring at your own face over Zoom, begin to notice the not-so-slight asymmetries of your face? Do you ever wonder if any of your friends actually give a damn about you, or if they only hang out with you because of social inertia? Do you ever pause and ponder, "Does my therapist actually empathize with my feelings or do they just have a monetary incentive to act like they do?" Do you ever park in a paid lot to shop at a local business and briefly think, "Dang, I hope my parking is validated"? Well if you're anything like us (which I pray for your own health and well-being you are not), you do these things all the time. And if you are like us (again, please seek help if anything said so far has resonated), then you too are seeking the validation of others, which, like us, you cannot live without.

#### 7. Water

Whether it's for swimming, showering, washing dishes, or, of course, making paper, we cannot last a single day without water.

# A Finansquelch Times

# **Profile**

# John Haasgräd IV

Looking for the keys to success? We're giving you an exclusive glimpse into the life of John Häasgrad IV, a top graduate from UC Berkeley's Haas School of Business. Discover what makes him tick.

# What does your morning look like?

I wake up at 1am, and the first thing I do is think. I sit in a chair and think for two hours and then I meditate. I mainline Soylent to maximize peak efficiency, and on Wednesday's I macrodose PCP to avoid any chance of a mid-week slump.



## You're well known for your stamina. Can you tell us more about that?

Well after breakfast I consult the weight rack with my consulting club, and then we test our endurance in the sauna in a way that's homoerotic but 100% platonic and definitely not gay. For brunch I eat 3 avocados, with the pit.

# You've already made quite a name for yourself in the finance world at quite a young age. How did you climb so high so soon after graduating?

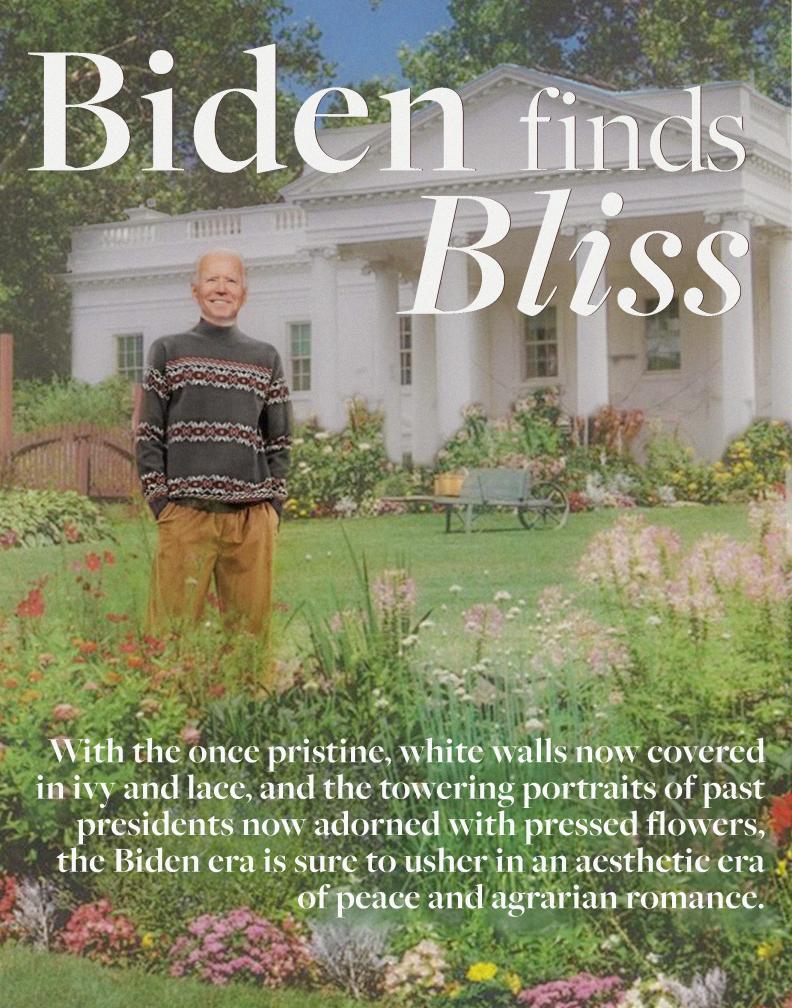
Hard work. Absolutely nothing but the grind. I worked extremely hard to get a very competitive internship at Goldnut Sachs, and I worked even harder to get the position my father, John Haäsgrad III, left empty when he got promoted.

# What do you think the future holds for you?

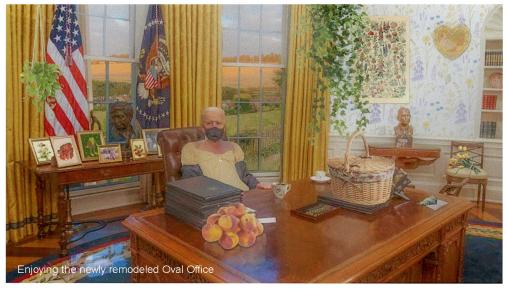
Even more asset management. I'm talking hedge funds, Roth IRAs, 401Ks, college savings accounts, the money your paranoid great uncle with a gambling addiction buried in his back-yard. You name it, I'll manage it. Right now everyone's talking about GME and AMC, but I'm looking to the future. You gotta get in early on stocks like BDE and WAP.

# How are you imagining your legacy?

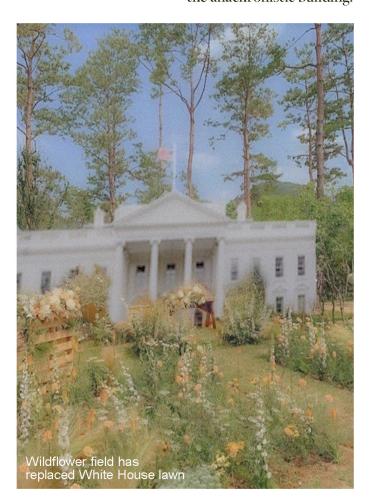
Well of course I'm planning for John Hääsgrad V, but you know I'm progressive. I'm open to raising Jane Hääsgräd I too.







In 1961, John F. Kennedy won a landslide victory against Richard Nixon to become the 35th president of the United States of America, and in the years that followed, far more than just the nation's politics saw change. Perhaps equally as important as the Cuban Missile Crisis and the civil rights activism of the time, the White House itself, then in the care of former first lady Jackie Kennedy, went through a famed renovation that modernized and transformed the anachronistic building.



Since then, the iconic landmark has undergone little change aside from its residents, but newly elected president Joe Biden has made it his mission to end this stasis. While he made headlines by removing the infamous "diet coke" button left behind by former reality television personality, Donald Trump, Biden has even more ambitious plans for the White House.

Inspired by the original Swedish settlers of his home state of Delaware, Biden is working with interior designer and manager of Scandinavian Designs, Stockholm, Jürgen Göransson to replace the cold, political ambience of the White House with a pleasant cottagecore style. The first change was indeed the removal of the "diet coke" button, but this has since been followed by the addition of an "unpasteurized goat milk" button and several sporadically placed pots of wildflowers, some of which contain only soil. Furthermore, most modern electronics have been removed from the White House as the Bidens have opted for more aesthetic means of accomplishing tasks.

For instance, without a laundry machine, the Bidens hand wash their clothes and then hang them on clotheslines wrapped in fairy lights for tourists to see and photograph. Similarly, Biden has removed the official White House computer and now writes everything in a homemade, leather-bound journal that he stores in a mason jar. And finally,, the building's intercom system, now obsolete, has been replaced with handwritten parchment scrolls and letters with wax seals. In order to order to send one of these messages, White House employees need only rear their heads out the window, whistle a song by Hozier,, and wait for the approach of a carrier pigeon (depending on the key, a raven may come instead) With the walls now covered in ivy and lace, the Biden era is sure to usher in an era of peace and agrarian

romance. V

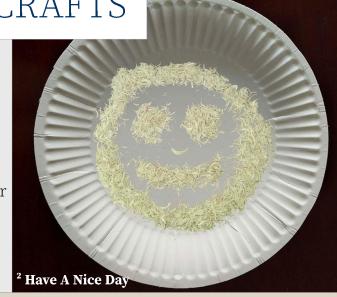


1 No Valentine's Day is complete without a little pink! 'Hit up' your she/they friend for some fur next time they buzz it during a mental health crisis. We dare you not to fall in love after someone hands you a fuzzy, pink heart made of the discarded proteins that make up human hair. Combine a ½ cup of two-part epoxy with hair and shape into a heart on homemade paper.

Hint: a great companion project for human stew – discarded hair can be used for many projects after completion of your skin suit

# SUSTAINABLE ARTS AND CRAFTS

2 What do nail clippings have in common with coffee grounds, microplastics, used paper towels, and egg shells? We throw them away thoughtlessly! Teach your little one about reusing with this next craft. Our Have A Nice Day craft can be made with a few simple materials. We recommend Monsanto Naturalist™ brand biotin capsules for extra fast nail growth. Attach nails to a recycled paper plate using British Petroleum™'s biodegradable plant-based glue.





3 The item you'll stop tossing next is used Johnson and Johnson™ Q-Tips. Even the most dopamine deprived CS student will be able to piece together enough effort to make Earwax Friend. She'll listen to your enrollment problems, give a little shoulder to cry on, and be there for you in the last leg of the pandemic. Empty the ear canals of 3-5 of your friends, bundle the cotton swabs together, and glue on a little head for your new, closest companion.



4 Every month, Dollar Shave Club™ will send you a satchel of thick, healthy human hair from the scalps and pits of up to 7 individuals with varying hair textures. You'll need an *advanced* razor with at least 9 blades for this craft; buy one from our partners at Circle K Stores Inc. We used our subscription hair to make an appealing and not gross piece of Squelch wall art.

5 Looking for an on-the-go Crayola™ Crayon holder for your little one? You may have noticed that Natural American Spirit™ packs are perfect for discreetly carrying sensitive art materials in your purse. Now, at the dentist, your daycare, or a large family gathering, your child can finally exercise creativity without the judgement of onlookers. You can help your kid come out -- as having a cool parent.





6 One of the greatest dilemnas since the invention of the razor is this; to shave or embrace the pube beard? We'll answer this one -- Because now, you can do both! After shaving, glue your classic, timeless, not douchey handlebar mustache onto a mask.

# chapotear

(to squelch)

yo chapoteo nos chapoteamos

tú chapoteas vos chapoteáis

él/ella chapotea ellos/ellas chapotean

we are looking for writers, artists, spanish tutors, and Joaquín "El Chapo" Guzmán

message us at heuristicsquelch@gmail.com or @theheuristicsquelch on instagram for meeting info

Top Ten Best And Worst Italians Of The Last 100 Years

- 1. Andrew Cuomo
- 2. Chef Boyardee
- 3. Ariana Grande
- 4. Christopher Cuomo
- 5. Rivers Cuomo
- 6. Benito Mussolini
- 7. Landon Iannamico
- 8. Alicia Keys
- 9. Papa John
- 10. Waluigi



# Top Ten Awareness Weeks We Need

- 1. Former Wattpad user
- 2. Not allowed watch Spongebob as a child
- 3. Had to publicly apologize to 3. Big Sean the Jewish community
- 4. Italixn
- 5. Kim Kardashian's lost earring
- 6. Participated in Red Ribbon Week at school then went home and dropped 200µg of acid in an abandoned quarry
- 7. Failed by Maria at the Thousand Oaks DMV
- 8. Took Algebra during freshman year
- 9. Zendaya's early Disney career fashion
- 10. Trench dick

# Top Five People Who Hold The Key To The City Of Detroit

- 1. Saddam Hussein (deceased)
- 2. Machine Gun Kelly
- 4. The Jackson Five
- 5. Elmo (deceased)



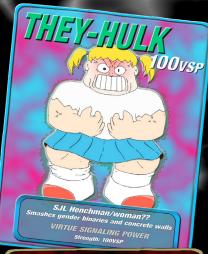
# SOCIAL JUSTICE LEAGUE IN THE PROUD SQUAD

YOUR FAVORITE GROUP OF HERDES AND THEIR NEMESIS NOW IN CARD FORM!





















GET YOUR
CARD BOX
TODAVIII

(cards not included)



# How to Give the Most Romantic



Listen, we've all been there: you and your partner are going through a dry spell. They're obviously planning to leave you for their Physics 7A GSI, Caleb, and you want to win them back. With sex. But normal sex is too boring for you two. You both have done it in every position (missionary, taxpayer, et cetera, etc.). Hell, you've even tried being cuckolded by Caleb and look where that brought you. You've got to try something different. Something new. So you look in the most niche corners of sexy media and find Issue 3 of Volume 30 of The Heuristic Squelch. Bingo. You get to this page and recoil at how accurate this introduction is to your life, wondering if someone's watching you -- don't turn around -- but you stick through it for the promise of squelching your beloved.

# What is a Squelch?

to fully explain what a squelch is. A heterosexual squelch involves the vigorous the squelchee's (Squelchee. Noun, informal. Defiof consensual squelching) like a to the point of, uh, completion. After, uh, completion, both you and your partner should be covered in each other's as that's what your body does when you it. Luckily, since everyone has everyone can be squelched! If you are performing a homosexual squelch, replace or whatever gets your rocks off. In case

our editors have censored this portion of the article,









# How do I Squelch Someone?

## 1. Find your Squelchee.

Surprisingly, squelching someone is the easiest part. The hard part is finding someone with working genitalia who thinks that they can actually be "squelched" for pleasure.

### 2. Ask For Consent.

A squelch, also known as a 'dirtier sanchez' or a Listen, this may be a "ha-ha magazine," but consent is 'piss/no piss,' is a totally real sex move. Since this no joke. If you think consent is a joke, you can write magazine is PG-13 at best, we may not be able us an email, or (and this is the better option) you can yourself. For those who somehow don't of know what consent is, simply ask the squelchee if they would like to be squelched. If they say "yes" nition: someone who is, was, or will be the target and only "yes," congratulations! Move onto the next steps. However, if they retract their "yes" at any time, the previous consent is gone. At this point, the process stops. Go home and squelch yourself.

### 3. Get in the Mood.

The process of "getting in the mood" is different for everyone. Do what suits you! But knowing you, pictures of men - tops, specifically - eating fruit get you to your destination: boner city. Consider this step done for you.



"Delicious... And in season..."

### 4. Get in Position

For the sake of the eyes of the world's children, do this in your house, in your bed. Or don't. See if we care.

### 5. Doing the Main Thing

At this point, your body should already know what to do. Your primal senses urge you to their while they your dogg over and over until the sun comes up. You take some turns as the squelcher, some as the squelchee, and many more in between. Congratulations, your significant other totally forgot who Caleb was.

Tired of the carbon footprint and lack of choice in delivered meal kits?

Tell it like it is.
No subscription.
No fees.
No BS.

Try

# The Grocery Store

Meal kit companies such as Hellofresh and Blue Apron are convenient, but they produce massive carbon footprints from packaging and delivering to your home every single day. Plus, there's such

a rigid variety in the meals and food

choice- what if you want extra pasta?

With The Grocery Store, you can:

- Buy what you want, when you want it
- Reduce your carbon footprint by minimizing packaging and delivery
- Mix and match products to create your own recipes
  - Cook whatever YOU want

Free yourself from predetermined meals. Use The Grocery Store...



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Thimerosal-free formula

\*\*This product is solely covered by the Department of Veterans Affairs





About The Author

Jenny Lebitz-Anderson is a small business owner, part-time candlemaker, and a loving Mom to two human babies and three furbabies. She enjoys making fun and creative recipes and finding new, sustainable ways to do things.

# Grandpappy's Sustainable All-Part Human Stew

Ah, fall. The air is crisp, the trees are covered with a brilliant array of colors, and I get to wear my super comfy and cute galaxy print Patagonia vest (get 15% off with my code JENNYSRECIPES on their website!!!!). Although there is a wonderful collection of pumpkin pies and cranberry salads and other delicious quintessential fall foods, for me, nothing says fall more than a good pot of stew.

I remember my Grandpappy making this stew for me back in Finland, during the few times I visited him as a child. It was a recipe he himself learned during the Crimean War of 1937, back when practically everyone in Finland was fighting with the Russians for the right to control Ireland. Many men my grandfather's age were off in battle, but luckily Grandpeepy ran a little shoe shop in Helsinki which was deemed an essential service, so he didn't have to go out and fight.

The war times were tough and lean, and food rations weren't an uncommon circumstance. Grandpepo used to tell me stories of lasting an entire week on just a loaf of bread and some homemade Haverlismeich cheese. During the summers, the natural resources were plentiful, and most people were able to survive comfortably off berries and various game meats, even with the rations. But during the winter, it was a different story. All the reindeer traveled south to the warmer climates of the Mediterranean, and there would be weeks at a time where you wouldn't see a sign of life across the great snow-covered landscape. Although the northern lights dancing in the sky above the endless forests of pine during the midnight sun were breath-takingly beautiful, it was a cold and harsh existence.

To make ends meet during these hard times, the people of Finland often resorted to the old tradition of Gumstilstki, a ceremony where every week, everyone in the town gathered and drew straws to see who would be killed. The unlucky martyr would then be tied to a spit and roasted in the town square, coated in a rich marinade of beet sugar, lemongrass, and an assortment of spices. The meat was, allegedly, delicious, and as you bit into the rich, juicy flesh of someone's arm, it was a reminder that there could be beauty and elegance even in the roughest times life had to offer. These little meals helped people survive, not only by filling their stomachs, but by filling their hearts and souls as well.

Gumstilstki worked well in small villages, but in a place as big as Helsinki, it often led to everyone walking away with just a meager piece of meat, not enough to survive on. This led to the reintroduction of another Swedish tradition, Gumhelkshel, where people would break into each others houses and murder each other. They would freeze the bodies in their yards, and then in the morning, they would attach the body to a smaller spit roast, sometimes with and sometimes without marinade, to be shared only with the closest of close family, neighbors, and friends.

It was during these times that Gramps Peepepoo learned to be resourceful. Often the final destination of a spit roasted person was to be dried as jerky in the smokehouse, but this often could only be done with the choice cuts of meat, leaving things like bones, eyeballs, and ears behind. These scraps might seem small in comparison to the meat yield, but the bits and pieces of leftover human often culminated in as much as 20 pounds of meat of absolutely untapped flavor potential.

In order to both be resourceful and to warm the belly during the tough Siberian winter, Grumpo Persian often made a stew, using only spare human parts and local root vegetables. The stew was hearty and rich, and filled with tons of essential nutrients like vitamin B and collagen— nutrients we seldom get such bountiful access to in our streamlined, industrial modern world. Bone broth and other related meat stews have been an essential part of the diets of cultures all around the world for millennia, and the decline in bone broth consumption is actually directly related to higher percentages of erectile dysfunction in men today. So if you're having a little trouble in the bedroom with Hubby, this is an excellent dish to start serving!

Additionally, even though it wasn't his intention during the time he made it, I believe this recipe is an excellent resource for those looking to be more environmentally conscious. In a world where the ethics of industrial agriculture is a looming shadow above even the smallest decisions we make in the grocery store, it's important for us to act consciously and with intent, and to use up all the resources that are allotted to us. Using all parts of any animal product is a healthy compromise between being cognizant of the environmental impact of meat and still getting to eat a hearty stew during the cold months.

# Recipe

### Serves:

1 person for 3 winters if frozen, 10 people for 1 week if refrigerated:)

# Ingredients:

- 10 pounds leftover human meat scraps
- 1 pound lingonberries
- 2 rutabagas
- 3 carrots
- 4 potatoes
- 2 cups barley
- Salt and pepper to taste

\*Optional: cilantro for garnish

### **Instructions:**

- 1. Bring a pot of water to boil.
- 2. Put everything into the pot and boil for 5 hours.
- 3. Serve!

### WARNING:

Although Covid-19 wasn't a concern during Grandle Popo Fitz-Mcgee's era, in our modern times it is important to make sure the corpse is Covid negative, as Covid-19 can actually be re-activated from the cooking process and transmitted to the diner. Even though it may seem to diminish some of the old world charm, I urge you to conduct a simple covid test by sticking a cotton swab into the corpse's nose and then microwaving it in order to keep you and your loved ones safe. If it turns green after microwaving, the body has Covid-19, and should be disposed of humanely and safely. If it turns orange, it is good to eat!

Xoxo-Jenny Lebity-Anderson







### **Dear Oski**

# Giving Your Children College Application-Worthy Experiences

DEAR OSKI: My husband and I recently found out we're pregnant. I'm only a few weeks along, so we don't know the gender yet (though we're already planning the reveal party), but it's never too early to worry about their future career path. Both my husband and I deeply value education, and we want to make sure that our child will someday be able to get into the highest-ranked college possible. Obviously, we'll put them through private school and get them the finest tutors, but do you have any ideas about what other kinds of experiences we can give them to make their college application essays stand out?

– TROUBLED MOM IN NEED OF GUIDANCE

DEAR TROUBLED: I sure do! Here are five things you can do in order to ensure that your child will be able to write unique college essays:

- (1) The easiest first: name them something incredibly unique preferably something that will get them bullied by both fellow students AND teachers, thereby causing extreme self-consciousness and/or social anxiety. Ideas include (but are not limited to): Blade, Zephyr, Apple, Eragon, Doc Marten, y = mx +b or Ebony Dark'ness Dementia Raven Way.
- (2) Make sure you regularly forget them at the grocery store. You must actively ensure that your child thinks they are worth less than the 2-for-1 deal on oatmilk that successfully made it into your car trunk. This is best to start at a young age, as it is necessary to instill in them a deep fear of abandonment.
- (3) This one is slightly harder to make happen, but if possible, give birth to them on a holiday (obviously major holidays are preferable, but holidays with particularly gruesome histories, such as Columbus Day or Thanksgiving, also work). Thus, their special day will always be overshadowed, and their sense of selfworth will be tarnished from day one.



(4) It may be a little late for this one as well, but on the off-chance that your baby is born via IVF, be sure to constantly note how expensive the procedure was. Say things along the like, "It took six years to pay you off!" and "We thought about adopting, but we really just wanted our own biological child; you were our last chance at that." This will create a very unequal and unhealthy power dynamic between parent and child, thereby ensuring that said child will always feel both grateful AND slightly guilty for their mere existence.

(5) If all else fails, you may need to get creative. Come up with an elaborate lie and feed it to your child from a young age. The more outlandish, the better – it needs to be wild enough that they will know for certain that it is, indeed, a lie - but you must commit to it 100% and never let up. A tried-and-true example: explain away their growing pains by saying that they are, in fact, not a human child but rather a giant squid inside a human suit, and the reason for their discomfort is because their skin-suit is becoming too small. The child will, of course, inherently know that you are fibbing. However, there will always be that tiny shred of doubt, right at the back of their mind. They'll say to themselves, Of course I'm a human! I'm absolutely a human! I think and feel like a human! But... then again, I have no way of proving that how I feel and think is actually how all humansfeelandthink. I'veneverknown any other body, any other lived experience. What if ...? The whole ordeal will take a long time to come to fruition, as your child will probably forget about it by their early teens, and it will only ever come up again years later in therapy (which they will have entered for unrelated reasons).

These might all seem a bit harsh, but just remember: trauma breeds creativity!

Regards, OSKI

COLORING A PAGE FOR "WOKE" KIDS:



