

SpØke Health

**GET SHREDDED:
How To Do Your
First Push-Up**

**The Only
Six Pack
You Need
This Summer**

**Proven Secret
Tinder Tips**

Learn Every Girl's Sexual Fantasy!

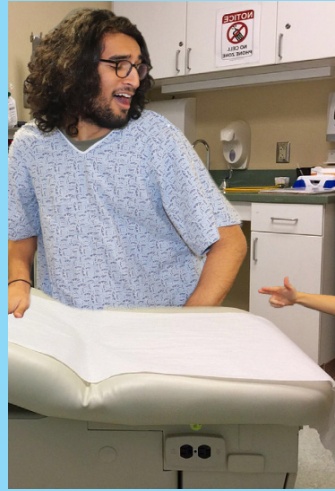
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Letter from The Editor

We at *The Spoke* value the health and wellness of our readers above all else. Laughter, not a biomedical magic bullet, is the best medicine. This is why we have dedicated our lives to infiltrating the health care industry to do away with all other forms of medication. It is a heroic mission, we know. You, my dear reader, have the opportunity to join us on this revolutionary journey. Call your anti-vax friends and kick back with a copy of *Spoke Health*. It's way cheaper than insurance.

If you have something to bitch about, shoot us an email at spoke.editorinchief@gmail.com. We'd love to read it and talk smack about you and your opinion.



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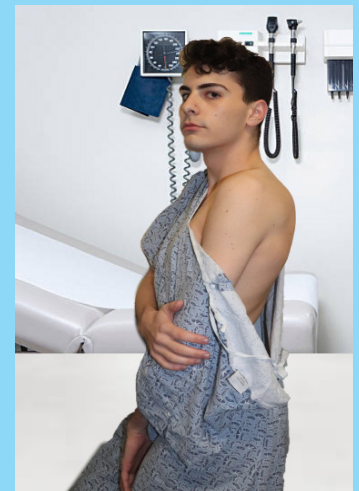


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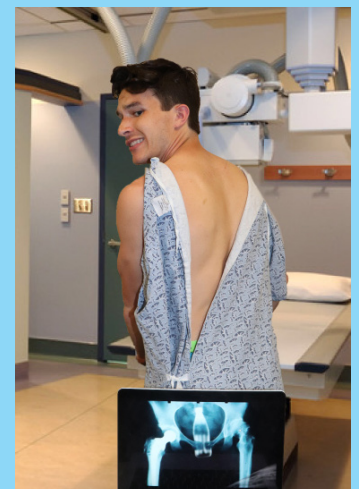
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If Gender is a Construction, How Do You Construct it Like a Man?

Are women not swooning over you like they once did? Do they call you a “chauvinistic pig” and a “creepy piece of shit?” On the high heels of the #MeToo movement, women are snubbing men at unprecedented rates. These days, being a hypermasculine sex machine can only get you so far without an understanding of basic feminist theory. If gender really is a social construct, this guide outlines the perfect power tools needed to construct it like a man.

The chainsaw is a classic men’s accessory. This tried and true appliance is the perfect tool for the progressive, yet masculine, man. Women are looking for a man who will protect them, so don’t be afraid to tell any random female how much you care about women’s issues. They may try to correct you, but this is simply a test to see if you care; turn on the chainsaw to drown out the sounds of those hysterical women until they are ready to listen to you again.

Next up is the too often overlooked power drill. Despite the fact that women already won equal rights, apparently some women just aren’t satisfied with the right to vote. Many women today are worried about the glass ceiling, probably because of the ability of the “male gays” to see through the glass. This should be no problem for any red-blooded American. Just use any old power drill to reinforce the glass with some 2 x 4 plywood.

Remember, the world can

be quite a confusing place. Society often stigmatizes a man when he tries to express emotions that are vulnerable or feminine, like being sad, lonely, or indecisive about what to order for dinner. It is perfectly natural to feel feminine emotions, and it can be difficult for a man to express these “feminine” emotions when even a power tool won’t help you articulate how you really feel inside. When your power tools fail you, sometimes it’s best to go back to your trusty ball-peen hammer and whack something until you feel better.





What Even is Health? A Guide for Men by Guru Amos J. Danjero

Men, gather round. Spin your chairs and straddle them like a mighty steed or a fine woman as you heed my words. Health. Do you need it? You may be thinking, “Heck no, hombre! I got my shots.” Well, gentlemen, let me blow your mind and change that viewpoint completely: “HEALTH” rhymes with “STEALTH.”

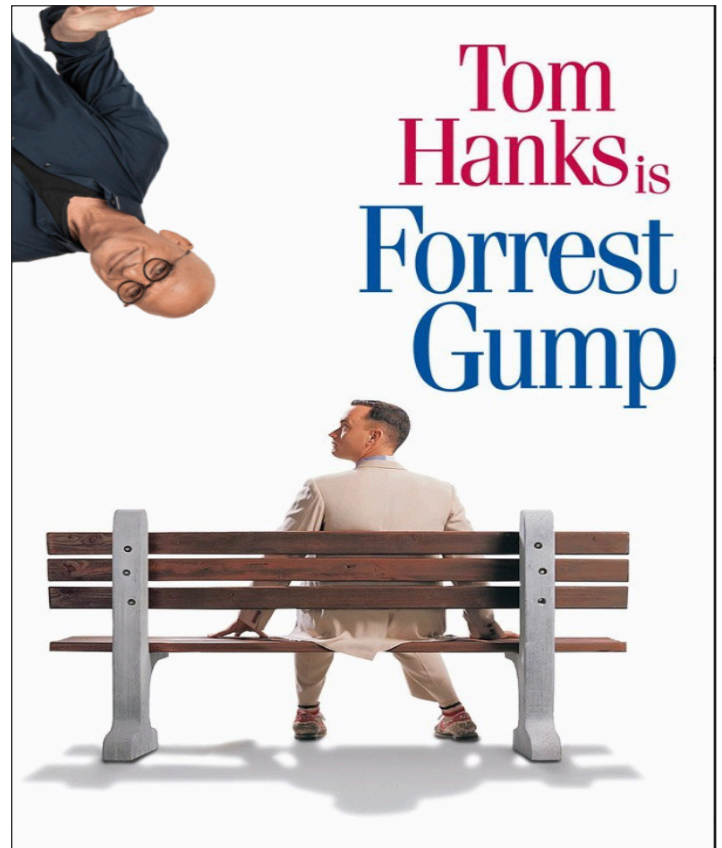
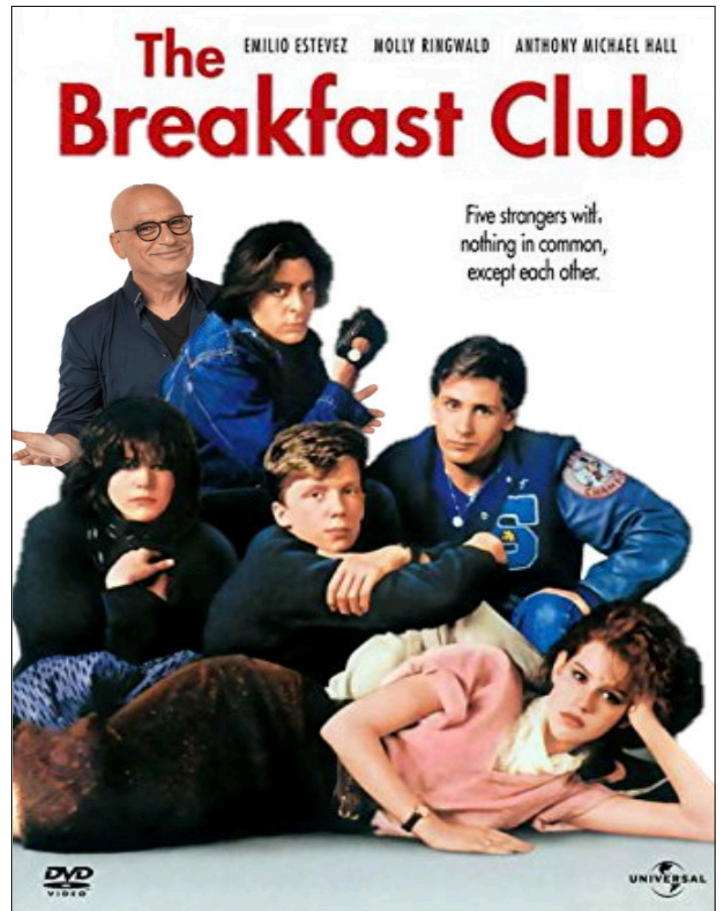
While you are trying to pick up the pieces of the reality I just shattered, let me introduce myself. My name is Guru Amos J. Danjero, master of personal and pubic health. I studied at the School Under The Bridge (SUTB), but more importantly I was given the title of Guru by Okecholo Maloki, the Rabbit King of the Southeastern Region. It was HE who told me this truth: Health rhymes with stealth.

When I learned this, my notion of health as a corporate conspiracy was gone. Clearly health is important! As men, we know there are two overarching goals in life: to throw balls at people’s heads and to master the art of stealth. When I met Sensei Maloki, I thought I had mastered stealth, but he said he knew I was masturbating behind the bush the whole time.

I was stunned until he explained that, to master stealth, we must also master all the words that rhyme with it. After learning this nugget of insight, I started on my journey. I accumulated great wealth by selling plaster molds of my anus to zoos and started my own commonwealth on the great shores of Nebraska. But mastering health was the hardest step.

I cannot write here today that I understand health fully... but let me share some simple truths that have helped me in this quest. First, you make your own blood. If you want it to be red like everyone else’s blood, you must eat many red things. Radishes, kool-aid, uncooked beef. Next, exercise is good, but its true purpose is to extend the joints’ ranges of motion. Building mass, losing weight, or building endurance are useless side effects. Think about it this way: no one will pay attention to the marathon runner when your elbow is rotating 360 degrees. Finally, much like stealth, health is a secret. Tell no one of your status. Confide in no medical professional. Your mother must not know about your tummy acne, nor your doctor about your smallpox.

4 Movies You Forgot Howie Mandel was In



Guys, we've all been there. You're walking down the sidewalk, minding your own business. And then, bam! You've got a pocket rocket. A ten inch tent pole. A stiff glass of almond milk. A tense tonsil tickler. A moaner donor boner. A fucking erection.

Out of the blue, you're walking funny so the tour group in front of you doesn't catch a glimpse. You're holding your hands in front so no one notices during your powerpoint presentation. You're squeezing your one-eyed snake between your crossed legs to choke that mother fucker out.

Unwanted erections are the bane of every young man's existence. They come out of nowhere for no apparent reason. The sneak up on you and refuse to let go. They're a nuisance. However, by finding the root cause of your wood, you can solve these pesky hard ons and stop them for good. All you need is the five Ws for an erection inspection:

What – An erection detection. First, you have to know what you were doing when the assailant appeared in your pants. Did you sneak a peek at a passing hottie? Did you walk under a shooting star? Did you remember that one time your choir teacher cried in front of the class?

Who – An erection connection. Second, you must get the names and identification of every person within thirty feet of you. Thirty feet is the lab tested distance that your penis can sense a target. And, with proper identifications, you should be able to determine if any boner bystanders should be moved to the suspect list.

When – An erection direction. Third, you need to determine the exact time your erection occurred. The

UNWANTED BONERS: THE 5 WS



most reliable method of telling time would be using your rock hard cock as a sundial. Lay on the ground, unzip your pants, and strain until you're at full mast. Then, ask a friend or passerby to measure the local time.

Where – An erection complexion. Fourth, you need to get a lay of the land of where your knob-goblin went down—or went up. Sketching a map or taking crime scene photos act as a reliable source for later analyzation. Constantly flying a drone behind you that can record video is also serviceable.

Why – An erection reflection. Last, you need to ask yourself a few questions. Did I want this? Do I want this? What can I do with this? What should I do with this? What will I do with this? These are the most important questions you can ask yourself.

***Use these tip tips to solve those bothersome boners.

I Fuck (I Promise)

I have a lot of sex. Because of that, I know how important it is to use protection, get tested, and follow the law when it comes to consent. I know that because I have sex. A lot of it. But I'm not writing this article to talk about proper consent protocol or to describe how to put a condom on a banana. I'm writing this to tell you all that I fuck. Regularly - no - frequently.

My point is, in a health publication, it's important to talk about

sex. Typically, this involves discussions of what kind of bedroom behavior is normal, or about sexual health, or about struggles with sexuality. But that kind of sex talk is overplayed, and does not get to the core of what is important about sex. And what is important about sex is that I, specifically, have a lot of it. All the time.

This isn't a matter of competition - because if it was, everyone else would lose. All I want to achieve

by spreading this message is widespread knowledge that I fuck. Not everyone can be someone who has a lot of sex - but everyone wants to be. This is an inside look into the sex life of someone who has like, a lot of sex.

Firstly, I know you might be wondering, *who is this guy having sex with?*, to which my answer would be, a lot of people. Do I have a specific number? No, but it's up there. Definitely above one. And that's all that matters - that I am having a lot of sex. Do I have any recent conquests? Sure. But you don't

Man steals all Emory condoms; Is a virgin

**Warning* this article contains graphic statements. Read at your own caution.*

This past weekend every single Emory Condom™ across campus was taken from all the condom boxes. One rumor identified the culprit as a 5'8 male with short brown hair who took the condoms in a fit of pure rage after getting denied by the B-School. He was among the 7% not accepted into the B-School. This is ironic because 93% of women deny him. Our investigative journalists were able to find the real culprit who freely admitted that he took the condoms and why.

His name is James Derwin, a sophomore who resides in Woody. He is perceived to be a sex addict, however despite his love for condoms, he is a virgin. We received the chance to interview James and get his rationale on his condom craze and his virginity.

"Sex just doesn't appeal to me... just kidding I'm just pretty ugly rawr xD." He said "rawr xD" with his mouth.

"Did, you just say rawr xD outloud?"

"Why yes, yes I did. Ayyyee rofl ne-ne!" He said while dabbing.

"Oh boy, I think we should move on. Do you have a condom craze origin story?"

"Lmao, now this is a story. So the furthest I ever got with a girl was post-Mags my freshman year and right when I whipped out my Emory Condom in the Raoul gender neutral bathroom, I was overwhelmed with a sense of safety. It was something I had never felt before and I knew that having sex would have dashed that feeling." He did not take the condoms for his personal sexual stimulation. He plans to use them in his everyday life. "They make me feel I just love the obscenely tight grip they have, how little lube there is, and the shitty latex quality. I have put at least one condom on every part of my body except my dick."

We asked for permission to enter his dorm, and upon entry there were two heaping mounds of condoms: one pile of unopened condoms and one of used condoms that were just stretched out...??? He also had condoms stretched upon his bedposts, water bottles, on his bathroom sink and shower handles, and one acting as a pillow case. We asked to interview his roommate but were denied. He also requested that his name not be disclosed as he cited "potential embarrassment." We at *Spoke Health* would like to apologize to all of the desperate, non-airpod wearing, horny men on campus who were planning on getting a little bit of action this past weekend due to this maniac. Our deepest condolences.



know them. They all go to a different school.

Being someone who fucks a lot comes with its fair share of criticism, and I am constantly being slut-shamed. Such criticism is one of the uglier aspects of being someone who has a lot of sex, because it is intended to be hurtful. In actuality, however, it just reinforces my knowledge that I'm a HUGE sex haver. And I personally know that because I am having so much sex. However, in the interest of maintaining journalistic integrity by providing a counterpoint, my critics and slut-shamers

are accurate in their assertion that I have a lot of sex, because I do. I promise. Cross my heart and hope to die. On my mother's grave. You get it.

As someone who has a lot of sex, I find that many of those who don't have as much sex as I do are curious about the tactics and techniques of someone who like, really fucks. Honestly, I've been successful in having more sex than literally everyone by following my mom's advice to wear a helmet, have fun and be myself. In what context would I utilize this technique? Doesn't mat-

ter. Just generally. And the juiciest question of all, of course, is what my favorite ~position~ is. As someone who actually has like, a ton of sex, almost all the time, more than anyone else, I can CONFIDENTLY confide that the absolute best sex position of all time is the...underground...Moonpie...warrior II?



Top 10 protein supplements for not knowing what to do at the gym

For men across the world, going to the gym is a way of taking control, of making a commitment to yourself, and working your ass off to reach it. If you're like me though, a skinny, noodle-armed boy who's never worked out a day in his life, it can be annoying going to the gym, especially when you have no idea what you're doing. Nothing's worse than going to the gym and knowing everyone around you knows you're a fool who's just throwing weights around. It doesn't have to be this way; with these ten supplements you can become the pro of making people think you know what you're doing.

1. Creatine: Creatine is your best tool for recovering faster after your pointless, fruitless trips to the gym. In addition to getting back to the gym faster for more useless workouts, you get the additional benefits of getting to tell your friends you're taking creatine.

2. Warmups, warmups, warmups: There's no better way to not look like an idiot during your workout than never actually getting around to it. No one will notice how much you can't bench when all they see is you doing jumping jacks and stretching for ninety minutes.

3. Protein powder: Do not take protein powder. It only works for people who're actually working out at the gym. You, on the other hand, are going to get fat as shit with all that extra protein in your system, so don't put it in your system. Instead, turn into that guy who takes protein powder with him everywhere he goes. Have it when you go to the gym, when you're in class, when you're at Mags. Everywhere. No exceptions. People see a guy with a big thing of protein powder and think, "Shit. That guy knows what he's doing." You can be that guy, and all you need is a giant can of powder you're never going to eat. Or drink, I don't know how protein powder works.

4. Weight belt: Weight belts are critical for getting the most out of your squats and deadlifts, two really really hard exercises you shouldn't and will never do anyway. Wearing it will give you a few extra pounds on your puny squats, just enough to look presentable to people walking by.

5. A really big sweater: People can't laugh at what they can't see. Adorning yourself with a giant hoodie all the time gives you what I'd call Schrodinger's body: there's simultaneously a chiseled hunk, and a scrawny weakling underneath that thick hoodie of yours. Keep the sweater on, or people are going to quickly figure out you're the latter.

6. Chalk: I'm going to be honest; I have no idea what chalk is for or why I see people wearing it around the gym; I think it has something to do with friction or something. What I do know is that the only people I see with chalk in the gym are the huge guys, and if it works for them, it'll work for you. Lather that stuff, put it all over your palms. If you don't look like a giant eight-year-old by the time you're done, you're doing it wrong.

Scientifically
tested methods
to get more
swipes on your
tinder page

It's a problem all men face. You want a girl you can have exclusive sex with for five years without ever calling her your girlfriend so you don't need to buy her a valentines present, but you're not matching with any of these hot chicks! Don't worry, these scientifically proven strategies will gain you more swipes, and yes, even super likes.

First things first, have you considered not being ugly anymore? Girls are much more likely to swipe right if they're attracted to you. If this hasn't worked for you yet, maybe don't exclusively post group pictures with your taller and better looking friends. It'll take longer for girls to figure out which one you are, and when she



7.Cool looking shoes: You might never look like you can bench more than ninety pounds, but the right shoes can make all the difference. You can go from “that guy’s tiny, he probably never works out,” to “maybe he runs or something,” and all it took was a nice pair of cleats. Just make sure to take them off when you’re done flexing and leave the gym. Don’t try and actually walk on anything in those, unless you enjoy the cold taste of concrete

8.Airpods: You can’t get made fun of for being a shrimp if you can’t hear them over all this clout. Don’t listen to the plebs at the gym teasing you; you don’t speak peasant.

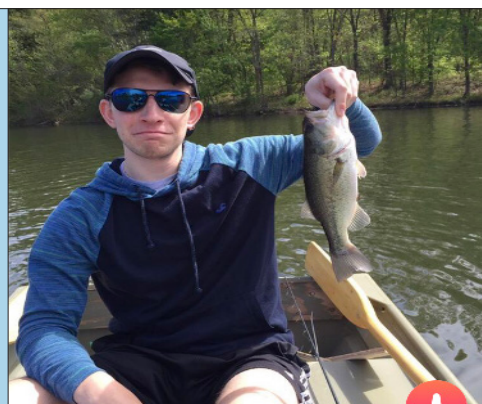
9. Other, more muscular friends: Who’s gonna make fun of you when you’re surrounded by four other guys who could probably kick anyone’s ass? Plus, having them around will make you look more athletic too. People’ll look at you with them and probably think you’re their token cross-country friend or something, or maybe you could go with a group of buff Asian dudes and people’ll think you’re a token white Xi Kappa.

10. Not going to the gym: What better way to avoid looking like a fool at the gym than to not go to the gym? Plus you get the added benefit of not having to pay for all these worthless things. And let’s be honest: it’s not like you’re going to get in shape any time soon.

does, she’ll be pissed! Girls hate being tricked, for whatever reason. No luck yet? Try taking that picture of you with a fish out of your bio. We know you look sick, and we know how hard it is to catch a bass, but she won’t care. And it’s hard to see your face under the Oakley sunglasses and camo baseball hat you’re definitely wearing.

That still didn’t work? Hm ok no worries. Next, try changing your bio up a little bit. “What if I never met the broskis” just isn’t cutting it anymore. Your bio needs to make her curious and want to learn more about you, but it also needs to make your intentions clear. We suggest “I think I’m addicted to naked pictures” from the timeless classic, Marvin’s Room. Yeah, she’ll love that.

Really? None of that worked? We’re all out of advice, buddy. Maybe give Bumble a whirl, because Tinder just isn’t for you.



Blake 21

📍 less than a mile away

Imagine if I never met the broskis



Men: This is the sexual fantasy your girlfriend has always wanted to try...

So, you've been dating for years and you're trying to see your relationship from the other side. Or her birthday is coming up, and you want to plan an extra special surprise. Or there might not even be a special occasion, but every day a treasure with the love of your life. Well, have no fear, because we have the secret of every woman's dreams decoded just for you. She's dreamt about it for years, unlocked the key to achieving it on her own, and now it's time for you to fulfill your little lady's wildest hopes. Now has come the time to make her feel something she has never felt before. You heard me right gentlemen: it's time to make her cum.

Let's gear up for the basics. Put away your video games, boys, because her clitoris isn't a joystick. We know you have it in you, because you were able to get it out of you into a wad of tissues every day in middle school. You've never made her orgasm before, so at this point, she's so deprived that pretty much the bare minimum will do it. Go ahead; do a little exploring into the world of female pleasure. Take a little walk through the rolling hills and valleys of every lady's happy place. It won't be so bad, we promise. In fact, she might even actually like you afterwards.

To make this as helpful as possible, we here at The Spoke, have compiled a helpful step-by-step guide to get you through the grit of it:

1. Take a deep breath.
2. Stretch.
3. Evaluate how not thinking about yourself will affect you.
4. Maybe have a snack.
5. Ask her what she wants.
6. Do what she said.
7. Congratulations!

And that's it! Keep these rules close to your heart—tattoo them on your face, if you will—let them be your mantra throughout the rest of your life. It is. We at *Spoke Health* guarantee that you will finally become the sexually adequate man you always knew you could be.

Five totally awesome tips to doing your very first pushup

Okay, ladies, it's time somebody came out and said it: pushups aren't just for boys anymore. Just because Coach Murphy, that hypermasculine sixth grade gym teacher who used to scream at me while I crawled around the track, drenched in tears and sweat, said, "Get your ass moving you pathetic little maggot! All you girls are pathetic little maggots!" that doesn't mean there's no such thing as Girl Power. It's time you learn the right way to do a pushup. Follow these easy tips so Coach Murphy can't laugh anymore and say, "Oh, what a nice baby girl push up!"

Break it up: Sometimes, it is good to break up your big tasks into smaller ones. Doing a pushup is no different. Taking it in small chunks will make it less daunting. For example, first you should find a nice flat space and lie down. Second, flip onto your belly. Third, straighten your body. And so on. (PRO TIP: It typically takes 17 to 20 steps for one pushup.)

Rewards: Small rewards are a great way to stay motivated. I like to do pushups with a bar of dark chocolate on the floor in front of me, so that every time I go down, I can reward myself with a lick, but just one. Plus, dark chocolate is good for you.

Music: Listening to your favorite bops and jams can get you in the mood for an intense workout. You might also find that motivational speeches do the trick, too.

Injectons: You've heard of butt injections, but have you heard of steroids? This easy hack will get you pumped in no time. (BONUS PRO TIP: If you're afraid of needles, you can always give Testosterone pills a try.)

Use Girl Power: If you're having trouble finding the strength within yourself, try channeling the energy of a feminist icon like RBG or Beyonce, both of whom can do way more pushups than you. Use that Girl Power to get it done!

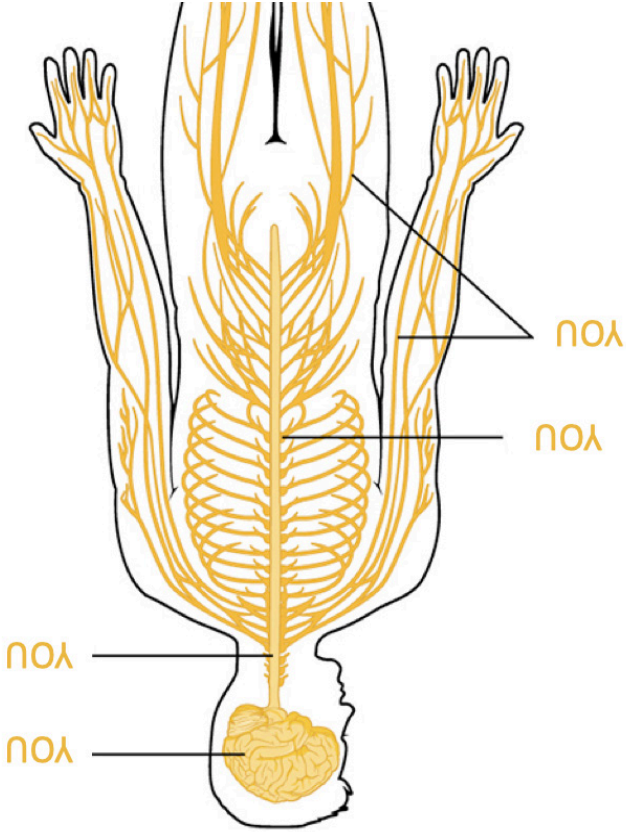
Once you have mastered some or all of these tips and completed your first push up, you should practice every day, so that eventually you might be able to do three, maybe even four pushups in a row. See, it wasn't that hard, was it? You're on your way to becoming a fitness superstar!

But wait, here's one BONUS TRICK for all my hard-working girlfriends out there!

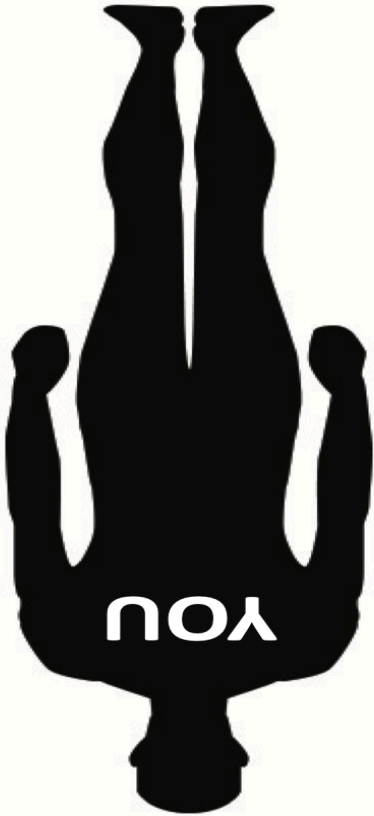
Resolve the issues in your traumatic past: Go to Sunnyside Retirement Home, pound on Coach Murphy's door, and watch his saggy old jaw drop as you do more than two pushups in a row before breaking into tears. As his dementia-ridden eyes stare blankly into the distance, know that you did it. You go girl!



Nervous System



NERVOUS SYSTEM



What body language
experts learned
while watching you
take an exam

Body language is your way of letting everyone around you know exactly what you're thinking and feeling. You expose yourself daily, and people notice. Body language experts from the joint Linguistics-NBB Emory Anatomy Jargon Lab started engaging in observational research on students taking exams. The following movements are the psychologists' and sociologists' results:

Eye-contact: Your professor engages in what feels like a forceful attempt to make eye contact with you. You are thinking you just got caught cheating, even if you've done nothing wrong. He's peeking into your soul. He knows all your secrets. He's looking at you, therefore, you're getting sent to the honor council. Expect an email within the hour. You're screwed.

Posture: Posture reveals when someone is engaging in dominant or submissive behavior and thoughts. When you take an exam, your shoulders are hunched over like a passive, obedient puppet, being played by your professor who maniacally giggles the entire exam. You are thinking you are not the captain now.

Hands: If your hands are arranged in a formation resembling a pencil grip, you're probably holding a pencil. You're thinking about moving your pencil to write the answer. Scientists are really smart, aren't they?

Synchrony: When your body mimics that of the student sitting in front of you but your movement lags a few seconds behind, that means you were thinking of cheating and executed cheating. Your arm remained stiff, but followed the short and deliberate movements of the student in front of you. Your ScanTron bubbles may align, but your morals don't.

Unclenching your jaw wide open: You are either yawning or screaming. Either are completely understandable in this context.

How to unsafely use choking during sex

Picture this: the moment is right. You and your significant other are about to take it to the next level in the bedroom. After months of missionary with t-shirts still on, you both agree to a more adventurous night under the covers. Your partner says, "choke me like you mean it," and you don't really know what to do. You've never

choked before. You're not an aggressive person to begin with. You sometimes cry after sex. Don't fret, we at

Spoke Health got you.

When you hear the words "choke me like you

mean it," only one thing should come to your mind:

Death. Nothing screams passion like making someone

fear for their existence. Make sure to wrap both hands

around that neck, and squeeze like you're trying to make

some fresh orange juice. Just when you start to think you

might be hurting them, release, and then strike again.

This time with the force of 37 bad Kung-Fu movies.

Don't be afraid to mix it up too. Choking with

all five fingers can get boring. Trying out the erotic ring

finger-thumb combo can get the juices flowing while si-

multaneously stopping the blood. Talk about a turn on.

Also, using just both pinkies has caused substantially

fewer orgasms, but we strongly recommend it to spice

things up.

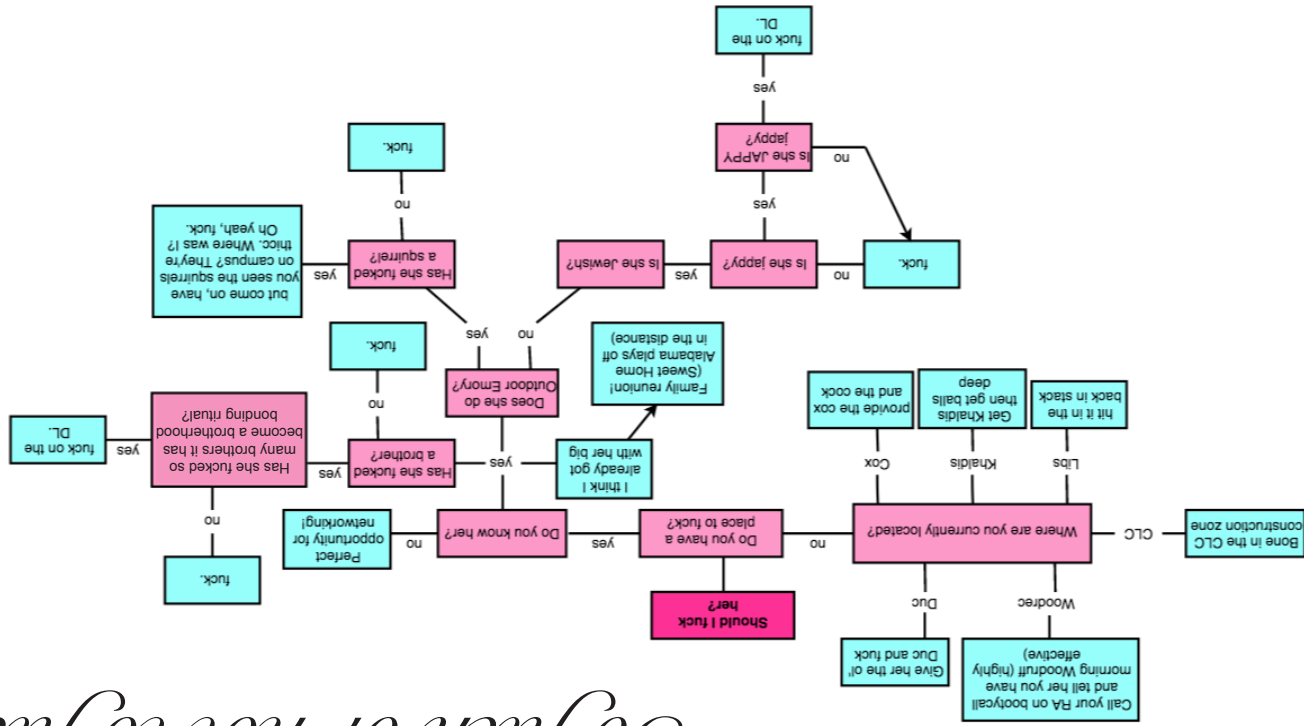
If done correctly, your partner will have the most

magnificent time of their life. From gasping for air, to

losing consciousness, to questioning if they really know

you, choking unsafely will truly take things to the next

level in your relationship.



To fuck or not to fuck

A man's perspective on your period

As a man, I am automatically more qualified on

the ins and outs of your anatomy than you ladies are. Trust me, as an alpha-male, I'm an expert on all things I didn't go to college for. Further, as women, you are all naturally unable to comprehend your own anatomy because you are hardwired to work in a kitchen. If the female body was a lasagna recipe, then of course you would understand it, but it's not, so you all need me.

Lucky for you all, I am here to confirm what you've been speculating for years. Yes, having a period actually makes you dirty and gross. Your doctor may tell you that it's natural. The media may tell you that it's natural. Every other woman may tell you that it's natural. But they are all wrong, and I am right. If you have a period, then all that blood leaving your pee-pee hole is really just toxins leaving the body. That's right, you are unhealthy, and frankly, a menace to society.

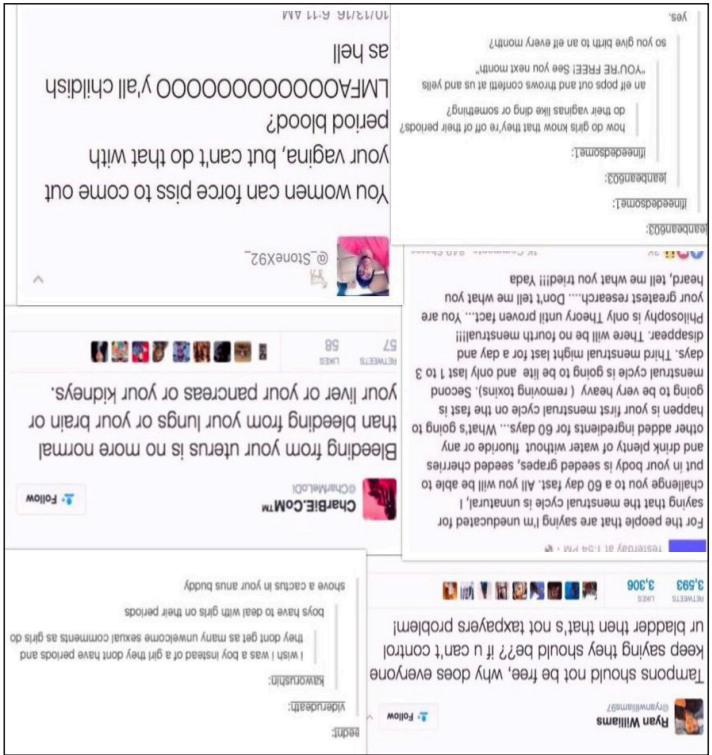
If you want to stop repelling every real man that crosses your path, you need to get rid of your period. The best way to do this is to adopt a raw vegan diet. Countless women have reported their period stopping after they stopped getting sufficient nutrients through the raw vegan diet. Another option is to ditch your human body all together and transfer your brain into a sex

How to get over the fact

you don't have a micropenis,

you're just bad at sex

doll. Trust me, men will like you a lot more when you lose all choice and ability to speak. I hope you ladies are finally ready to change and stop being so gross. If you want to be as appealing as possible, becoming a vegan human consciousness within an inanimate object is the very best way. Remember ladies, we men only need you for your body, so if you want to remain useful, you have to completely change yourself for us.



fifty grand a year for a piece of paper. Not to mention the professors that you disappoint on an everyday basis. Overall, you disappoint so many people on a daily basis that sexually disappointing someone else is simply another drop in the bucket of your shame. Next, you certainly don't have enough sex to disappoint many people. Sure, that one-night-stand you had eight months ago may count, but we both know you haven't so much as held hands with someone since then. If you don't have sex with anyone, word can't spread around about your awful performance. And if people don't know you're bad at sex, are you actually bad at it? (The answer is still yes).

It can be hard to tell yourself that you're bad at sex. Well, it wasn't hard for that one sophomore girl that never texted you back to tell you when you promised her "the most sensual hour of your life" before you ejaculated in 45 seconds. You offered the excuse: "I swear, I have a micropenis, it's physically impossible for me to last multiple minutes." However, it's not your perfectly reasonable 5 3/8-inch penis' fault. It's yours. By the end of this article, you'll learn that being bad at sex is nothing to be ashamed of. First, this is not the only disappointing thing about you. Your parents are certainly disappointed you couldn't get into a top 20 school, and are stuck paying

Period Be Gone! A Guide for Women by Guru Amos J. Danjero

Women, I pray you gather in close for this huddle. Stand tight and breath easy, for I have glorious news for you. Your period is gone. There, I said it, you are free!

While you try to piece together whatever it is that I mean, let me introduce myself. My name is Guru Amos J. Danjero, aficionado of the natural world and the natal digestive system. I travel the world to sell my secrets, wisdoms, novelty t-shirts, and advice, all in the name of Constantine Videga, the great Pope Penguin of the San Diego Zoo.

Pope Videga was the inspiration for the realization I share with you. When he chased a woman, who was having her period, around the zoo, the truth became clear. Periods are all about your cognitive view of them! Think about this: why is it called a "period?" They are short, direct, and usually end a conversation. This is not a very compelling name, and that's why it is taboo to discuss. Now, we shall not call it a period. It will be Namaste.

As you depart, some of you will probably think that you still hate your exclamation points. Well, look on my Craigslist page for a solution. In a matter of nine months! There may even be a bonus surprise of a baby with a scarily large number of step-brothers and step-sisters. Now that is something to get excited about!

Let us shout in glory! Let us rant to the world that halted this change from happening for so long! Let your exclamation points flow like the great milk you create!

As you depart, some of you will probably think that you still hate your exclamation points. Well, look on my Craigslist page for a solution. In a matter of nine months! There may even be a bonus surprise of a baby with a scarily large number of step-brothers and step-sisters. Now that is something to get excited about!



How Ryan Gosling Puts On A Condom

handsome Ryan Gosling who navigated us through how exactly he practices the art of condomization.

Gosling is in the bedroom, candles lit, petals scattered, with a consensual adult of his sexual preference — “First things first,” he says, “I have an open discussion with my partner about the importance of safe sex.” In an era of “it doesn’t feel the same,” this point cannot be overlooked. Gosling asserts that no matter where he’s going, he always keeps a condom handy. “Once things start getting heated, I respectfully excuse myself and head to the bathroom.” Gosling shared that he will first take a hard look at his fine body and then a fine look at his hard... action jackson. “You’re hot, you’re available and you’re empowered! Ryan, you ARE the man!” If someone like him needs a pep talk, then so do you, babe, so do you. “I rip the condom with my teeth so as to have one hand free at all times” he continues “I am monitoring my pulse as I go to make sure it’s about 90 beats per minute: my optimum calorie burn zone.”

“I throw the first condom away for quality control,” Ryan explains. This is just basic statistics in practice -- if the condoms are of the same brand, their effectiveness, like your relationship, is not mutually exclusive. No need to get out your Ti84, one thrown away condom is enough to lower failure rates to negligible amounts. So next time you walk by Peets, grab your condoms in multiples of 2.

“With a good hold of my dick, condom right side up, and pinching the tip, I slip it on”. So there you have it, the correct way to put on a condom as told by the guy your girl would rather be fucking.



Applying a condom, wrapping your tool, slunkin' your junkin', calibrating your lap rocket, planning a coup d'etat against your Dicktator, something we have all done, seen or heard of, but what's the right way to achieve the best results? The most polarizing and controversial topic in sexual education of the 21st century is undoubtedly the application of a condom or the lack thereof. There are as many wrong ways to 'dress your cuspoms officer' as there are atoms in the palm of your hand. Thankfully, we over at *Spoke Health* had the opportunity to interview the

replacements will make you totally forget your will to live

people eat because you literally will be lying on the couch contemplating any reason to go on. How else are you supposed to get skinny, you might ask. Carrie Underwood did it by going vegan, and you don't want to do that do you? We're still letting you eat cheese, just with cauliflower chips and crackers. Carrie Underwood also has over a hundred of awards and a professional hockey player husband, and I'm not saying this is because of her diet, but I'm not saying it's not because of that either. Rabbit food is not cheap, but the ingredients in our cauliflower waffles are. Now, do you want to be an eccentric cauliflower bitch or a broke vegan bitch? You decide.



EXCLUSIVE:

Spin Staradashian's Gym Routine

Ever wondered how Kim K gets her famous bubble butt? Want the physically-impossible, like literally the laws of physics do not allow this to happen in the known universe, body of your dreams? Lucky for you, we at *Spoke Health* have received access to her top-secret three-step fitness routine.

A good gym day always starts with pre-workout prep. According to Kim, she never starts a day without her energy-boosting smoothie: water, ice, clover essential oil, and flat-tummy detox tea, blended. She claims it has lots of fiber. We're not sure where, but we believe her.

Utilize both your personal trainer (PT) and personal assistant (PA). Meaning, have your PT teach you PA how to lift weights, have them handle the logistics, and pass off the bullet points to you. Your PA should be lifting the bulk of the weight, so you only have to do 3 - 5lbs. They do most of the reps, and you get the last set (and the applause). While you're at it, buy them a standing desk so that they are always working out. After all, their success is your success. Directly translatable.

Buy a Photoshop membership. We at *Spoke Health* actually recommend substituting a gym membership with one. Cheaper and effective!

Bonus tip: Do it doggy-style. Want a bubble butt? Stop bulking up your forearms and knuckles by lifting with your arms - turn it around and lift with what your mama gave you.

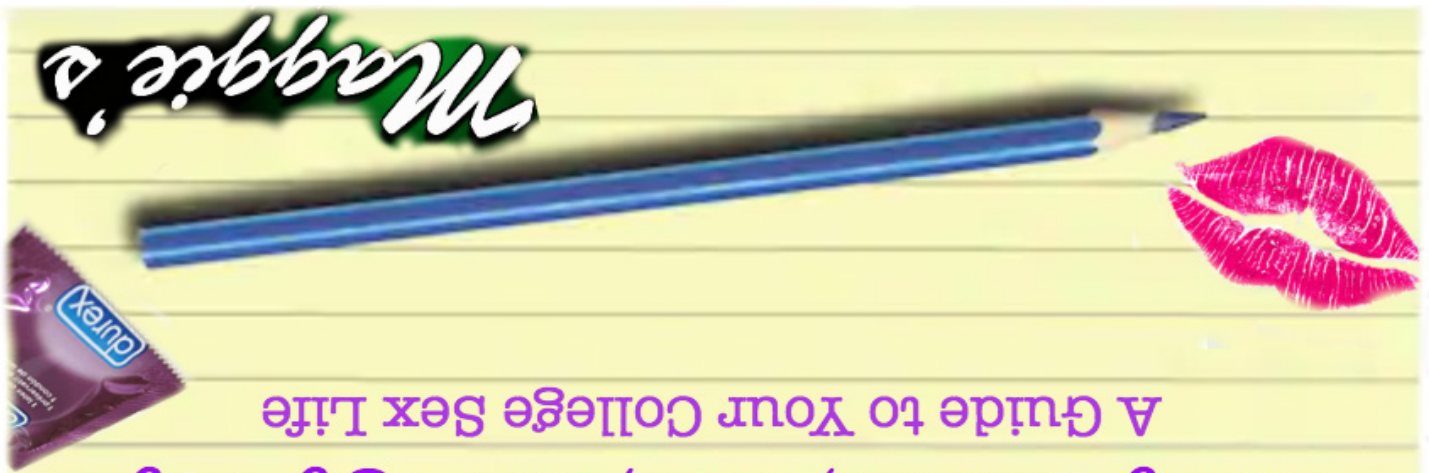
These cauliflower carb

I know what you're thinking. Why would I eat cauliflower instead of carbs? Because you're a fat bitch, that's why. You can use cauliflower to replace all kinds of unhealthy shit, you know, like the chips and breads that make life worth living. If you check out the *Spoke Health Women's* Pinterest page, you can find hundreds of recipes such as cauliflower nachos, cauliflower pizza, and cauliflower

antidepressants. Trust me, you're going to need them. You will totally forget about the delicious food sane



Study Guides, STIs, and Ugly Guys: A Guide to Your College Sex Life



College can be overwhelming, especially when you're new to it. Between the academic workload and all the new experiences, it's hard to know what to do when you find yourself in a difficult situation. Here's a guide to some of the things that could go really wrong while you're in the phase where you justify fucking everyone and anyone who is down by saying that you're "exploring your body."

So you fucked a 2:

You went to Mags and you danced on the weird guy who has been snapping you (with no response) for two months. You ended up going home with him. It's important to remember not to live with regret. In fact, good for you. You're not a selfish bitch. It's noble to donate thirty minutes of your time to charity. Or more realistically ... five. It was five minutes.

So the condom broke:

You're going to be okay! Student Health Services happens to have free Plan-B, but he doesn't know that. Make him buy it. It's fifty dollars; you're worth that much.

So he said he loves you:

This might be the worst thing on the list. Consider the context of the situation. Did he say it while he was drunk and hunched over the toilet? Have you known him for more than two weeks? Honestly, it's college. He probably doesn't mean it. Feign a happy relationship for a couple months, and break up with him when you feel like you need a change. Lather. Rinse. Repeat.

So you failed your midterm:

Hey, C's get degrees, but no one is too good for a bribe- not even your psych professor. You know what you have to offer. Take a shot. Go into office hours. With your combination of boobs, booze, and bank, you can get the A you definitely (for sure) deserve.

So he may have given you an STI:

This is a serious issue. Emory Student Health Services offers confidential HIV and STI testing. You can make an appointment online through your student health portal, or by calling 404-727-7551.*

*This last part is more than satire. You're welcome.

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"It's been a great time making this club sound more official than it is on my resume."
 – James Jordano

"I know I'm supposed to write something funny here, but all I can think to say is I'm really going to miss laughing with my friends and waging imaginary wars on the administration and the world. Stay zany, Spokies. Love you forever."
 – Ariana Newhouse

Senior Sendoffs



Erika "Help, I Can't Swim" MacArthur, Writer



Chris "Nickname" Labaza, Writer



Erika "Help, I Can't Swim" MacArthur, Writer



Samah "Everything Is Fine, I'M FINE" Meghjee, Writer



Morgan "Why I Left Buzzfeed" & Rosie "That Bitch" Levy, Managing Editor



Zoe "I'm Gonna Be Twitter Famous One Day" Eisenstein, Editor



Rob "Normal Distribution Tramp Stamp" La Terza, Writer



Raya "Like Steel Wool for Your Insides" Machaca, Editor



Jane "Smedium King" Song, Web Person



Halley "4 Voted No Confidence" Grissett, Writer

MEET THE STAFF



If you don't drop those Chests right now, I guess to Cool. Ahhhey...

the New
Tiny Purse?

Menstrual cups:

THE
SECRET TO
NATURAL
BEAUTY

5 minute
Parwaas
Butt

Spot &
Health